

CAFÉ MENU

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

BREAKFAST

served from 6:30 am to 10:30 am

SUPERFOOD OATMEAL	\$5.50
quinoa oatmeal, chia-superberry compote, almond-date crumble	
PANCAKES	\$6.95
whole wheat or gluten free flax plantcakes served with your choice of chia-superberry compote, coco cream & hazelnut pumpkin seed crumble OR fresh berries & almond butter	
BENEDICT YOUR WAY	\$5.95
choice of: tofu scramble, scrambled eggs or egg whites served on multi-grain bread with tempeh bacon, vegan hollandaise, spinach & kale	
ANYTIME BREAKFAST SANDWICH	\$5.95
choose your bread: whole wheat wrap, multi-grain bread, gluten free bread (+\$2) choose one: organic, free-range eggs, organic egg whites, tofu scramble choose your ingredients: spinach, onions, mushrooms, peppers, chiptole cheddar, avocado (+1.25)	

SMOOTHIE & ACAI BOWLS

\$10.25

DRAGON DREAM BOWL

base: dragonfruit, mango, coconut milk, orange juice, banana
toppings: essential granola, banana, strawberry, kiwi, coconut

GREEN ENERGY BOWL

base: kale, spinach, matcha, banana, maca powder, avocado, coconut milk
toppings: strawberry, banana, bee pollen, essential granola

GALAXY BOWL

base: activated charcoal, strawberry, blueberry, banana, cacao, hazelnut milk
toppings: almond butter, superseed sprinkle, pomegranate, banana, blueberry, cacao nibs

BLUE MAGIK BOWL

base: banana, coconut milk, bee pollen, vanilla protein, E3 live blue spirulina
toppings: cocoa banana crunch, blueberry, goji berry, maca glow dust

BUILD YOUR OWN ACAI BOWL

Our classic acai base with your choice of 3 toppings.

(small) \$7.50 | (large) \$8.95

BOWL TOPPINGS

SUPERSEED SPRINKLE
COCOA BANANA CRUNCH
MACA GLOW DUST
FRESH BANANA
ESSENTIAL GRANOLA
ZEN BLEND GRANOLA
FRESH KIWI
BEE POLLEN
FRESH STRAWBERRY
ALMOND BUTTER
CACAO NIBS
CHIA SEEDS
LOCAL HONEY
SUNFLOWER BUTTER

TOASTS & SANDWICHES

Toasts served on 2 slices of multigrain bread.

\$9.95

AVOCADO TOAST*

heirloom tomato relish

SPICY AVOCADO TOAST*

spicy cashew spread

BUTTERNUT SQUASH & HUMMUS TOAST*

cucumber & heirloom tomato relish

*add organic, free-range egg or gluten-free bread for \$2



FLATBREADS

choice of cauliflower or gluten free

\$12.50

GARLICKY GREENS

garlic cashew cream, pesto vinaigrette, roasted vegetables, arugula

GREEN & TONIC CLASSIC

tomato sauce, cheese blend, mushroom, pepper, impossible sausage

BOWLS

\$9.95

SIGNATURE MACRO BOWL

quinoa, black beans, kale, tomato, sweet potato, superseed sprinkle, lemon tahini dressing

*add avocado (\$1)

CUSTOM CRAFTED SALADS

Choose your greens, dressing and four toppings

\$10.95

GREENS (choose one)

baby kale, baby spinach, mesclun greens

DRESSINGS (choose one)

lemon tahini, aquafaba ranch, chipotle caesar, spicy almond butter vinaigrette or oil & vinegar

TOPPINGS (choose four)

cucumber	red onion	lentils	roasted cauliflower	raisins
cherry tomato	olives	quinoa	heirloom carrots	dried cranberry
carrot	scallion	brown rice	roasted red pepper	super seeds
cabbage	black beans	butternut squash	roasted red onion	goji berry
red pepper	chickpeas	brussel sprouts	pomegranate seeds	croutons

*additional toppings can be added for \$.75 each

PREMIUM TOPPINGS

SPICY CASHEW SPREAD	\$1.50
BUTTERNUT SQUASH HUMMUS	\$1.50
PARMESAN CHEESE	\$.95
CHIPOTLE CHEDDAR CHEESE	\$.95
SPICY CASHEWS	\$.95
HARD-BOILED EGG	\$2.00
AVOCADO	\$2.00

PLANT-BASED BURGERS

Choice of whole wheat bun, multi-grain or gluten-free bread (+ \$2)

GREEN & TONIC BURGER

impossible burger (100% plant-based), heirloom tomato relish, arugula, sriracha ketchup

\$12.50

SOUTHWEST VEGETABLE BURGER

house-made with brown rice, kale, pinto beans, plant protein with roasted mushrooms, peppers, lettuce, vegan chipotle aioli

\$10.95

PREMIUM ADD-ONS

DOUBLE BURGER	\$5.95
CHIPOTLE CHEDDAR CHEESE	\$1.00
AVOCADO	\$2.00

