

## SANDWICHES

sub gluten free bread +2

### VG EGG SANDWICH 7

organic baked eggs, havarti, zesty cashew cream, arugula, focaccia  
› add bacon +2, smoked salmon +5

### V BBQ JACKFRUIT 9

organic bbq jackfruit, herbed cashew cream, purple cabbage slaw, ciabatta

### V BASIL PORTOBELLO 9

roasted portobello, herbed cashew cream, arugula, roasted red pepper, red onion, ciabatta

### JALAPEÑO TURKEY 9

natural turkey, black bean spread, pepper jack cheese, micro greens, tomato, whole wheat › add bacon +2, smoked salmon +5

### V HUMMUS & HEMP PESTO 8.5

hummus, hemp walnut pesto, avocado, micro greens, tomato, whole wheat › add turkey +2

### TUNA KRAUT 9

albacore tuna salad, sauerkraut, apples, avocado, spinach, whole wheat

### VG CAPRESE FLORENTINE 8.5

hemp walnut pesto, fresh mozzarella, tomato, spinach, whole wheat

### ROAST BEEF 9

natural roast beef, zesty cashew cream, swiss cheese, spinach, tomato, whole wheat

### V ULTIMATE VEGGIE 8.5

carrot hummus, cucumber, arugula, red onion, tomato, beet kraut, whole wheat

## TOAST v

sub gluten free bread +1

### AVOCADO 3.5

avocado, salt, red pepper flakes, micro greens

### PESTO AVOCADO 3.5

avocado, hemp walnut pesto, hemp seeds, salt

### THE LOX 8

smoked salmon, avocado, everything bagel spice, red onion, capers

### PB&J 3.5

peanut butter, seasonal house jam, granola

### BANANA ALMOND BUTTER 3.5

banana, almond butter, cacao nibs, cinnamon, maple

### COCONUT BACON AVOCADO 4

avocado, coconut bacon, arugula, smoked sea salt

### MEDITERRANEAN 3.5

hummus, tomato, micro greens, zaatar, olive oil

## BEVERAGES v | GF

HOOF HEARTED DRIP COFFEE 2.5 | 3

NUMI HOT TEA 2.5 | 3

ICED TEA 2.5

COLD BREW COFFEE 3

ICED ALMOND MILK LATTE 3.5

SUPERFOOD LATTES (hot or iced) 5

pink rose, matcha vanilla bean, majik mint, turmeric spice

HOT CHOCOLATE 4.5

make it a mocha +1, make it peppermint +.25

## SNACKS v | GF

CHOCOLATE AVOCADO PUDDING 5

HUMMUS 5

CHIA PUDDING 5

NO-BAKE BITES 1.5

SUPERFOOD DONUTS 3.5

SOUP 4 | 5

## SALADS & JUICE

Check out our rotating selection of seasonal salads and cold pressed juices!

**BY SUPPORTING US, YOU'RE ALSO SUPPORTING OUR LOCAL FARMERS, PURVEYORS, AND COMMUNITY.**

## SMOOTHIE BOWLS V | GF

**BLUEBERRY ALMOND BUTTER** 8  
acai, banana, blueberries, almond butter, almond milk, topped with banana, granola, coconut, goji berries

**CHERRY CHEEZECAKE** 9  
acai, cherries, vanilla cashew cream, almond milk, topped with granola, almond butter, cranberry pecan no-bake

**NUTTY DRAGON** 9  
dragon fruit, banana, strawberries, peanut butter, maple, almond milk, topped with puffed quinoa, cacao nibs, coconut

**CHUNKY MONKEY** 8.5  
acai, banana, peanut butter, cacao, maple, almond milk, topped with peanut butter cacao no-bake, coconut, cacao nibs

**EMERALD PEANUT** 8  
banana, peanut butter, spinach, almond milk, topped with granola, strawberries, hemp seeds, micro greens

**COOKIE MONSTER** 9.5  
banana, cashew butter, vanilla brown rice protein, blue majik, maple, almond milk, topped with cookie dough no-bake and cacao nibs

**BANANA CACAO AVOCADO** 8  
acai, banana, cacao, avocado, maple, almond milk, topped with banana, cacao nibs, granola

**RIO** 8  
acai, banana, orange juice, topped with granola and banana

## SMOOTHIES GF

**✓ BLUE MAJIK** 8  
pineapple, banana, coconut cream, blue majik, lime, maple, almond milk

**✓ GREEN MONSTER** 7  
banana, pineapple, kale, spirulina, orange juice › add ginger +.75

**✓ BREAKFAST SMOOTHIE** 7.5  
blueberries, banana, almond butter, oats, maple, almond milk

**✓ BREAKFAST SMOOTHIE II** 8  
blueberries, banana, almond butter, cold brew coffee, turmeric latte spice, maple, almond milk

**✓ PEANUT BUTTER POWER** 7  
banana, peanut butter, cacao, maple, almond milk › add cold brew +1.5

**✓ BLUEBERRY CACAO** 7.5  
blueberries, cacao, hemp seeds, avocado, vanilla, maple, almond milk › add chocolate brown rice protein +1.5

**✓ DRAGON FRUIT** 8  
dragon fruit, banana, pineapple, coconut, lime, salt, orange juice › add bee pollen +1

**VG MANGO LASSI** 7.5  
mango, banana, organic yogurt, turmeric, maple, almond milk

**✓ BLUEBERRY DETOX** 7.5  
blueberries, kale, avocado, turmeric, black pepper, maple, almond milk

**✓ TROPICAL GREEN** 7  
banana, pineapple, spinach, almond milk

**✓ SNICKERDOODLE** 7  
banana, almond butter, flax seeds, cinnamon, maple, almond milk

**✓ STRAWBERRY BANANA CHIA** 7  
strawberry, banana, chia seeds, maple, almond milk

**✓ MORNING GLORY** 6  
strawberry, banana, orange juice › add goji berries +1

**✓ COCONUT COFFEE** 6.5  
banana, coffee beans, coconut, maple, almond milk

**✓ VEG HEAD** 8  
avocado, cauliflower, cucumber, spinach, kale, vanilla brown rice protein, almond milk › add pineapple +1

**✓ PEPPERMINT MOCHA** 8.5  
banana, cashew butter, cacao, coffee beans, maple, organic peppermint, almond milk › chocolate brown rice protein +1.5

## POWER UP

boost your smoothie with protein, greens, or superfoods

organic brown rice protein, grass-fed whey protein, moringa, blue majik, cold brew +1.5

spinach, kale, chia seeds, hemp seeds, organic yogurt, goji berries, bee pollen, matcha, coffee beans, activated charcoal +1

spirulina, ginger, coconut, flax seeds, cacao powder, cacao nibs, turmeric, oats, mulberries +.75



**SOUTH SIDE**

625 PARSONS AVE. COLUMBUS, OH 43206

**GRANDVIEW**

1439 GRANDVIEW AVE. COLUMBUS, OH 43212