

SMOOTHIES

GF DF N

16/20oz



PB + J (V)

blueberries, strawberries, banana, peanut butter, date, cinnamon, almond milk 10 / 12



SUMMER BERRY (V)

strawberries, raspberries, banana, lemon, orange, maple syrup, almond milk 10 / 12



SWEET SUNBEAM (V)

strawberries, pineapple, mango, orange, coconut water 10 / 12



VITAMIN C

mango, pineapple, banana, Cymbiotika Vitamin C, lemon, ginger, turmeric, raw honey, coconut water, vanilla coconut cream swirl 12 / 14



CHERRY BERRY GLOW

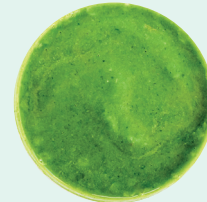
cherries, strawberries, collagen, sea moss gel, dates, lemon, strawberry puree, vanilla coconut cream swirl, almond milk 12 / 14

16/20oz



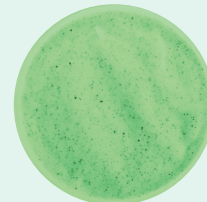
COOL GREEN (V)

pineapple, banana, spinach, mint, lime, coconut water 10 / 12



PROBIOTIC GREEN (V)

spinach, green apple, lemon, banana, date, probiotic, coconut water 10 / 12



VANILLA MATCHA

spinach, banana, vanilla protein, matcha, raw honey, oat milk, vanilla coconut cream swirl 10 / 12



PB MACA MYLKSHAKE (V)

peanut butter, banana, cocoa, sea salt, maca, date, oat milk 10 / 12



BLUE MERMAID (V)

blue spirulina, brazil nuts, banana, vanilla protein, sea salt, maca, date, almond milk 11 / 13



DIRTY CHAI CHAGA (V)

almond butter, house chaga chai spices, vanilla protein, banana, cold brew, almond milk 11 / 13

SMOOTHIE

BOWLS GF DF N

all topped with gluten free granola, fresh strawberries, banana, coconut chips, and bee pollen

ACAI BERRY BOWL

blended acai, blueberries, banana, orange, maple syrup, almond milk / 15

COCOA COLLAGEN BOWL

blended peanut butter, banana, cocoa, maca, collagen, sea salt, date, oat milk / 15

STRAWBERRY BLISS BOWL

blended strawberries, banana, peanut butter, date, cinnamon, strawberry puree, almond milk / 15

MERMAID PROTEIN BOWL

blended banana, blue spirulina, vanilla protein, peanut butter, maca, date, sea salt, almond milk / 15

While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our smoothie products are safe to consume for people with peanut and tree nut allergies. *No substitutions please*

WE USE ONE-INGREDIENT OAT AND ALMOND MYLKS, ALL BLENDED IN HOUSE

SMOOTHIE BOOSTERS

almond butter / 1.50

peanut butter / 1.00

matcha / 1.00

vegan vanilla protein / 1.50 (15 G)

bovine collagen / 2.00 (10 G)

sea moss gel / 1.50

blue spirulina powder / 1.50

probiotic powder / 1.00

turmeric / 1.00

ginger / 1.00

cold brew shot / 1.50

Cymbiotika Vitamin C / 2.00

BREAKFAST ALL DAY LONG

BEST SELLER

BREAKFAST SANDWICH

multigrain english muffin, two over hard eggs, cheddar, and your choice of local sausage, bacon, or tempeh bacon / 10

BEST SELLER

BREAKFAST BURRITO

two eggs scrambled, black beans, cheddar, brown rice, avocado, chipotle ranch, fresh salsa / 14 or as bowl on greens (GF) / 15

WALNUT CHORIZO BURRITO (V) (N)

lentil walnut chorizo, portabella, black beans, cashew cheese, brown rice, avocado, chipotle ranch, fresh salsa / 15 or as a bowl on greens (GF) / 16

HEARTY BREAKFAST BOX (GF) (DF)

two eggs scrambled, local bacon and sausage, gluten free blueberry waffle with maine maple syrup / 16

EGG AND GREENS WRAP

two eggs scrambled, broccoli, kale, portabella, feta, hemp seed basil pesto dressing 14 / or as a bowl (GF) / 15

MORE FALL SPECIALS LISTED AT OUR REGISTER

PUMPKIN CHIA PUDDING (GF) (DF) (N)

house pumpkin chia pudding, gluten free granola, banana, almond butter, pumpkin spiced walnuts and pumpkin seeds, bee pollen / 13

AVOCADO TOAST (V)

multigrain, smashed avocado, pink salt, red pepper flakes, lemon olive oil, hemp seeds, micro greens half / 9, full / 14

ADD STREET CORN TO YOUR TOAST 1 / 2

LOADED PROTEIN TOAST (DF) (N)

multigrain, white bean hummus, hard boiled egg, lentil walnut chorizo crumble, pickled red onion, micro greens half / 8, full / 13

SMOKED SALMON TOAST (DF) (N)

multigrain, herbed cashew cream cheese, cucumber, wild caught cold smoked salmon, pickled red onion, capers, micro greens half / 10, full / 17

(GF) gluten free (DF) dairy free

(V) vegan (N) contains nuts

KIDS

SNACK BOX (GF)

hard boiled egg, cucumber, hummus, cheddar, berries / 10

SIMPLE ACAI BOWL (GF) (DF)

acai, banana, maple syrup, almond milk (blended), gluten free granola, berries, banana / 10

EGG BREAKFAST

two scrambled eggs, local sausage, toast, butter / 10

BLUEBERRY WAFFLE (GF) (DF)

gluten free blueberry waffle, maine maple syrup / 10

TURKEY WRAP

turkey breast (roasted in house), cheddar, mayonnaise, side of Lesser Evil popcorn / 14

DID YOU KNOW? WE COOK WITH PURE OLIVE AND COCONUT OILS, AND ALL SAUCES AND DRESSINGS ARE VEGAN/GLUTEN FREE AND MADE IN HOUSE

BOWLS

GREEN GODDESS SALAD (V) (GF)

crispy greens, kale, cucumber, edamame, roasted broccoli, quinoa, crispy chickpeas, micro greens, hemp seed basil pesto / 17

GREEK SALAD (GF)

crispy greens, cucumber, tomato, bell pepper, white bean hummus, crispy chickpeas, feta, kalamata olives, quinoa, hemp seeds, greek vinaigrette / 17

KALE CAESAR SALAD (V) (GF) (N)

crispy greens, kale, crispy chickpeas, walnut parm, sunflower seeds, cashew cheese, caesar dressing / 15

THAI PEANUT NOODLE BOWL (DF) (N)

chilled soba noodles, carrot, bell pepper, purple cabbage, crispy greens, kale, hard boiled egg, cashews, herbs, peanut ginger sauce / 17

MISO SALMON BOWL (GF) (DF) (N)

salmon fillet, warm brown rice, crispy greens, cucumber, red pepper flakes, pickled red onion, cashews, herbs, miso ginger vinaigrette / 25

VEGGIE POKE BOWL (V) (GF)

warm brown rice, miso ginger kale, crispy greens, carrot, purple cabbage, cucumber, edamame, miso ginger aioli drizzle, herbs, seaweed flakes / 17

SANDWICHES

sandwiches served on local focaccia / come with Lesser Evil Himalayan Pink Salt Popcorn

PORTABELLA BLT (V) (N)

portabella, tempeh bacon, tomato, cashew cheese, greens, roasted tomato aioli / 15.75

HUMMUS + VEGGIE (V)

white bean hummus, cucumber, carrot, tomato, greens, pickled red onion, greek dressing / 14.75

ROAST BEEF

ABFchoice roast beef, cheddar, pickled red onion, greens, horseradish mayonnaise / 15.75

TURKEY BACON CHEDDAR

house roasted turkey, local bacon, cheddar, tomato, greens, roasted tomato aioli / 15.75

TURKEY PESTO

house roasted turkey, cheddar, tomato, greens, hemp seed basil pesto / 15.75

ADD-ONS

- hard boiled egg / 2.00
- herbed cashew cheese / 2.25
- white bean hummus / 2.00
- avocado (half) / 3.50
- street corn salad / 2.00
- tempeh bacon / 2.50
- local bacon / 2.50
- local sausage patty / 2.50
- turkey breast / 4.00
- roast beef / 5.50
- salmon fillet (4oz) / 11.00

ⓘ please let us know of any allergies, all ingredients may not be listed

Our store offers products with peanuts, tree nuts, eggs, milk, and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, eggs, milk, and wheat allergies. Consuming raw or undercooked meat or poultry could lead to foodborne illness.