

## SANDWICHES

sub gluten free bread +2

<b>v BBQ JACKFRUIT</b> 8.5 organic BBQ jackfruit, herbed cashew cream, purple cabbage slaw, ciabatta	<b>TUNA KRAUT</b> 8.5 albacore tuna salad, sauerkraut, apples, avocado, micro greens, whole wheat
<b>v BASIL PORTOBELLO</b> 8 roasted Portobello, herbed cashew cream, arugula, roasted red pepper, red onion, ciabatta	<b>vg CAPRESE FLORENTINE</b> 8 hemp walnut pesto, fresh mozzarella, tomato, spinach, whole wheat
<b>JALAPEÑO TURKEY</b> 8.5 natural turkey, black bean spread, pepper jack cheese, micro greens, tomato, whole wheat	<b>ROAST BEEF</b> 8.5 natural roast beef, zesty cashew mayo, Swiss cheese, micro greens, tomato, whole wheat
<b>v HUMMUS &amp; HEMP PESTO</b> 8 hummus, hemp walnut pesto, avocado, micro greens, tomato, whole wheat	<b>v ULTIMATE VEGGIE</b> 8.5 carrot hummus, cucumber, arugula, red onion, tomato, beet kraut, whole wheat

## SNACKS v

<b>GF CHOCOLATE AVOCADO PUDDING</b>	5
<b>GF HUMMUS</b>	4
<b>GF CHIA PUDDING</b>	5
<b>GF NO-BAKE BITES</b>	1.5
<b>GF SUPERFOOD DONUTS</b>	3.5
<b>GF SOUP</b>	4   5
<b>SUPERFOOD POP TARTS</b>	4.5

## SALADS & JUICE

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

## TOAST v

sub gluten free bread +1

<b>AVOCADO</b> 3.5 avocado, salt, red pepper flakes, micro greens	
<b>PESTO AVOCADO</b> 3.5 avocado, hemp walnut pesto, hemp seeds, salt	
<b>STRAWBERRY AVOCADO</b> 3.5 avocado, strawberries, coconut, raw honey	
<b>PB&amp;J</b> 3.5 peanut butter, strawberry rhubarb vanilla bean jam, granola	
<b>BANANA ALMOND BUTTER</b> 3.5 banana, almond butter, cacao nibs, cinnamon, maple	
<b>COCONUT BACON AVOCADO</b> 3.5 avocado, coconut bacon, arugula, smoked sea salt	
<b>MEDITERRANEAN</b> 3.5 hummus, tomato, micro greens, zaatar, olive oil	

## BEVERAGES v | GF

<b>MISSION DRIP COFFEE</b>	2.25   3
<b>NUMI HOT TEA</b>	1.75   2.5
<b>COLD BREW COFFEE</b>	3
<b>ICED ALMOND MILK LATTE</b>	3.5
<b>SUPERFOOD LATTES</b> 4.5 pink rose matcha vanilla bean majik mint turmeric spice	

**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

## ADD-INS

organic brown rice protein, hemp 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 +1

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

## SMOOTHIES GF

**v BLUE MAJIK** 8 **VG MANGO LASSI** 7.5  
pineapple, banana, coconut cream, blue majik, lime, maple, almond milk mango, banana, organic yogurt, turmeric, maple, almond milk

**v GREEN MONSTER** 7 **v BLUEBERRY DETOX** 7.5  
banana, pineapple, kale, spirulina, orange juice blueberries, kale, avocado, turmeric, black pepper, maple, almond milk

**v BREAKFAST SMOOTHIE** 7.5 **v TROPICAL GREEN** 7  
blueberries, banana, almond butter, oats, maple, almond milk banana, pineapple, spinach, almond milk

**v BREAKFAST SMOOTHIE II** 8 **v SNICKERDOODLE** 7  
blueberries, banana, almond butter, cold brew coffee, turmeric latte spice, maple, almond milk banana, almond butter, flax seeds, cinnamon, maple, almond milk

**v PEANUT BUTTER POWER** 7 **v STRAWBERRY BANANA CHIA** 7  
banana, peanut butter, cacao, maple, almond milk strawberry, banana, chia seeds, maple, almond milk

**v BLUEBERRY CACAO** 7.5 **v MORNING GLORY** 6  
blueberries, cacao, hemp seeds, avocado, vanilla, maple, almond milk strawberry, banana, orange juice

**v DRAGON FRUIT** 8 **v COCONUT COFFEE** 6  
dragon fruit, banana, pineapple, coconut, lime, salt, orange juice banana, coffee beans, coconut, maple, almond milk

**v VEG HEAD** 8  
avocado, cauliflower, cucumber, spinach, kale, vanilla brown rice protein, almond milk



**SOUTH SIDE**

625 PARSONS AVE. COLUMBUS, OH 43206

**GRANDVIEW**

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