

## SMOOTHIES

### ADD INS

protein (vanilla/chocolate): organic brown rice, hemp, grass-fed whey   moringa   blue majik	+1.5
spinach   kale   chia seeds   hemp seeds   organic yogurt   goji berries   bee pollen   matcha   coffee beans   cold brew	+1
spirulina   mulberries   ginger   coconut   flax seeds   raw cacao powder   raw cacao nibs   turmeric	+7.5

### BLUE MAJIK 7.5 V|GF

pineapple, banana, coconut cream, blue majik, lime, Ohio maple, house-made almond milk

### GREEN MONSTER 7 V|GF

banana, pineapple, kale, spirulina, cold-pressed orange juice

### BREAKFAST SMOOTHIE 7.5 V|GF

blueberries, banana, almond butter, oats, Ohio maple, house-made almond milk

### BREAKFAST SMOOTHIE II 8 V|GF

blueberries, banana, almond butter, cold brew coffee, turmeric latte spice, Ohio maple, house-made almond milk

### PEANUT BUTTER POWER 7 V|GF

banana, peanut butter, raw cacao, Ohio maple, house-made almond milk

### BLUEBERRY CACAO 7.5 V|GF

blueberries, raw cacao, hemp seeds, avocado, vanilla, Ohio maple, house-made almond milk

### DRAGON FRUIT 8 V|GF

organic dragon fruit, banana, pineapple, coconut, lime, salt, cold-pressed orange juice

### MANGO LASSI 7.5 VG|GF

mango, banana, organic yogurt, turmeric, Ohio maple, house-made almond milk

### BLUEBERRY DETOX 7.5 V|GF

blueberries, kale, avocado, turmeric, black pepper, Ohio maple, house-made almond milk

### TROPICAL GREEN 7 V|GF

banana, pineapple, spinach, house-made almond milk

### SNICKERDOODLE 7 V|GF

banana, almond butter, flax seeds, cinnamon, Ohio maple, house-made almond milk

### STRAWBERRY BANANA CHIA 7 V|GF

strawberry, banana, chia seeds, Ohio maple, house-made almond milk

### MORNING GLORY 6 V|GF

strawberry, banana, cold-pressed orange juice

### COCONUT COFFEE 6 V|GF

banana, coffee beans, coconut, Ohio maple, house-made almond milk

### PUMPKIN PIE 7.5 V|GF

banana, pumpkin, almond butter, pumpkin pie spice, Ohio maple, house-made almond milk

## BOWLS

### PURPLE COCONUT 8 V|GF

organic acai, grapes, coconut, house-made almond milk, topped with banana, coconut, granola, local peanut butter

### RIO 8 V|GF

organic acai, banana, orange juice, topped with granola and banana

### BANANA CACAO AVOCADO 8 V|GF

organic acai, banana, raw cacao, avocado, Ohio maple, house-made almond milk, topped with banana, raw cacao nibs, granola

### CHERRY CHEEZECAKE 9 V|GF

organic acai, cherries, vanilla cashew cream, house-made almond milk, topped with granola, almond butter, crumbled cranberry pecan no-bake

### EMERALD PEANUT 8 V|GF

banana, peanut butter, spinach, Ohio maple, house-made almond milk, topped with granola, hemp seeds, micro kale

### BLUEBERRY ALMOND BUTTER 8 V|GF

organic acai, blueberries, banana, almond butter, house-made almond milk topped with banana, coconut, granola, goji berries

### NUTTY DRAGON 9 V|GF

organic dragon fruit, banana, peanut butter, strawberries, Ohio maple, house-made almond milk, topped with puffed quinoa, raw cacao nibs, coconut

### CHUNKY MONKEY 8 V|GF

organic acai, banana, peanut butter, raw cacao, Ohio maple, house-made almond milk, topped with crumbled peanut butter cacao no-bake, coconut, raw cacao nibs

### PUMPKIN PIE 9 V|GF

banana, pumpkin, almond butter, pumpkin pie spice, Ohio maple house-made almond milk topped with coco whip, granola, dried cranberries

### COOKIE MONSTER 9.5 V|GF

banana, cashew butter, organic vanilla brown rice protein, blue majik, Ohio maple, vanilla, house-made almond milk topped with cookie dough no bake, cacao nibs

## HOUSE-MADE SNACKS

### CHOCOLATE AVOCADO PUDDING 4.5 V|GF

### HUMMUS 4 V|GF

### CHIA PUDDING 4.5 V|GF

### ASSORTED NO-BAKE BITES 1.5 V|GF

### SUPERFOOD DONUTS 3.5 V|GF

## SALADS

### KALE & QUINOA 7.5 V|GF

almonds, peppers, golden raisins, lemon olive oil dressing

### DETOX KALE 7.5 V|GF

beets, carrots, cabbage, walnuts, lemon parsley dressing

### UMAMI KALE 7.5 V|GF

pecans, red onion, peppers, grapes, sun-dried tomatoes, roasted garlic, vegan cheezy herb vinaigrette

### QUINOA 'FRIED' RICE 7.5 V|GF

onions, carrots, peppers, spinach, broccoli, ginger tamari dressing

### MEDITERRANEAN QUINOA 7.5 VG|GF

tomato, peppers, olives, red onion, parsley, feta, red wine vinaigrette

### FIESTA BLACK BEAN 4.75 V|GF

peppers, tomato, red onion, cilantro, cumin lime dressing

### CURRIED CHICKPEA 4.75 V|GF

bell peppers, red onion, cilantro, golden raisins, cashews, maple curry tahini sauce

### ASIAN PEANUT NOODLES 4.75 V|GF

rice noodles, peppers, spinach, cilantro, ginger peanut sauce

### ASIAN CARROT NOODLES 4.75 V|GF

cashews, local peanut butter, almond milk, black sesame seeds, cilantro, ginger peanut sauce

### FALL HARVEST KALE 7.5 V|GF

sweet potatoes, spicy pecans, red onion, dried cranberries, maple balsamic

### SWEET POTATO LENTIL 4.75 V

kale, cilantro, red onion, orange za'atar dressing

### CURRIED BRUSSELS SPROUTS 4.75 V|GF

golden raisins, walnuts, curried almond dressing

## BEVERAGES

### DRIP COFFEE 1.75 | 2.5

### HOT TEA 1.75 | 2.5

### COLD BREW COFFEE 3

### ICED ALMOND MILK LATTE 3.5

### SUPERFOOD LATTES (HOT OR ICED) 4.5

pink rose  
majik mint  
matcha vanilla bean  
turmeric spice

## JUICES

### GREEN

**MEAN GREEN 5** V|GF  
pear, kale, spinach, celery, cilantro, lime

**TRUE GREEN 5** V|GF  
apple, kale, lemon, parsley

**GREEN GLOW 5** V|GF  
apple, carrot, cucumber, spinach, kale, celery, lemon, ginger

**GREEN MACHINE 5** V|GF  
cucumber, celery, kale, kiwi, spinach, parsley, lemon, mint, sea salt

**PRO GREEN 5** V|GF  
green apple, fennel, celery, lemon, probiotics

### ROOT/CITRUS

**EASY BEET 4.5** V|GF  
beet, apple, pear, lemon

**ORANGE ZING 5** V|GF  
carrot, orange, lemon, ginger, cayenne

**EMERALD ISLE 5** V|GF  
cucumber, orange, lime, lemon, filtered water, raw sugar, spirulina, sea salt

**LEMON FIRE 4.5** V|GF  
filtered water, Ohio maple, lemon, cayenne

**DRAGON FRUIT LEMONADE 5** V|GF  
filtered water, lemon, raw sugar, organic dragon fruit

**BLUE MAJIK LEMONADE 5** V|GF  
filtered water, lemon, ginger, raw sugar, blue majik

### MYLK

**CACAO CASHEW MYLK 4.5** V|GF  
raw cashews, filtered water, Ohio maple, cacao powder, cinnamon, vanilla

**TURMERIC MYLK 4.5** V|GF  
raw cashews, filtered water, Ohio maple, turmeric, cinnamon, vanilla

**MATCHA CASHEW MYLK 5** V|GF  
raw cashews, filtered water, Ohio maple, vanilla, matcha green tea powder

**PUMPKIN MYLK 5** V|GF  
raw cashews, filtered water, pumpkin, Ohio maple, pumpkin pie spice

### SHOTS

**AWAKEN 3.5** V|GF  
coconut water, lemon, ginger, turmeric, cayenne

**IMMUNITY 3.5** V|GF  
carrot, ginger, lemon, garlic

**PRO BEET 3.5** V|GF  
beet, celery, fennel, lime, raw apple cider vinegar, probiotics

**SUPER GREEN 4** V|GF  
lime, cilantro, kale, chlorella, spirulina, pink himalayan sea salt

## SANDWICHES

Sub gluten-free bread +2

**BASIL PORTOBELLO 8** V  
roasted portobello, vegan basil cashew mayo, arugula, roasted red pepper, red onion, local ciabatta

**BBQ JACKFRUIT 8.5** V  
house-made organic BBQ jackfruit, herbed cashew cream, carrot cabbage slaw, local ciabatta

**JALAPEÑO TURKEY 8.5**  
natural turkey, house-made black bean spread, pepper jack cheese, micro kale, tomato, local whole wheat bread

**HUMMUS & HEMP PESTO 8** V  
house-made hummus, house-made hemp walnut pesto, avocado, micro kale, tomato, local whole wheat bread

**CAPRESE FLORENTINE 8** M  
house-made hemp walnut pesto, fresh mozzarella, tomato, spinach, local whole wheat bread

**ROAST BEEF 8.5**  
natural roast beef, vegan zesty cashew mayo, swiss cheese, micro kale, tomato, local whole wheat bread

**TUNA KRAUT 8.5**  
house-made albacore tuna salad (local sauerkraut + apples), avocado, micro kale, local whole wheat bread

**CHICKPEA SALAD 8** V  
house-made vegan mayo, topped with arugula and tomato, local whole wheat bread

**ULTIMATE VEGGIE 8.5** V  
house-made carrot hummus, sliced cucumber, arugula, red onion, tomato, local beet sauerkraut, local whole wheat bread

## TOAST

Sub gluten-free bread +1

**AVOCADO 3.5** V  
avocado, sea salt, red pepper flakes, micro kale

**PESTO AVOCADO 3.5** V  
avocado, house-made hemp walnut pesto, hemp seeds, sea salt

**BANANA ALMOND BUTTER 3.5** V  
banana, almond butter, raw cacao nibs, cinnamon, Ohio maple

**PB & J 3.5** V  
peanut butter, strawberry rhubarb jam, granola

**MEDITERRANEAN 3.5** V  
house-made hummus, tomato, micro kale, za'atar, olive oil

**CARROT HUMMUS 3.5** V  
house-made carrot hummus, arugula, sriracha, sea salt

**PUMPKIN SPICE 3.5** V  
pumpkin cashew cream, pecans, cinnamon, Ohio maple

**PEAR PISTACHIO 3.5** V  
house-made pear chutney, coconut, pistachio dust

**COCONUT BACON AVOCADO 3.5** V  
avocado, coconut bacon, arugula, smoked sea salt



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