

ALL DAY BREAKFAST FOR STARTERS

Buckwheat Pancakes \$9

buckwheat, real maple, macadamia butter
make it savory: add mushroom gravy - \$4
add fresh fruit - \$2

Banana Bread \$6

served with macadamia butter. Delicious A.F.

Avocado Toast \$9

smashed avo, spicy vegan cheese,
watermelon radish, micro greens

Quiche \$12

pasture raised eggs, broccoli, raw cheddar cheese,
almond crust, paired with mixed greens

Superfood Porridge \$8

chia, cacao, maca, lucuma, goji, almond milk

F.O.M.O. Platter \$13

raw crackers, raw onion bread,
veggies, hummus, guacamole
spicy vegan cheese, micro greens

Spring Rolls \$10

raw wrap, fresh herbs, veggies,
micro greens, Bangkok sauce

Jalapeño Poppers \$10

cashew cream cheese, pumpkin
seed crumble, Rawinich dressing

Lentil Pancake Platter \$12

served with spicy vegan cheese,
chutney, coconut raita, veggies,
micro greens

SALADS TO LIVE FOR

Half \$7 - Full \$12

Vegan Caesar

romaine, croutons
vegan parmesan crumble,
Caesar dressing

Shakti

massaged kale, herb
pate, mixed greens,
cucumbers, avocado,
spirulina, sea veggies,
cilantro vinaigrette

Rainbow

micro greens,
veggies, honey
mustard dressing

Sunshine

sunflower sprouts,
cucumbers, spirulina,
vegan caesar dressing

Kale Quinoa

massaged kale,
quinoa, veggies,
Bangkok dressing

SUPER SOUPS

Cup \$6 - Bowl \$10

Papas Potato

yukon gold
potatoes, carrot,
celery, parsley,
onion, garlic

Elote Southwestern Chowder

corn, potatoes, red
bell pepper, onion,
garlic, vegan cheese

Big City Chili

black beans,
carrot, celery,
jalapenos,
cilantro, onion,
garlic, quic
parm crumbles

Tomato Bisque

with cheesy popcorn,
fresh tomatoes, celery,
parsley, onion, garlic,
almond cream

MAIN EVENTS

Buddha Bowl \$14

roasted maple acorn squash, turmeric cauliflower,
shishito peppers, brussels sprouts, Bangkok sauce
(choice of wild rice or quinoa)

Fungi Fantasy \$13

mushroom almond gravy, garlic, herbs,
served over wild rice with raw parmesan crumbles

Vegan Seafood Gumbo \$13

okra, jackfruit, shiitake mushrooms, onion,
garlic, paprika, over basmati rice

Mushroom Molé Tacos \$12

lions mane mushrooms in David's special molé
on corn tortillas with quic and pico de gallo

The Whole Enchilada \$13

chili, potatoes, rice, quic, picón, gallo, raw cheese crumble

ON A SIDE NOTE \$6

Simple Salad

fresh greens, sprouts,
choice of dressing

Savory Lentil Pancakes

Mashed Potatoes

Shishito Peppers
coconut oil, honey, salt

Jamaican Jerk Slaw

House Made
Raw Crackers

Brussels Sprouts
golden browned and
tossed with honey
mustard

SANDWICHES

Veggie Burger \$11

house-made patty with lettuce,
tomato, honey mustard, red onion
on a house-made bun

Avocado Sammie \$10

raw onion bread, avocado, herb salad,
lettuce, tomato, micro greens

Jackfruit BBQ \$11

vegan pulled pork/jackfruit with
southern sauce and Jamaican slaw
on a house-made bun

COFFEE REFRESHERS

FROM CAT AND CLOUD ROASTERS

French Press | single \$4 - double \$6
gourmet dark roast

Americano \$4
gourmet light double espresso

Latte \$6
gourmet light espresso with choice of milk variations + \$1 (rose cardamom, lavender, vanilla maple)

NOT COFFEE

Matcha Latte \$6
traditionally prepared with choice of milk sweetened with maple

Golden Latte \$6
turmeric, chai spices, sweetened with maple choice of milk (add espresso to make it a dirty golden \$2)

Chai Latte \$6
homemade classic spice blend, choice of milk, (caffeine free) (add espresso to make it a dirty chai \$2)

Spring Dragon \$4
healthiest tea on earth!

* COLD PRESSED JUICES \$8

Amazing Grace
cucumber, celery, kale, apple, parsley

Brilliant Emerald
cucumber, celery, spinach, cilantro, shishito peppers, lime

Third Eye
carrot, apple, ginger

King Crimson
beet, carrot, pineapple, cilantro

Solar Flare
orange, grapefruit, lemon, ginger, turmeric

Deep Green
celery, cucumber, kale, chard, fennel, lemon

* non-pasteurized juice may contain bacteria which may be harmful to people with weak immune systems

Ginger Lemonade \$5
fresh squeezed and ultra refreshing sweetened with honey

Green Mountain \$7
ginger lemonade with wheat grass

Spring Dragon \$4
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Electric Sapphire \$7
coconut, aloe vera, phycoocyanin, stevia

Superfood Sodas \$4
sparkling RO water, stevia sweetened (cherry cola, root beer, lemon-lime)

TEA POTS \$4
yerba mate, chrysanthemum, mint

ADDITIONS \$2
CBD, chaga, aloe vera

SPIRITUAL AWAKENINGS \$11

Spiritual Bypass
vodka, gin, tequila, rum, lemon, cherry cola

Isle Of View
rum, pineapple, coconut, cilantro

Mojito
rum, cucumber, mint

Mimosa \$9
sparkling wine with solar flare, pineapple or kombucha

Beer & Wine \$4 - \$10
a variety of craft beers and organic wines

Total Eclipse
Solar Flare juice with vodka

Tequila Mockingbird
tequila, jalapeno syrup, lime, soda

Rose-tini
gin, rose, prickly pear

BLENDED BEVERAGES 16OZ \$10

Chocolate Malted
cacao, carob, coconut, maca, mesquite, lucuma, maple

Blueberry Vibes
blueberry, banana, coconut, cashew, hemp, tocos, omega 3

Strawberry Moon
strawberry, banana, goji, schizandra, chia, hemp, tocos, omega 3

Jade Beauty
kale, banana, hemp, nut milk, chia, spirulina

Cream Dream
coconut, cashew, pea protein, lucuma, maca, tocos, vanilla, maple

Mango Lassi
coconut kefir, mango, traditional Ayurvedic spices

ACTIVATOR SHOTS \$4

Warrior Mindset
for a glowing diamond mind

Shaman Healer
strengthen your spirit and overcome stress

Dragon Detox
super immune booster

Wheat Grass
oxygenates and cleans the blood

JUST DESSERTS

Humble Warrior Pie \$7
creamy coconut delight

Lime Cream Pie \$7 tart and delicious

Cacao Heaven \$7
creamy chocolate ganache

Cashew Ice Cream \$3 "huff said"

Chocolate Hazelnut Pie \$7
rich, bold, and velvety

Rose Cardamom Pie \$7
pure raw heart opener

Chocolate Chip Cookie \$4