

PROUD TO BE
100%
Gluten, Peanut & GMO
FREE



Sandwiches & Burgers



ALL SANDWICHES & BURGERS INCLUDE A CHOICE OF: **HANDCUT SLAW, HOUSE SALAD, RED & SWEET POTATO SALAD +0.50EXTRA, OR CUP OF SOUP +2.50EXTRA**

CHICKEN SALAD SANDWICH 10.95

Pulled Chicken Breast with Granny Smith Apples, Celery, Dill, and Vegan Mayo served with Lettuce and Tomato on a Housemade Bun

TUNA SALAD SANDWICH 10.95

Tuna Salad with Celery, Carrot, and Vegan Mayo served with Lettuce and Tomato on a Housemade Bun

GRILLED CHICKEN SANDWICH 11.75

Grilled Chicken Breast, Roasted Red Pepper, Spinach, and Mozzarella on a Housemade Bun

CHICKEN MELT 11.75

Pulled Chicken Salad topped with Brie served open-faced on Buttermilk Waffle Bread

TUNA MELT 11.75

Tuna Salad topped with Sharp Cheddar served open-faced on Buttermilk Waffle Bread

GRILLED CHEESE 10.25

Cardamom and Cinnamon Spiced Granny Smith Apples with Sharp Cheddar and Brie on Buttermilk Waffle Bread

RAW NUT CHILI TACOS 10.95

Nut Chili, Red Peppers, Green Onions, Carrots, and Riced Cauliflower in Cabbage Wraps topped with Ginger Sauce

PORTOBELLO SANDWICH 10.50

Roasted Balsamic Marinated Portobello Mushroom Cap served with Lettuce, Tomato, Onion, and Avocado Spread on Buttermilk Waffle Bread

VEGGIE STACK SANDWICH 10.75

Roasted Zucchini, Red Pepper, Portobello Mushroom, and Onion with Mozzarella on a Housemade Bun

CLASSIC BLT 10.25 *VEGAN +1.00

Turkey Bacon layered with Romaine Lettuce and sliced Tomato with a smear of Vegan Mayo on Buttermilk Waffle Bread

SWEET POTATO BURGER 11.75

Seasoned Sweet Potato, White Beans, Oats, and Walnuts Burger topped with Red Cabbage, Avocado, Lettuce, Tomato, and Spicy Mayo on Vegan Waffle Bread

QUINOA BURGER 11.25

Seasoned Quinoa, Beet, Carrot, Mushroom, and Scallion Burger topped with Mozzarella, Sautéed Mushrooms and Onions on a Housemade Bun

RAW LENTIL BURGER 11.75

Sprouted Lentil, Garbanzo, Walnut, and Sunflower Seed Burger served with Tomato, Onion, and Avocado Spread on Vegan Waffle Bread, Kale, or Romaine Leaves *TRY IT GRILLED

SLAW CHICKEN BURGER 11.95 *DOUBLE STACK +4.95

Topped with Cheese, Handcut Slaw, and Spicy Mayo on a Housemade Bun

SPINACH CHICKEN BURGER 12.45 *DOUBLE STACK +4.95

Topped with Spinach, Goat Cheese, and Cranberry Chutney on a Housemade Bun

MUSHROOM CHICKEN BURGER 12.45 *DOUBLE STACK +4.95

Topped with Mozzarella, Sautéed Mushrooms and Onions on a Housemade Bun

CHICKEN & WAFFLE 12.50

House-ground Chicken Burger topped with Tomato, Fried Egg and Spicy Hollandaise served on a Buttermilk Savory Waffle

Salads

ADD A SERVING OF **GRILLED CHICKEN, CHICKEN BURGER, CHICKEN SALAD, TUNA SALAD, TOFU, LENTIL BURGER, OR QUINOA BURGER TO ANY SALAD OR BOWL +4.95EXTRA**

CAESAR'S GREENS 10.95

Romaine Lettuce tossed in Creamy Cashew Caesar Dressing with Housemade Croutons

GRECIAN GREENS 11.50

Cucumber, Tomato, Onion, Bell Pepper, Sprouted Garbanzo Beans, Olives, and Romaine in Red Wine Vinaigrette

TUSCAN GREENS 11.75

Sprouted Lentils, Zucchini, Tomato, Bell Pepper, Olives, Capers, Scallions, and Field Greens in Lemon Garlic Dressing

MOROCCAN GREENS 11.95

Carrot, Cauliflower, Celery, Sprouted Lentils, Dates, Walnuts, Cilantro, Kale, Spinach, and Romaine in Red Wine Vinaigrette

ASIAN GREENS 11.95

Mushrooms, Red Cabbage, Avocado, Golden Beet, Scallions, Baby Spinach, and Romaine in Ginger Dressing

Lunch Bowls

FIESTA BROWN RICE 10.25

Avocado, Mango, Tomato, Onion, Cilantro, and Brown Rice with Lime and Red Pepper Sauce

FARM HOUSE RICE 9.25

Cauliflower, Mushrooms, Onions, Peas, Carrots, and Brown Rice with Ginger Sauce

ROASTED VEGGIE QUINOA 9.95

Zucchini, Mushrooms, Peppers, Onions, Spinach and Quinoa with Lemon Garlic Sauce

SUPER QUINOA 9.95

Kale, Mushroom, Red Pepper, Cauliflower, Onion and Quinoa with Ginger Sauce

FRIED QUINOA 10.25

Carrots, Purple Cabbage, Red Pepper, Scallions, and Quinoa with Lemon Garlic Sauce topped with a Fried Egg

RAW ZUCCHINI PUTTANESCA 12.25

Zucchini spaghetti tossed with Sprouted Garbanzos, Sprouted Lentils, Grape Tomatoes, Red Peppers, Kalamata Olives, Capers, and Scallions in Lemon Garlic Sauce *TRY IT SAUTÉED

Soups

4.95 CUP | 6.95 BOWL | 10.95 CUP & HOUSE SALAD
ADD A SERVING OF **BROWN RICE TO A BOWL +2.95EXTRA**

EVERYDAY HEARTY CHILI

Kidney and Pinto Beans, Tomato, Celery, Bell Pepper, Onion, and Ground Tofu garnished with Cilantro

MONDAY CARROT GINGER

Carrot, Ginger, and Cashew Cream garnished with Sunflower Seeds

TUESDAY CREAMY CAULIFLOWER

Roasted Cauliflower, Onion, and Almond Cream garnished with Scallions

WEDNESDAY LENTIL GARDEN

Lentil, Carrot, Celery, Tomato, and Onion garnished with Kale

THURSDAY PEA & ROASTED GARLIC

Green Peas and Oven Roasted Garlic garnished with Red Pepper

FRIDAY WHITE BEAN & RED PEPPER

White Beans, Red Pepper, and Garlic garnished with Kale

Did you know?
ALL OF OUR Salad Dressings & Sauces ARE MADE FROM SCRATCH IN HOUSE

Did you know?
WE MAKE OUR Soups FROM SCRATCH EVERY MORNING

Bless this food, let it nourish us: body, mind, and spirit



Want more of something?

Premium Toppings +1.00EACH
Extra Toppings +0.50EACH
Extra Sauce +1.00EACH
Avocado +1.50EACH



Additional nutritional information available upon request. Before placing your order, please inform your server if a person in your party has a food allergy. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Beverages

ENJOY A REFRESHING DRINK

FRENCH PRESSED COFFEE 3.25

Brewed to order Colombian Coffee served in a 20oz French Press

COLD BREW COFFEE 3.25

Ethiopian Nitro Coffee served in a 16oz glass

ORGANIC SODA 3.25

Ask your server for flavors

LEMONADE 3.25

Housemade with Lemon and Ginger sweetened with Cane Juice

HOT TEA 3.25

Exclusive selection of Teas

ICED GREEN TEA 2.75

Bottomless Organic House brewed from loose leaf Tea

Waters

REHYDRATE & QUENCH YOUR THIRST

COCONUT WATER 5.99

SPARKLING BOTTLE 3.25

SMALL STILL BOTTLE 2.25

LARGE STILL BOTTLE 3.75

Kombuchas

A FUNCTIONAL & PROBIOTIC DRINK

12oz BOTTLE 3.99

16oz BOTTLE 5.59

16oz ON TAP 4.99

Did you know?
KOMBUCHA
ORIGINATED IN *Manchuria* OVER
2200 YEARS AGO

Juices & Smoothies 16oz 8.49

COLD, FLAVORFUL & ENERGIZING

ADD A SERVING OF **PEA PROTEIN** +1.00

WISTFUL WHITE

Banana, Coconut Oil, Cinnamon, Golden Raisins, Oats, and Rice Milk

GLORIOUS GREEN

Kale, Mango, Avocado, Lime, Mint, and Sunflower Seeds

AWESOME AMBER

Strawberry, Avocado, Banana, Kale, and Flax Seeds

OUTRAGEOUS ORANGE

Mango, Banana, Orange, and Almonds

BLISSFUL BLUE

Blueberry, Banana, Apple, Lemon, Walnuts, and Rice Milk

PRECIOUS PINK

Strawberry, Banana, Apple, and Orange

COURAGEOUS COCOA

Cocoa, Mint, Kale, Avocado, Dates, and Rice Milk

LUSCIOUS LIME

Pineapple, Oats, Banana, Spinach, Lemon, Orange, Coconut Oil, and Almond Milk

HEALTHY & REJUVENATING

PINK

Watermelon, Cucumber, Lime, and Mint

ORANGE

Carrot, Orange, Apple, and Ginger

RED

Cucumber, Celery, Red Pepper, Beet, and Lemon

GREEN

Cucumber, Celery, Kale, Parsley, and Lemon

RAINBOW

Cucumber, Celery, Cabbage, Carrot, Tomato, Red Pepper, Parsley, and Lime

2oz GINGER SHOT 3.50

2oz GINGER TURMERIC SHOT 4.00

We offer
3, 5 OR 7 day Raw Cleanses
TWO GREEN JUICES
TWO RAW ENTRÉES
ONE RAW SNACK
ONE LEMON WATER
ONE HERBAL TEA
daily!
Sign up with your server, today!

Baked Goods

ALL OF OUR BAKED GOODS ARE HOUSEMADE TO TEMPT YOUR TASTE BUDS

SAVORY BREAD 2.50

2 pieces of Buttermilk or Vegan Waffle Bread or 1 Buttermilk Bun

RAW SOFT FLAX CRACKER 2.50

2 pieces of Flourless Crackers made with Flax Seeds, Sunflower Seeds and Scallions

MUFFIN 4.25

Served warm

ICE CREAM 4.00

Vanilla or Chocolate Ice Cream made from Coconut Milk

BROWNIE 4.25

Flourless Chocolate Brownie, sweetened with Almond Butter and Agave **ADD ICE CREAM SCOOP +3.00EXTRA**

SUNDAE 5.75

Warm Waffle topped with an Ice Cream scoop and Fruit Jam served with a piece of housemade Walnut-Coconut Chocolate

CHOCOLATE CHIP COOKIE 3.25

Served warm

RAW CHOCOLATE TURTLE 4.95

Date Caramel and Walnuts coated with Coconut Chocolate

Children

AGES 12 YEARS OLD & YOUNGER. ALL SERVED WITH APPLE SLICES

GRILLED CHICKEN STICKS 6.95

Grilled Chicken Tenderloins with Honey Mustard Dipping Sauce

VEGGIE RICE 7.50

Brown Rice with Peas and Carrots

ALMOND BUTTER & JELLY 6.95

Almond Butter and Strawberry Jam on Buttermilk Waffle Bread

Breakfast

MONDAY - FRIDAY 8 - 11am

SATURDAY & SUNDAY all day

Eggs & Tofu

ALL DISHES INCLUDE A CHOICE OF: SLICED GRANNY-SMITH APPLES OR GRIDDLED RED & SWEET POTATOES +0.50EXTRA

VEGGIE TOFU 9.95

Organic Tofu scrambled Onions, Mushrooms, Red Peppers, and Spinach with a Soft Flax Cracker or Vegan Waffle

KEYWEST TOFU 9.95

Organic Tofu scrambled, Avocado, Tomato, Green Onion, Ginger and Cilantro, and Lime with Soft Flax Cracker or Vegan Waffle

EGGS BENEDICT 12.25

Poached Eggs, Spinach and Turkey Bacon topped with Housemade Hollandaise on Buttermilk Waffle

EGG SANDWICH 8.95

Fried Egg, Turkey Bacon, Tomato, and White Cheddar on Waffle

EGG BREAKFAST 7.25

2 Eggs any style served with a Waffle Bread

VEGGIE OMELET 9.95

Eggs, White Cheddar, Mushrooms, Spinach, Red Peppers, and Onions

WESTERN OMELET 10.50

Eggs, Colby, Turkey Bacon, Red Peppers, Avocado, and Onions

EGG WHITES +2.00EXTRA

Bowls

AMAZONIAN AÇAÍ BOWL 9.95

Served with Housemade Granola and Banana **MORE GRANOLA +1.00EXTRA**

GREEK YOGURT 7.95

Served with Housemade Granola, Banana, and Honey

RISE & SHINE RICE 8.95

Spiced Apples and Brown Rice topped with Caramelized Bananas, Cashews, and Vanilla Bean Rice Milk

EGG & QUINOA HASH 11.25

Veggie Seasoned Quinoa, Beet, with Red Potatoes, Red Peppers, Onion topped with 2 Fried Eggs

Griddle

BELGIAN WAFFLE 8.95

Buttermilk Waffle with Bananas, Walnuts and Butter with a side of Maple Syrup

PANCAKES 8.25

Cinnamon-infused Pancakes with a side of Maple Syrup
CHOICE OF: BANANA, BLUEBERRY, GRANOLA, OR CHOCOLATE +1.75EXTRA

Extra Sides

TURKEY BACON 3.50

CHICKEN APPLE SAUSAGE 3.95

MAPLE QUINOA SAUSAGE 3.95

Health requires Healthy Food

 We strive to use as many ORGANIC ingredients as possible

We don't have a  OR  in our kitchen

WE SPROUT OUR OWN garbanzos & lentils 

Olive, Coconut & Sunflower THE ONLY OILS WE USE 

From scratch, it's what we do! Ask us about our housemade BREADS, DRESSINGS, MAYONNAISE, HOT SAUCE, GRANOLA, SAUCES & DESSERTS   

Gratuity will be included for parties of six or more.

Please be advised that food prepared in our kitchen may contain traces of the following ingredients: Nuts, Soy, Dairy, Eggs, Fish, among other allergens.