

Wraps/Burgers

(Gluten Free Wrap Available)

Lentil + Beet Burger • \$12

Our homemade lentil and beet patty, greens, tomato, avocado, garlic sauce on an Ezekiel burger bun, Ezekiel wrap, or whole wheat wrap

+ Add vegan cheese \$2 dairy cheese \$2.50
Add hummus \$2.50

Burrito • \$10

Kidney beans, jasmine brown rice, tomato, corn, Mexican dressing, served on a whole wheat wrap.

+ Add vegan cheese \$2 dairy cheese \$2.50
Add avocado \$2.00

Baked Falafel Wrap • \$14

Our homemade baked chickpea falafel served on a whole wheat wrap with a scoop of hummus, cucumber, carrot, greens, and garlic sauce

+ Add Avocado \$2.00

Portobello Burger • \$12

Roasted portobello cap served on an Ezekiel sprouted bun with hummus spread, avocado, greens, home made vegan pesto. (wrap available)

+ add vegan cheese \$2 dairy cheese \$2.50

Veggie Wrap • \$10

Greens, carrot, tomato, cucumber, avocado, homemade pesto dressing on an Ezekiel wrap

+ Add a scoop of hummus \$2.50

Bowls \$12

Cuban Quinoa Bowl

Cuban black beans, tri-colored quinoa, avocado, tomato, cilantro, garlic sauce. Served warm

Mexican Bowl

Black beans, brown jasmine rice, avocado, tomato, onion, corn, cilantro, cabbage, paprika sauce. Served warm

Salads

House Salad • \$12

Greens, carrot, cucumber, zucchini, tomato, avocado, dijon dressing

+ Extra dressing \$.75
Add a scoop of tuna \$3

Kale Salad • \$12

Kale, spring mix, carrot, tri colored quinoa, roasted beets, roasted sliced almonds, house vinaigrette

+ Extra dressing. \$.75
Add a scoop of tuna \$3

Mexican Salad • \$11

Bed of greens, quinoa mix, avocado, Mexican dressing (quinoa: carrot, corn, black beans, cilantro, olive oil, lemon)

+ Extra dressing \$.75
Add a scoop of tuna \$3

Organic Soup

Cup 3.50 Bowl 7

Always organic, vegan, gluten free, & prepared from scratch

+ Add a cup of rice \$2.50
Add a slice of Ezekiel bread \$1

Non Vegan

Tuna + Rice • \$13

Two scoops of wild caught tuna salad served with jasmine brown rice, tomato, avocado, cilantro. Greens instead of rice \$12

Tuna Wrap • \$12

Wild caught tuna salad served on your choice of wrap with greens and tomato

+ Add avocado \$2.00 (when available)
Add vegan cheese \$2 dairy cheese \$2.50

Sweet Potato Stuffed w/ Tuna • \$11

Our tuna salad served warm or cold and drizzled with our home made gluten free pesto. Extra pesto \$.75

Organic Smoothies 16oz

Smoothie Add Ons:

\$2 Protein Powders (your choice)

\$1 each: ginger, lemon, kale, flax

\$2 each: aloe, bee pollen, chia seeds, hemp seeds, maca, spirulina, wheatgrass, turmeric

*almond butter: \$2.50 peanut butter: \$1.50

*sub coconut milk/apple juice with almond milk: \$1

Minty Green • \$9

Pineapple, cucumber, mint leaves, unsweetened coconut milk, raw agave

Tropical Smoothie • \$9

Pineapple, Mango, Strawberry, on unsweetened coconut milk and freshly squeezed apple juice

Berry Antioxidant • \$9

Strawberries, blueberries, bananas in your choice of home made unsweetened coconut milk (agave added upon request) or freshly squeezed red apples

Green Smoothie • \$9

Banana, pineapple, mango, kale, in freshly squeezed red apples

Fiber Smoothie • \$9

Pineapple, kale, ginger, chia seeds, in freshly squeezed red apples

Pitaya Smoothie • \$9

Pitaya (dragon fruit), mango, in our unsweetened home made coconut milk, raw agave

Recovery Smoothie • \$9

Banana, peanut butter, raw chocolate protein, in our home made unsweetened coconut milk

Organic Shots

Wheatgrass (dehydrated) \$2

Ginger (in lemon juice) \$3

Ginger double (in lemon juice) \$5

Challenge Shot (ginger, turmeric, lemon) \$5

E3 Brain On Shot 1oz \$3 2oz \$5

Organic Veggie Juices 16oz

Juice Add Ons

Immune \$2 each: aloe, bee pollen, chia seeds, hemp seeds, spirulina, wheatgrass, turmeric

\$1 each: flax

Add extra veggies to any juice: \$1 each
choose from: apple, beets, carrot, celery, cucumber, ginger, kale, lemon

Super-food Juice (heavy dose of chlorophyll) • \$8
Carrots, lemon, spirulina, wheatgrass

Green Juice • \$8

Celery, cucumber, kale, granny smith apple, lemon

Healthy Red Cleanser #1 • \$8

Carrot, beet, celery, ginger

Healthy Red Cleanser #2 • \$8

Carrots, beet, granny smith apple, lemon

Make Your Own 16oz

Pick your base: carrot or celery \$7

\$1 each: beets, celery, cucumber, ginger, kale, lemon, flax

Hot & Iced Drinks

Organic Hot Coffee • 12oz \$3 16oz \$3.50

Iced Coffee 16oz \$4

+ Black or with your choice of home made coconut milk or almond milk, half and half (dairy), raw agave, stevia,

Hot Herbal Coffee 16oz • \$3.50

+ (a blend of herbs, grains, nuts, fruits, prepared to replace coffee. It's a brew tasting similar to a dark herbal tea.

Organic Loose Leaf Tea • \$3

*Hot Loose Leaf Tea (your pick from our pantry)

*Iced Hibiscus Tea (with ginger and cinnamon - unsweetened, caffeine free)

Yes, It's All Organic

Breakfast Fruit Bowls

Acai Antioxidant Bowl • \$10

Acai, banana, gf oats, home made unsweetened coconut milk, agave, topped with our home made granola, unsweetened shredded coconut, sliced almonds, sliced bananas, seasonal fruit (please advice of any allergies)

+ Add peanut butter: \$1.50 almond butter \$2.50

Acai Power Me Bowl • \$11

Acai, banana, gf oats, home made unsweetened coconut milk, agave, topped with our home made granola, unsweetened shredded coconut, sliced bananas, seasonal fruit, hemp seeds, peanut butter

+ sub Almond butter \$1

Yin Yang Bowl • \$11

½ Acai, ½ Pitaya blended with mango, unsweetened home made coconut milk, raw agave, topped with home made granola, unsweetened shredded coconut, sliced banana, seasonal fruit

+ Add peanut butter \$1.50 almond butter \$2.50

Pitaya Morning Bowl • \$12

Pitaya, mango, raw vanilla protein, home made unsweetened coconut milk, topped with home made granola, shredded coconut, sliced banana, seasonal fruit

+ Add peanut butter \$1.50 almond butter \$2.50

Pitaya Bowl • \$11

Pitaya, mango, home made unsweetened coconut milk, topped with home made granola, shredded coconut, sliced almonds, sliced banana, seasonal fruit (drizzled agave upon request)

+ Add peanut butter \$1.50 almond butter \$2.50

Breakfast Warm Bowls

Gluten Free Oatmeal (until 10:55am) • \$6

GF oats, coconut oil, cinnamon, shredded coconut, home made gf granola, drizzled with agave - Add banana \$.75

Energy Oatmeal (GF) (until 10:55am) • \$10

GF oats, coconut oil, cinnamon, banana, almond butter, hemp seeds, shredded coconut, home made gf granola, drizzled with agave

Vegan Breakfast

Sprouted Bagel • \$3

+ Add vegan or dairy cream cheese \$2
Add Hummus \$2.50
Add Coconut butter \$2

Grand Slam • \$8

Sprouted bagel, avocado, tomato, home made pesto, vegan cream cheese

Green Toast • \$7

2 Ezekiel sprouted bread topped with avocado, tomato, pesto

Hummus Breakfast Bagel • \$8

Sprouted Bagel with Hummus, avocado, home made pesto

Peanut Butter + Banana Bagel • \$5

Sprouted bagel served with peanut butter and banana - with almond butter \$1.50

Ezekiel Toast (1 slice - plain) • \$1

+ Add coconut butter \$1
Vegan/Dairy cream cheese \$1 Avocado \$2

Eggs - Non Vegan

(until 10:55am)

Sunshine Bagel • \$5

Sprouted bagel with a brown organic egg
+ Add cheese \$2 (vegan or dairy)

Grand Slam Plus • \$10

Sprouted bagel, avocado, tomato, home made pesto, dairy or vegan cream cheese, and a brown egg (All organic)

Protein Packed Breakfast Bowl • \$11

Quinoa, three eggs, kale, carrots, tomato, avocado, home made pesto (All organic)

Egg Tacos • \$12

2 corn tortillas filled with three egg, black beans, avocado, pico de gallo, cilantro, Mexican dressing

Yes, It's All Organic!