



SPRING CAFE ASPEN

ORGANIC FOOD & JUICE BAR



DRINKS

100% Organic Coffee & Teas
Decaf Espresso Available

CHAI TEA LATTE

Freshly brewed chai tea, house nutmilk, agave
12oz \$7 | 16oz \$7.50

DIRTY CHAI TEA LATTE

Freshly brewed chai tea, shot of espresso,
house made nutmilk, agave
12oz \$7.50 | 16oz \$8

MATCHA LATTE

12oz \$7 | 16oz \$7.50.

MATCHA TEA

iced [or] hot
16oz \$6

TURMERIC LATTE

12oz \$7 | 16oz \$7.50

DOUBLE ESPRESSO

\$5

ESPRESSO AMERICANO

12oz \$5.50 | 16oz \$6

LATTE

12oz \$6.50 | 16oz \$7

CAPPUCCINO

12oz \$6.50 | 16oz \$7

BREW COFFEE

12oz \$4.50 | 16oz \$5

SHOT OF THE DAY

ginger, lemon and cayenne
2oz \$6.5

TEA

Hot 12oz \$4.50 | Iced 16oz \$5.50

HOUSE MADE LEMON-AID

16oz \$6

MATCHA LEMONADE

16oz \$7

JUICE BAR

16oz \$15

GREEN LIGHT

Kale, romaine lettuce, cucumber, celery, pineapple

POWER GREENS

Kale, romaine lettuce, celery,
cucumber, ginger

CARROT HOP

Carrot, apple, ginger

CLEANSER

Cucumber, parsley, lemon, ginger, celery, spinach.

BEET MINE

Lemon, beets, watermelon.

SMOOTHIES

16oz \$15

SPRING SHAKE

Kale, avocado, almond butter, dates, coconut,
almond milk

COCO-PEANUT

Almond milk, peanut butter, cacao, banana, chia

BLUE BEAUTY

Blueberry, almond butter, banana, coconut,
coconut water

PRETTY IN PINK

Strawberry, banana, almond milk, agave

PINEAPPLE EXPRESS

Pineapple, orange, banana, coconut milk

ACAI SMOOTHIE

Acai blended with strawberry, blueberries, banana, granola,
apple juice

MATCHA SMOOTHIE

Almond milk, matcha powder, pineapple, banana,
spinach, dates

TROPICAL SMOOTHIE:

Mango, strawberry, banana, agave, coconut water.

substitute: homemade nut milk \$3

additions: \$2 chia seeds, \$3 spirulina, almond butter \$3

BREAKFAST

GOOD GRAINS

BLUEBERRY PANCAKES \$25 V GF

Made with a blend of gluten free flours. Served with a side of maple syrup.

BANANA PANCAKES \$25 V GF

House made vegan and gluten free pancakes, served with mixed berries and maple syrup on the side.

AVOCADO TOAST \$22V

House made avocado spread, cherry tomato, red pepper flakes, and olive oil. [Gluten Free upon request](#)

BANANA SPLIT \$21 GF

Select one base: Coconut yogurt or greek yogurt. Toppings: Fresh berries, chia seeds, granola, and coconut flakes.

SOURDOUGH FRENCH TOAST: \$27

Local organic sourdough bread topped with fruit compote and sweet cashew drizzle. Served with maple syrup on the side.

PEAK PROTEIN

all scrambles below served with choice of
tofu [or] scrambled eggs
toast [or] sprouted grain tortilla
roasted sweet potato[or] seasonal fruit
[Substitute egg whites \\$2](#)
[Gluten Free and Vegan upon request](#)

GO GREEN SCRAMBLE \$22

Spinach, Kale, broccoli, hemp seeds.

SPRING SPECIAL SCRAMBLE \$22

Mushroom, tomato, onion, house-marinated tempeh.

PESTO GARDEN SCRAMBLE \$22

Spinach, onion, cherry tomato, pesto, feta cheese.

WESTERN SCRAMBLE \$22

Black beans, onion, tomatoes, green pepper, and vegan mozzarella.

SIDES

Fruit \$8 • 2 Eggs any style \$6 • Roasted Potatoes \$6 • Roasted Sweet Potato \$6
Sautéed Greens \$9 • Toast Or Bagel \$5
Brown rice, or Quinoa \$9

POWER PLAY

THE SUPERHERO BURRITO \$22

Eggs [or] tofu, potato, onion, mushroom, peppers, spinach, tomato, daiya mozzarella, wrapped in a sprouted grain tortilla and served with house made tofu sour cream and tomato salsa.
[Can be made Vegan and Gluten Free](#)

SPRING BURRITO \$26

Eggs or tofu, chorizo, sour cream, avocado, brown rice, bell pepper, onion, whole black beans, chipotle sauce, lettuce, pico de gallo, wrap in a sprouted grain tortilla.

BLANCA'S SANDWICH \$22*

Eggs [or] tofu, tomato, onion, jalapeno, daiya mozzarella, thousand island sauce, and avocado on a millet flax bagel. [Vegan and gluten free upon request.](#) Sourdough bread adds \$3

FARMER'S OMELETTE \$23 GF

Eggs, spinach, mushroom, tomato, onion and feta cheese. Served with roasted sweet potato and pico de gallo

VEGGIE OMELETTE \$25 GF

Spinach, zucchini, feta cheese, onion, bell pepper. Served with hashbrown.

HUEVOS RANCHEROS \$21GF*

Eggs any style, refried black beans, ranchero sauce, shredded lettuce on corn tortillas. Served with sweet potato, feta cheese, pico de gallo, tofu sour cream. [Vegan upon request.](#)

SKILLET POTATO AND EGG \$23

Eggs any style [or] tofu, potato, broccoli, onion, pepper, spinach with veggie chorizo. Served with gluten free [or] multigrain toast.

BREAKFAST TACOS \$22 GF

Sauteed potato, pepper, onion, scrambled eggs [or] tofu topped with pico de gallo, salsa verde, and feta cheese. Served on corn tortillas.

POWER BREAKFAST \$27 *

Marinated greens, two eggs over easy, sourdough bread topped with guacamole, olive oil and feta cheese.

BREAKFAST QUESADILLA \$27

Eggs, house-made vegan sausage, mushrooms, tomato, peppers. Served with salsa verde and pico de gallo.

BREAKFAST COMBO \$28 GF *

2 Blueberry pancakes, two eggs over easy, spinach, and hashbrown.

COLORADO SANDWICH \$27 *

Vegan sausage, two eggs over easy, spinach, house-made pesto, chipotle sauce, tomatoes. Served with hashbrown.

LITTLE SPROUTS MENU

12 Years and Younger

BABYCAKES

Almond and brown rice flour, served with organic maple syrup \$14

SUNNY SCRAMBLE

Scrambled eggs or tofu served with toast and roasted sweet potato \$15

LIL' RIPPER

Granola, greek yogurt topped with seasonal fruit \$16 gf

* THESE ITEMS MAY BE SERVED RAW OR UNDERCOOKED. CONSUMING RAW OR UNDERCOOKED EGGS, MEAT, POULTRY, SEAFOOD, OR SHELLFISH MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. THE FOLLOWING MAJOR FOOD ALLERGENS ARE USED AS INGREDIENTS: MILK, EGG, TREE NUTS, PEANUTS, WHEAT, SOY AND SESAME. PLEASE NOTIFY STAFF FOR MORE INFORMATION ABOUT THESE INGREDIENTS. WE SOURCE MANY OF OUR GLUTEN FREE PRODUCTS FROM SMALL PURVEYORS AND FARMS THAT ARE NOT CERTIFIED GLUTEN FREE. WE CANNOT GUARANTEE THERE IS NOT CROSS-CONTAMINATION. NUT TRACING