



CAFE MENU

Delicious plant-based foods made fresh to order. Every day.

BREAKFAST BOWLS

- QUINOA & OATMEAL BOWL** \$4.95
steel cut oats, rolled oats & quinoa | 2 toppings | served warm
- GRANOLA BOWL** \$4.95
essential, energy or zen blend granola | 2 toppings | served warm or cold
- AÇAI or SMOOTHIE BOWL** \$9.50
açai, milky way or zenergy base | 3 toppings

TOASTS

Served on 2 slices of multigrain *add organic, free-range hard-boiled egg \$2 \$9.95

- AVOCADO TOAST** with heirloom tomato relish, microgreens & superseeds
- SPICY AVOCADO TOAST** with cashew spread, chia seeds & microgreens
- BUTTERNUT SQUASH HUMMUS TOAST** with cucumber, heirloom tomato relish & za'atar

SALADS, BOWLS & PLATES



- ROASTED TURMERIC CAULIFLOWER KALE SALAD** with crispy chickpeas, carrot ribbons, red cabbage, vegan parm & ranch dressing. \$12.95
- FALAFEL & GREENS** with butternut squash hummus, cucumber, carrot ribbons, red cabbage, green olive, za'atar-spiced toasted wheat pita & hemp-honey mustard dressing. \$12.95
- ROASTED RAINBOW CARROT & POMEGRANATE SALAD** with radish, lentil & avocado served on tender gem lettuce with a lemon-tahini dressing. \$12.95
- CHIPOTLE COBB SALAD** with carrot ribbons, cucumber, heirloom tomato relish, smoky coconut bacon, organic & free-range egg, and avocado on baby kale. Dressed with a creamy chipotle dressing. \$12.95
- HARVEST GRAIN BOWL** with roasted butternut squash, cauliflower, sweet potatoes, red pepper, onions, mushrooms & hemp seed-basil pesto. Served warm atop a red quinoa-brown rice blend. \$13.95
- BLACK BEAN CHORIZO GRAIN BOWL** with smoky lentil-walnut chorizo, tomato relish & smashed avocado. Served warm atop a red quinoa-brown rice blend. \$13.95
- BEET & BLACK BEAN VEGGIE BURGER** with smoky chipotle cabbage slaw. Served warm on a whole wheat pita with roasted sweet potato wedges. \$13.95

BOWL TOPPINGS

*contains nuts

- SUPERSEED SPRINKLE
- POWER NUT BLEND*
- DRIED FRUIT MIX
- CHOCONUT BANANA CRUNCH*
- MACA GLOW DUST
- SNAP CRACKLE BERRY
- ESSENTIAL GRANOLA*
- ENERGY GRANOLA*
- ZEN BLEND GRANOLA
- FRESH BERRIES & POMEGRANATE SEEDS
- SLICED BANANA
- ALMOND BUTTER*, SUNBUTTER OR TAHINI
- MAPLE SYRUP OR RAW HONEY

PERFECT PAIRINGS

*1/2 portion of toast & salad

- SOUP + TOAST
- SALAD + TOAST
- SOUP + SALAD
- \$12.50**

SEASONAL SOUPS

- POWER GREENS *served chilled*
- 7 VEG & QUINOA
- LEMON MISO
- \$6.50**

DESSERT

*gluten-free, contain nuts

- DARK CHOCOLATE MOUSSE
- PROTEIN POT
- PUMPKIN CHIA PUDDING
- \$5.95**