

PROUD TO BE  
100%  
Gluten, Peanut & GMO  
FREE



## Specialties

ALL SANDWICHES 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

### CHICKEN & WAFFLE 12.50

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

### HOT MELT 11.95

Your Choice of Chicken or Tuna Salad, topped with Sharp Cheddar served open-faced on Buttermilk Waffle Bread

### LOADED SWEET POTATO 10.95

Baked Sweet Potato filled with Sprouted Garbanzo, Garlicky Kale, our Housemade Guacamole and Toasted Sunflower Seeds

ADD CHILI SCOOP +1.00EXTRA

### RAW NUT CHILI TACOS 11.95

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

### PORTOBELLO SANDWICH 10.95

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

### CLASSIC BLT 10.55 \*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

### FRESH FLAT 12.95

Oat Flour and Sweet Potato Flatbread topped with Basil Sunflower Pesto, Caramelized Onions, Olives, Kale, Tomato and your choice of Chicken or Smoky Tofu

= VEGANIZE IT!

### RAW LENTIL BURGER 11.75

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

### QUINOA BURGER 11.75

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

### GRILLED CHICKEN SANDWICH 12.45

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

### SPINACH CHICKEN BURGER 12.45 \*DOUBLE STACK +4.95

Housemade Chicken Patty Topped with Spinach, Cranberry Chutney, and on a Housemade Buttermilk Bun

### MUSHROOM CHICKEN BURGER 12.25 \*DOUBLE STACK +4.95

Housemade Chicken Patty Topped with Sautéed Portobello Mushrooms Onions, and Mozzarella, on a Housemade Buttermilk Bun

## Salads

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

### CAESAR'S GREENS 10.95

Romaine Lettuce tossed in Creamy Cashew Caesar Dressing with Housemade Croutons

### POWER GREENS 11.95

Grape Tomato, Sprouted Garbanzos, Spinach, Kale, Zucchini, Sweet Potato, and Roasted Sunflower Seeds in Creamy Basil Dressing

ADD AVOCADO +1.50EXTRA

### MOROCCAN GREENS 11.95

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

### ASIAN GREENS 12.55

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

### MEDITERRANEAN GREENS 11.95

Mixed Greens topped with Sprouted Lentils, Cucumber, Tomato, Parsley, Mint, Scallions, Onion, Roasted Nuts in Lemon Garlic Dressing

## Lunch Bowls

### FIESTA BROWN RICE 10.55 \*SUB QUINOA +1.00

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

### BASIL MAMMA RICE 10.95 \*SUB QUINOA +1.00

Carrots, Tomato, Scallion, Kalamata Olives, Celery, Zucchini, Kale, Garlic and Rice with Sunflower Basil Sauce

### ROASTED VEGGIE QUINOA 10.55

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

ADD EGG +2.00EXTRA

### SUPER QUINOA 10.95

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

### SWEET POTATO NOODLES 12.95

Spiralized Sweet Potato sauteed with Kale, Grape Tomato, and Avocado with Garlic and Lime Sauce topped with Toasted Sunflower Seeds

### RAW ZUCCHINI PUTTANESCA 12.95

Zucchini spaghetti tossed with Red Peppers, Sprouted Garbanzos, Sprouted Lentils, Capers, Kalamata Olives, Grape Tomatoes, 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 IN HOUSE FROM SCRATCH**

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

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



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.





# Breakfast

YES! Available at Anytime



## Specialties

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

### VEGGIE OMELET 10.95

Eggs, White Cheddar, Mushrooms, Spinach, Red Peppers, and Onions served with a Buttermilk Waffle  
EGG WHITES ONLY +2.00EXTRA

### WESTERN OMELET 10.95

Eggs, White Cheddar, Turkey Bacon, Red Peppers, Avocado, and Onions served with a Buttermilk Waffle  
EGG WHITES ONLY +2.00EXTRA

### EGG SANDWICH 9.95

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

## Smoothies &

### HEALTHY & REJUVENATING

ADD A SERVING OF PEA PROTEIN +1.00

### WISTFUL WHITE 8.88

Banana, Coconut Oil, Cinnamon, Golden Raisins, Oats, and Rice Milk  
ADD SPIRULINA +1.50EXTRA

### GLORIOUS GREEN 8.88

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

### DAZZLING DANI 8.88

Strawberry, Cinnamon, Dates, Oats, Banana, Almonds, and Almond Milk

### OUTRAGEOUS ORANGE 8.88

Mango, Banana, Almonds, and Orange Juice

### BLISSFUL BLUE 8.88

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

### PRECIOUS PINK 8.88

Strawberry, Banana, Apple, and Orange Juice

### COURAGEOUS COCOA 8.88

Cocoa, Mint, Kale, Avocado, Dates, and Rice Milk  
ADD COLD BREW +1.50EXTRA

### LUSCIOUS LIME 8.88

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

## Kids Friendly

ALL SERVED WITH APPLE SLICES

### GRILLED CHICKEN STICKS 6.95

Grilled Chicken Tenderloins with Honey Mustard Dipping Sauce

### EGG BREAKFAST 7.25

2 Eggs any style served with a Buttermilk Waffle Bread

### GUAC TOAST 10.95

Vegan Waffle topped with our Housemade Guacamole, Grape Tomatoes, Olives, Garbanzo and Sprouts  
ADD AN EGG +2.00EXTRA

### EGGS BENEDICT 12.25

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

### KEYWEST TOFU 10.95

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

## Juices 16oz

### COLD, FLAVORFUL & ENERGIZING

ADD EXTRA INGREDIENTS +0.50EACH

ADD A SERVING OF VYBES CBD +4.00

### PINK 8.88

Watermelon, Cucumber, Lime, and Mint

### ORANGE 8.88

Carrot, Orange, Apple, and Ginger

### FUCHSIA 8.88

Orange, Apple, Carrot, Beet, Watermelon, Red Pepper and Lemon

### GREEN 8.88

Cucumber, Celery, Kale, Parsley, and Lemon

### RAINBOW 8.88

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

ADD TURMERIC +1.00EXTRA

## Shots 2oz

### ALKALINE IMMUNITY BOOST

### GINGER 3.50

### GINGER TURMERIC 4.00

### SPIRULINA LIME 3.50

### LEMON ACV 3.00

\*CHASE IT WITH 8OZ OF WATER

### ALMOND BUTTER & JELLY 7.95

Almond Butter and Strawberry Jam on Buttermilk Waffle Bread

### GRILLED CHEESE 7.55

Melted Cheese on Waffle Bread

## Bowls

### AMAZONIAN AÇAÍ 9.95

Served with Housemade Granola and Banana  
MORE GRANOLA +1.00EXTRA

### GRANOLA CEREAL 8.95

Housemade Granola, Banana, Blueberries and Almond Milk  
MORE FRUIT +0.50EXTRA

### GREEK YOGURT 8.95

Served with Housemade Granola, Banana, and Honey

### EGG & QUINOA HASH 11.25

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

## Other Beverages

ENJOY A REFRESHING DRINK QUENCH YOUR THIRST

### FRENCH PRESSED COFFEE 4.25

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

### COLD BREW COFFEE 3.95

Nitro Coffee served iced in a 16oz Glass

### HOT TEA 3.25

Exclusive selection of Teas

### ICED GREEN TEA 3.25

Bottomless Organic House brewed from loose leaf Tea

### LEMONADE 3.55

Housemade with Lemon and Ginger

### OJ 4.75

Pure Orange Juice in a 16oz glass

## Griddle

### BELGIAN WAFFLE 9.95

Buttermilk or Vegan 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 3.75

### CHICKEN APPLE SAUSAGE 3.95

### GARLICKY VEGGIE PATTIES 3.95

### GREEK YOGURT SCOOP 4.55

## Kombuchas

A FUNCTIONAL & PROBIOTIC DRINK

### 12oz BOTTLE 3.99

### 16oz BOTTLE 5.59

### 16oz ON TAP 5.59

We offer

Raw Cleanses

Sign up with your server, today!

## Desserts

EVERYTHING IS HOUSEMADE TO TEMPT YOUR TASTE BUDS

### SUNDAE 6.95

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

### COLD BREW AFFOGATO 6.95

Scoop of our Housemade Ice Cream Drowned in Cup of Cold Brew Coffee topped with Chocolate pieces and Cinnamon

### SAVORY BREAD 2.50

Two pieces of Waffle Bread or One Buttermilk Bun

### BROWNIE 4.25

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

### ICE CREAM 4.00

Housemade Vanilla or Chocolate Ice Cream made from Coconut Milk

### RAW CHOCOLATE TURTLE 4.95

Date Caramel and Walnuts coated with Coconut Chocolate

### COOKIE 3.25

Served warm

Health requires Healthy Food



We strive to use as many ORGANIC ingredients as possible



We don't have a 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.