

PROUD TO BE  
100%  
Gluten, Peanut & GMO  
FREE



Welcome  
Conscious Eater



## 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 \*DOUBLE STACK +4.95

Housemade Chicken Burger topped with Tomato, One Egg and Spicy Hollandaise served on a Buttermilk Waffle

### HOT MELT 11.95

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

### 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 Burger Topped with Cheddar, Spinach, Roasted Mushroom, Cranberry Chutney, and Caramelized Onions on a Housemade Buttermilk Bun

### 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

### LOADED SWEET POTATO 10.95

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

ADD CHILI SCOOP +1.00EXTRA

### 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

### SLOPPY Q BURGER 12.45

Seasoned Quinoa, Beet, Carrot, Mushroom, and Scallion Burger topped with Cheddar, Sautéed Mushrooms, Caramelized Onions, Spicy Mayo and Slaw on a Housemade Bun

### 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

Did you know?

ALL OF OUR Dressings & Sauces  
ARE MADE IN HOUSE FROM SCRATCH

Did you know?

WE MAKE OUR Soups  
FROM SCRATCH EVERY MORNING

Food is healing so let us heal the World

## Lunch Bowls

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

### FIESTA BROWN RICE 10.55

Avocado, Mango, Tomato, Onion, Cilantro, Garlic and Brown Rice with Red Pepper Lime Sauce \*SUB QUINOA +1.00

### SIMPLY VEGGIE QUINOA 10.95

Mushrooms, Carrots, Red Peppers, Garlic, Spinach, Onions and Quinoa with Ginger Sauce ADD EGG +2.00EXTRA \*SUB CAULIFLOWER RICE +1.50

### SWEET POTATO NOODLES 12.95

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

### RAW ZUCCHINI PUTTANESCA 12.95

Spiralized Zucchini tossed with Red Peppers, Sprouted Garbanzos, Sprouted Lentils, Capers, Kalamata Olives, Grape Tomatoes, Scallions in Lemon Garlic Sauce \*TRY IT SAUTEED

## Salads

### POWER CAESAR GREENS 11.95

Grape Tomato, Sprouted Garbanzos, Spinach, Kale, Zucchini, Sweet Potato, and Toasted Sunflower Seeds in Creamy Cashew Caesar Dressing ADD AVOCADO +1.50EXTRA

### MOROCCAN GREENS 11.95

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

### ASIAN GREENS 12.55

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

## 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, Garlic, Onion, and Ground Tofu garnished with Cilantro

### MONDAY CARROT GINGER

Carrot, Ginger, and Cashew Cream garnished with Sunflower Seeds

### TUESDAY CREAMY CAULIFLOWER

Cauliflower, Onion, and Almond Cream garnished with Scallions

### WEDNESDAY LENTIL GARDEN

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

### THURSDAY CREAMY TOMATO

Tomato, Cashew Cream, Onion and Garlic garnished with Parsley

### FRIDAY WHITE BEAN & RED PEPPER

White Beans, Red Pepper, and Garlic garnished with Kale

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



VEGANIZE IT:  
ability to make  
a dish vegan



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.



# Breakfast

YES! Available at Anytime

= VEGANIZE IT!

## Specialties

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

**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**  
One Egg, Turkey Bacon, Tomato, and White Cheddar on Buttermilk Waffle

**GUAC TOAST 10.95**   
Vegan Waffle topped with our Housemade Guacamole, Tomatoes, Olives, Garbanzo, Cilantro, and Sprouts **ADD AN EGG +2.00EXTRA**

**EGGS BENEDICT 12.25**  
Poached Eggs, Spinach and Turkey Bacon topped with Spicy Hollandaise on Buttermilk Waffle

**KEYWEST TOFU 10.95**   
Organic Tofu scrambled, Avocado, Tomato, Green Onion, Ginger, Cilantro, and Lime with Vegan Waffle

**AMERICAN BREAKFAST 10.55**  
2 Eggs any style served with Turkey Bacon and a Buttermilk Waffle

## Smoothies &

**HEALTHY & REJUVENATING**  
**ADD A SERVING OF PEA PROTEIN +1.00**

**GLORIOUS GREEN 8.88**  
Kale, Mango, Avocado, Lemon, 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, Walnuts, Lemon 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 **ADD SPIRULINA +1.50EXTRA**

## Juices 16oz

**COLD, FLAVORFUL & ENERGIZING**  
**ADD EXTRA INGREDIENTS +0.50EACH**  
**ADD A SERVING OF VYBES CBD +4.00**

**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 Lemon  
**ADD TURMERIC +1.00EXTRA**

## Shots 2oz

**ALKALINE IMMUNITY BOOST**  
**GINGER 3.50**  
**GINGER TURMERIC 4.00**  
**SPIRULINA LIME 3.50**

## Kids Friendly

**ALL SERVED WITH APPLE SLICES**  
**ALMOND BUTTER & JELLY 7.95**   
Almond Butter and Strawberry Jam on Buttermilk Waffle Bread

**GRILLED CHEESE 7.55**  
Melted Cheese on Buttermilk Waffle Bread

**KIDDIE BREAKFAST 7.25**  
2 Eggs any style served with a Buttermilk Waffle Bread

## Retail

**BUN 2.00**  
**WAFFLE BREAD 1.50**  
**DRESSINGS/SAUCES 6.00**  
**FRESH FIRST MAYO 6.00**  
**HOT SAUCE 9.50**  
**FRESH FIRST FLOUR 10.00**

## Bowls

**AMAZONIAN AÇAÍ 9.95**   
Served with Housemade Granola and Banana **MORE GRANOLA +1.50EXTRA**

**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 Two Eggs  
**ADD AVOCADO +1.50EXTRA**

**FRUIT SALAD 5.95**   
Banana, Pineapple, Watermelon, Granny Smith Apple, Mango, OJ, and Lemon Juice  
**ADD GRANOLA +1.50EXTRA YOGURT +2.50EXTRA**

## 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**

## 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

**COCONUT WATER 5.99**  
**SPARKLING WATER 3.25**  
**STILL WATER 250ML 2.25**  
**STILL WATER 500ML 3.75**  
**CBD DRINK 7.99**

## Kombuchas

**A FUNCTIONAL & PROBIOTIC DRINK**  
**12oz BOTTLE 3.99**  
**16oz BOTTLE 5.59**  
**16oz ON TAP 5.59**

We offer **Ram Cleanses**  
Sign up with your server, today!

## Desserts

**EVERYTHING IS HOUSEMADE TO TEMPT YOUR TASTE BUDS**

**BROWNIE 4.25**  
Flourless Chocolate Brownie, sweetened with Almond Butter and Agave **ADD ICE CREAM SCOOP +3.00EXTRA**

**ICE CREAM 4.00**  
Housemade Vanilla Ice Cream made from Coconut Milk

**RAW CHOCOLATE TURTLE 4.95**  
Date Caramel and Walnuts coated with Coconut Chocolate

**COOKIE 3.25**  
Chocolate Chip Cookie Served Warm

**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.