

- Taco** 6
choice of chicken, steak, or veggie ◉
served with raw veggies and “tozi” blue corn tortilla
- Protein Plate** 10
your choice of chicken or steak served
with organic brown rice and steamed broccoli
substitute 6oz salmon +5
- Chicken Nuggets** 8
pasture-raised chicken, fried in avocado oil, &
served with a side of raw veggies and ketchup dips
- Pasta** 6
organic brown rice penne with your choice of
house cashew cream ◉ ♻️ or grass-fed beef ragù (+1)
- Smashed Fingerling Potato** ◉ 6
sea salt & ketchup

*the entire menu is free of gluten, dairy, soy, peanut, seed oil
& refined sugar. the only oils we use are olive, coconut, & avocado.*

◉ : vegan ♻️ : contains nuts

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