



## Breakfast Bowls

*Topped with any 5 toppings of your choice.*

Acai Bowl \$11

*Frozen acai berry puree blended with homemade almond milk and bananas.*

Dragon Fruit Bowl \$11

*Frozen pink dragon fruit blended with homemade almond milk and banana.*

Frozen Banana Bowl \$9

*Frozen bananas pressed through a masticating juicer.*

Yogurt Bowl \$8

*Your choice of one of our following yogurt options:*

*- Honey Noosa Yogurt*

*- Strawberry Rhubarb Noosa Yogurt*

Topping Options:

- Strawberries
- Blueberries
- Bananas
- Raspberries
- Blackberries
- Pineapple
- Chia Seeds
- Hemp Seeds
- Granola
- Coconut Chips
- Dried Dates
- Raw Honey
- Almond Butter
- Nutella

- Chopped Almonds
- Pumpkin Seeds

Additional Toppings:

- Any topping from above \$0.75
- Raw Cacao Nibs \$1.25
- Goji Berries \$1.25
- Peanut Butter \$1.25
- Fresh Bee Pollen \$1.25
- Vegan Cookie Dough Bites \$1.25

**Breakfast Toast** \$5.50

*Gluten-free bread available. Your choice of:*

- #1 Sweet: Ezekiel cinnamon raisin bread, almond butter, bananas, raw honey and cinnamon.
- #2 Savory: Ezekiel whole grain bread, vegan butter, avocado, organic feta cheese and sea salt.
- #3 Get Figgy With It: Ezekiel whole grain bread, raw honey, ricotta cheese, local mission figs and balsamic reduction glaze.

**Smoothies** \$9.50

*Topped with one topping of your choice. Your choice of smoothies:*

- #1 Strawberries and bananas with homemade almond milk and agave.
- #2 Acai, bananas, homemade almond milk, and agave.
- #3 Dragon fruit, bananas, almond milk, and agave.
- #4 Kale, spinach, figs, green apple, strawberries, bananas, homemade almond milk, and agave.
- #5 Matcha: Ceremonial grade matcha tea, bananas, homemade almond milk, and agave.

**Snacks**

Guac, Pico & Chips \$12

*Fresh guacamole topped with pumpkin seeds, homemade pico de gallo and blue corn chips.*

Coconut Curry Hummus Plate \$11

*Served with cucumbers, peppers and blue corn chips.*

Side of Organic Berries \$3.25

*Local berries when available.*

## Salads

- Tempeh Arugula \$12  
*Arugula, marinated tempeh, black beans, red onion, pumpkin seeds, tomato, avocado, almond-lemon vinaigrette.*
- Baby Bella \$12  
*Arugula, baby portabellas (cooked in soy sauce), goat cheese, caramelized yellow onion, chopped macadamia nuts, truffle honey lemon vinaigrette.*
- Spinach Avocado \$12  
*Baby spinach, feta, avocado, tomatoes, black beans, red onion, hummus, honey mustard.*

## Tacos

\$5.50

- #1 Bangin' Tempeh Taco: Spicy Asian style tempeh, vegan bangin' sauce, cabbage, chipotle crema, pico de gallo.
- #2 Ginger Teriyaki Tempeh Taco: Marinated tempeh, cabbage, black beans, pico de gallo, sesame ginger teriyaki sauce.
- #3 Black Bean Taco: Black beans, cabbage, goat cheese, vegan cilantro crema and pico de gallo.
- Avocado Taco: Avocado, goat cheese, pico de gallo, cabbage and honey lime dressing.

## Sandwiches

*All sandwiches come with your choice of chips.*

- Vegan "Crab" Cake Sandwich \$14  
*Vegan crabcake, tomato, arugula and onion on a hamburger bun, topped with vegan dill tartar sauce.*
- Hummus and Veggie \$11  
*Hummus, pesto, peppers, cucumbers, tomato, arugula and red onion.*
- Tempeh Reuben \$11  
*Tempeh, sauerkraut and vegan Russian dressing on Ezekiel bread.*
- Turkey and Avocado \$13  
*Turkey, avocado, tomato, arugula, pepper jack or Swiss cheese and crème fraiche on Ezekiel bread.*
- Sunshine with Tempeh \$13  
*Coconut curry hummus, marinated tempeh, avocado, spinach, tomato, cucumbers and alfalfa sprouts on Ezekiel bread.*

Summer Beyond Burger \$15  
*Vegan Beyond burger, avocado, tomato and vegan bangin' sauce on a hamburger bun.*

## Kids \$6.75

*Side included.*

#1 Organic ham or turkey with Swiss of pepper jack cheese.

#2 PB&J almond or peanut butter with grape jelly or strawberry jelly.

## Beverages

Kombucha Pro-biotic rich fermented tea (bottled) \$5.25

Kombucha on tap – 16oz. \$5

Kombucha on tap refill (bring your old jars) \$4

Fresh Lemonades \$4.50

*Strawberry, Blueberry, Raspberry, Blackberry or Plain.*

Iced Tea organic unsweetened black tea \$2.50

Hot Tea \$2.50

Matcha Green Tea – iced or warm \$4.75

Matcha Chai Latte – iced or warm \$4.75

Rise Up Organic Coffee – served cold or hot \$4

Thai Iced Coffee \$4.25

Tumeric Latte \$5.50

*\*Menu items and pricing is subject to change*