

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 +0.75EXTRA, OR CUP OF SOUP +2.50EXTRA**

CHICKEN SALAD SANDWICH 13.95

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

TUNA SALAD SANDWICH 13.95

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

CHICKEN & WAFFLE 14.95 *DOUBLE STACK +4.95

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

HOT MELT 13.95

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

GRILLED CHICKEN SANDWICH 14.75

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

SPINACH CHICKEN BURGER 14.75 *DOUBLE STACK +4.95

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

VEGAN BLT 14.75 *CLASSIC -1.00

Smokey Marinated Tofu layered with Romaine Lettuce and sliced Tomato with a smear of Vegan Mayo on Vegan Waffle Bread

LOADED SWEET POTATO 15.95

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

ADD CHILI SCOOP +1.00EXTRA

RAW LENTIL BURGER 14.75

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

SLOPPY Q BURGER 14.75

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 14.75

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 11.75

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

SIMPLY VEGGIE QUINOA 11.95

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

SWEET POTATO NOODLES 13.95

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

RAW ZUCCHINI PUTTANESCA 13.95

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 +2.00EXTRA

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 +0.75EXTRA

WESTERN OMELET 12.95

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

EGG SANDWICH 11.95

One Egg, Turkey Bacon, Tomato, and White Cheddar on Buttermilk Waffle **ADD AVOCADO +2.00EXTRA**

GUAC TOAST 12.95

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

EGGS BENEDICT 13.95

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

KEYWEST TOFU 12.95

Organic Tofu scrambled, Avocado, Tomato, Green Onion, Ginger, Cilantro, and Lime with Vegan Waffle

AMERICAN BREAKFAST 12.55

2 Eggs any style served with Turkey Bacon and a Buttermilk Waffle

Smoothies &

HEALTHY & REJUVENATING

ADD A SERVING OF PEA PROTEIN +1.50

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 +2.00EXTRA**

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 4.00

GINGER TURMERIC 4.50

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 2.50

WAFFLE BREAD 2.00

DRESSINGS/SAUCES 6.00

FRESH FIRST MAYO 6.00

HOT SAUCE 9.50

FF COFFEE 9.50

FRESH FIRST FLOUR 10.00

Bowls

AMAZONIAN AÇAÍ 10.95

Served with Housemade Granola and Banana **MORE GRANOLA +1.75EXTRA**

GREEK YOGURT 9.95

Served with Housemade Granola, Banana, and Honey

EGG & QUINOA HASH 12.25

Seasoned Quinoa, Beet, with Red Potatoes, Red Peppers, Onion topped with Two Eggs

ADD AVOCADO +2.00EXTRA

FRUIT SALAD 5.95

Banana, Pineapple, Watermelon, Granny Smith Apple, Mango, OJ, and Lemon Juice

ADD GRANOLA +1.75EXTRA YOGURT +2.50EXTRA

Griddle

BELGIAN WAFFLE 10.95

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

PANCAKES 10.25

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 4.25

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!

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

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 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.