

our food is always organic, local as available and housecrafted from scratch. fruits and veggies vary seasonally. we use only coconut, avocado and olive oils. always free of processed ingredients, refined sugars & gmos and made gluten free, keto, paleo and vegan by request. ♥

BREAKFAST·BRUNCH AND LUNCH

SWEET THINGS

SUNSHINE SUPERFOOD ACAI BOWL

blended:{raspberries, blueberries, acai, almond milk, banana, date, tocos}
topped with:{housemade honey granola, cacao nibs, chia, coconut, goji berries, fresh fruit} 15

MORNING GLORY GRANOLA BOWL

choice of milk (dairy or our housemade plant milks) or whole cow's milk greek yogurt {not sweet}, housemade honey granola, fresh seasonal fruit, haderlie farms honey 13

BEE GREEN SMOOTHIE BOWL

blended: pineapple, strawberries, spinach, avocado, coconut milk, ginger, turmeric
topped with: housemade honey granola, chia seeds, coconut, goji berries, fresh fruit, bee pollen} 14

DAILY SELECTION OF PLANT BASED DESSERTS IN THE CASE

TOASTS AND SANDWICHES

CLASSIC AVOCADO TOAST 'BREAKFAST SANDWICH'

lemon avocado mash, himalayan salt, everything spice, meyer lemon olive oil
HALF 9 / FULL 12

add fried or scrambled egg +3 add goat feta +2 add pesto +3

SPROUTED GRAIN BAGEL AND CREAM CHEESE

everything, cinnamon raisin or plain bagel with nancy's probiotic cream cheese 6

WILD SOCKEYE SALMON LOX BAGEL

sprouted grain everything bagel, cashew cheese or nancy's whole milk probiotic cream cheese, echo falls wild caught sockeye salmon, quick pickled red onion, capers, wild arugula 15

BAJA BREAKFAST BURRITO

black beans, scrambled eggs, sweet potatoes, cashew queso, guacamole, sprouted grain wrap 10 **add siete hot sauce +1**

ARGENTINIAN TOAST

herb cashew cheese, chimmichurri, carrot-cabbage slaw HALF 7 / FULL 10

DEVEILED EGG SALAD TOAST

boiled pastured chopped egg, dijon mustard, cashews, whole cow's milk greek yogurt, olive oil, turmeric, quick pickled red onion HALF 8 / FULL 11

CAPRESE TOAST

herb cashew cheese, slow roasted herbed tomatoes, basil almond pesto, aged balsamic HALF 9 / FULL 12

NUT BUTTER TOAST

almond or peanut butter, local raw honey, cinnamon, banana or apple
HALF 6 / FULL 8 **add fresh berries +3**

HB VEGGIE BURGER

burger: {brown rice, sunflower seeds, carrots, spinach}, carrot-cabbage slaw, quick pickled red onion, spinach, cashew cheese, house fermented ketchup, mustard, dill pickles, corn chips 13 **add sliced half avocado +3**

GREAT BIG VEGGIE SANDWICH

hummus, carrot-cabbage slaw, quick pickled red onion, lemon avocado mash, lemon-herb vin 11

SALADS·BOWLS·WRAPS

BAJA BOWL

mixed greens, black beans, sweet potatoes, house pickled jalapeno, carrot-cabbage slaw, fresh tomato, guacamole, sprouted pepitas, cashew queso, jalapeno-lime vin, chips 14 / WRAP 15

BREKKIE BOWL

roasted: {zucchini, sweet baby bells, lacinato kale, mushrooms, garlic, red onion}, haderlie farms mixed lettuces, quinoa, sliced avocado, almond butter pesto, savory seed granola, huidekoper farm pea shoots 12 / WRAP 13 **add goat feta +2**

CRUNCHY THAI SALAD

lacinato kale, carrot, red cabbage, cilantro, sweet baby bells, cashews, toasted coconut chips, coldpressed lime tahini thai dressing 13 / WRAP 14 **add marinated roasted tofu +4**

CAESAR SALAD

romaine, lacinato kale, hemp hearts, 460 multigrain croutons, vegan caesar dressing 12 / WRAP 13 **add organic roasted chicken +6**

BUDDHA BOWL

quinoa or lentils, lacinato kale, cabbage, moroccan spiced roasted seasonal veggies, toasted savory seed granola, zhough sauce 14 / WRAP 15 **add sliced half avocado +3**

SMOKED SALMON SALAD

echo falls wild caught smoked salmon, haderlie farms mixed lettuces, turmeric pickled pastured egg, pickled onions, cashew cheese, sliced avocado, savory seed granola, dill, lemon herb vin 16 / WRAP 17

FALAFEL BOWL

walnut/almond falafel crumble, romaine, hummus, cashew tzatziki, cucumber, fresh tomato, kalamata olives, lemon-herb vin 15 / WRAP 16 **add goat feta +2**



DAILY SOUP

8oz cup \$5 -OR- 16oz bowl \$8
steamed miso \$4

SIDES AND PROTEIN

organic roasted chicken breast	6
smoked salmon 1oz.....	6
boiled pastured egg.....	3
turmeric pickled egg.....	3
1 fried egg	3
goat feta cheese 2oz	2
cashew cheese 2oz.....	2
marinated roasted tofu	4
sliced half avocado	3
lemon avocado mash 4oz.....	7
chickpea hummus 4oz.....	5
quinoa corn chips	3
chimmichurri 2oz.....	3
basil almond pesto 2oz.....	3
quinoa 8oz.....	3
lentils 8oz	2
baja black beans 8oz	3
1 slice plain toast.....	2
side salad, local greens.....	5

BREAD OR MAKE IT A WRAP

CHOOSE YOUR

hb flatbread (GF)
460 bakery multigrain
simple kneads sourdough (GF)
angelic bakery sprouted grain wrap
sprouted grain bagel



COLDPRESSED JUICE

sixteen ounce \$14 includes \$2 refundable glass bottle deposit

our juices are never heated or preserved in any way. we are committed to only local and organic ingredients which may vary due to seasonal availability

THRIVE

spinach, kale, cucumber, parsley, celery, garlic, ginger, lemon, cayenne

CLEAN

kale, romaine, cucumber, parsley, celery, lemon

SWEET CLEAN

same as the clean but with a little bit of apple

KALE YEAH

kale, cucumber, apple, lime

SKIN GLOW

cucumber, apple, lime, ginger, mint

IMMUNITY

lemon, purified water, green apple, ginger

SYNERGY

grapefruit, ginger, mint

LONGEVITY

beetroot, cucumber, apple, lemon, ginger

TUMMY LOVE

purple cabbage, apple, celery, lime, ginger

VISIONARY

carrot, apple, lemon, lime, ginger, mint

SUNSHINE

carrot, orange, pineapple

NUT MILK TONICS

sixteen ounce \$14 includes \$2 refundable glass bottle deposit

STRAWBERRY BEAUTY MILK

almonds, strawberries, plant collagen (he shou wu, horsetail, gynostemma, nettles, calendula, comfrey), mangosteen, hibiscus, himalayan salt, date

BE CALM

almonds, vanilla, cinnamon, himalayan salt, date

MOCHA

almonds, cacao, doma coldbrew coffee, himalayan salt, date

SEXY MACA

almonds, cacao, maca, himalayan salt, date

TURMERIC TONIC

almonds, turmeric, cinnamon, cardamom, himalayan salt, date

GODDESS

almonds, vanilla, healthforce vitamineral green & earth superfoods, himalayan salt, date

PLANT MYLK CREAMER

oats, coconut, cashew

WELLNESS SHOTS

GINGER WELLNESS SHOT

lemon, ginger, turmeric, cayenne 5

E3 LIVE WELLNESS SHOT

lemon, ginger, turmeric, cayenne 6

FIRE CIDER SHOT

apple cider vinegar, honey, oranges, lemon, onions, ginger, garlic, horseradish, turmeric, habanero pepper, black pepper 3

FARMS & LOCAL PURVEYORS WE LOVE & PARTNER WITH

haderlie farm
huidekoper ranch
wasatch organics
cosmic apple
canewater farm
460 bakery

COFFEE • TEA • SUPERFOOD LATTES

12 ounces hot, 16 ounces iced

we serve all typical espresso drinks, brewed with DOMA coffee: latte, americano, cappuccino, etc in addition to our housemade superfood brews listed below

organic milk choices: whole dairy, almond, coconut, plant mylk creamer {cashew, coconut, oat}

our plant milks are housemade, no sweeteners, no additives

add local honey, vanilla stevia or any of our smoothie boosters

HOUSEMADE TURMERIC LATTE / 6

fresh turmeric and ginger root, cinnamon, cardamom, black pepper **add espresso shot +1 iced +1**

ADAPTOGENIC MUSHROOM LATTE / 7

anima mundi, seven mushroom blend: coconut cream, cacao, reishi, chaga, cordyceps, lions mane, agaricus, shitake, maitake, doma coffee **iced +1**

HOUSEMADE PUMPKIN SPICE LATTE / 6

our housemade blend of raw pumpkin seed milk, cinnamon, clove, vanilla, date

add espresso shot +1 iced +1

LONDON FOG / 5

early grey tea, steamed milk, honey, vanilla **iced +1**

HOUSEMADE DRAGON LADY CHAI / 5

red rooibos, ginger, cinnamon, cardamom, clove, oatstraw, black peppercorn **add espresso shot +1 iced +1**

MATCHA LATTE / 5

ceremonial grade matcha with choice of steamed milk **iced +1**

RASA LATTE / 6

adaptogen packed coffee alternative, cacao or original. choice of steamed milk **iced +1**

CACOCO HOT CHOCOLATE / 4

cacoco ceremonial drinking chocolate sweetened with coconut sugar crystals. choice of steamed milk. **add espresso shot +1**

SMOOTHIES

sixteen ounce

our plant milks are housemade, no sweeteners, no additives

SUPERFOOD ADD-ONS / 1

housemade granola, vitamin c, chia seeds, cacao nibs or powder, maca, goji berries, spinach or kale, whole milk yogurt, coconut oil, unprocessed stevia, local raw honey

SUPERFOOD ADD-ONS / 2

almond butter, vitamineral earth or green, e3 live brain on, avocado, berries, plant protein, tocotrienols, matcha, bee pollen, adaptogenic mushroom blend, ashwaganda, plant collagen, coconut cream, cbd 8-10 mg, anima mundi liver vitality greens

DESIGN YOUR OWN SMOOTHIE

choose your milk, your fruits, your veggies and your superfoods

APHRODITE / 8

almond milk, almond butter, banana, maca, date

ZENERGY / 8

almond milk, green tea matcha, almond butter, banana, spinach, date

WILD SIDE / 9

almond milk, almond butter, banana, raw cacao, DOMA coldbrew coffee, date

MINT CHIP / 9

almond milk, almond butter, avocado, raw cacao nibs, raw cacao powder, banana, mint, spinach, date

GREEN DETOX / 10

grapefruit juice, cucumber, lemon, kale, parsley, avocado, ginger, turmeric

BEETNIK / 8

almond milk, raw beet, strawberry, goji berries, lemon, ginger

MOUNTAIN BLUEBIRD / 11

coconut milk, blueberry, banana, date, lemon, basil, ginger

GREEN FLASH / 9

coconut milk, pineapple, mango, orange, banana, spinach, cilantro, ginger

ORANGE CRUSH / 9

coconut milk, orange, banana, goji berries, lime