



BOWLS + TOSSED SALADS

grain bowl 7.50 / paleo bowl / tossed salad 7.95

- 1 **base** brown rice / quinoa / massaged kale / spinach / seasonal roasted veggies / seasonal zoodles with massaged kale
 - 2 **protein** black turmeric beans / egg / green chickpeas (+1) / avocado mash (+2) / shredded chicken breast (+2.50) / organic tofu (+2.50) / wild alaskan salmon (+2.50)
 - 3 **add-ons** roasted veggies / avocado mash / hummus / vegan cashew herb cream (+2)
- raw/crunchy: almonds / cashews / sunflower seeds / cumin pumpkin seeds / green apples / medjool dates / organic coconut flakes / chili hemp hearts
- cheese: parmesan / local cheddar / feta
- vegan dressings: sweet beet kombucha vini / lemon dill / avo lime cilantro cream / ginger peanut / green curry / garlic citrus cashew cream / korean bbq / caesar

build your own 7.50+

choose a base + protein + 3 add-ons + dressing

daily special 8.95

check our chalk board for our daily special

avocado lemon dill

357 calories GF VG V

lemon dill dressing + massaged kale + jc veggie chop + avocado mash + tomato + cucumber + almonds

warm ginger peanut

362 calories GF VG V

warm ginger peanut sauce + massaged kale + jc veggie chop + peanuts + cilantro *or make it into a phad thai zoodle salad!*

mexicali

385 calories GF VG

house salsa + avo lime cilantro cream + massaged kale + jc veggie chop + corn + bell pepper + tomato + cucumber + avocado mash + turmeric black beans + chili hemp hearts + tillamook cheddar

banh mi

285 calories GF VG V NEW

garlic citrus cashew cream + house slaw + massaged kale + tomato + cucumber + jalapenos + organic coconut + cumin pumpkin seeds + cilantro + mint

warm evergreen curry

340 calories GF VG V NEW

warm coconut pineapple green curry + massaged kale + jc veggie chop + lime + cilantro + grape tomato + organic coconut + cashews + chili hemp hearts

mediterranean kale caesar

269 calories GF VG V NEW

vegan caesar + massaged kale + spinach + jc veggie chop + tomato + cucumber + onion + sunflower seeds + parmesan + scoop of hummus

west coast chop

360 calories GF VG NEW

avo lime cilantro cream + massaged kale + spinach + jc veggie chop + tomato + cucumber + avocado mash + green chickpeas + sunflower seeds + egg

warm fall harvest

395 calories GF VG NEW

sweet beet kombucha vini + seasonal roasted veggies + kale + spinach + walnuts + chevre

probiotic korean bbq

261 calories GF VG NEW

sweet n' spicy orange chili dressing + house slaw + massaged kale + spinach + tomato + cucumber + pineapple + fermented kimchee + coconut flakes + cashews + chili hemp hearts

rainbow superfood

288 calories GF VG V NEW

sweet beet kombucha vini + massaged kale + jc veggie chop + tomato + cucumber + avocado mash + bell pepper + turmeric black beans + walnuts + mulberries

MINNIE BOWL (16oz) 6

portion controlled bowl, not tossed, for the not-too-hungry! protein included, no subs. all contents of the minnie bowl must fit in the 16oz minnie bowl, no sides please, no exceptions!

HOMEMADE SOUP made fresh daily

cup (12oz) 4.50

soup pot (32oz) 6.50

a big warm bowl of our homemade soup + brown rice + shredded kale + spinach

FRESH JUICE 14oz/6.50 20oz/7.50

green religion (70)

kale + spinach + celery + cucumber + lemon + ginger (*energizing, detoxifying, alkalizer*)

minty greens (140)

kale + spinach + celery + mint + apple + cucumber (*gentle liver cleanser, detoxifier, digestive aid, alkalizer*)

jalapeño verde (230)

kale + spinach + celery + cucumber + lime + jalapeno + pineapple (*metabolizer, inflammation, digestion, alkalizer, metal detox*)

tropical greens (200)

kale + spinach + celery + cucumber + lime + pineapple + apple (*gi issues, alkalizer*)

cold n flu (240)

apple + pineapple + lemon + ginger + dash of cayenne (*immunity booster, energy*)

skin beet beautiful (160)

kale + spinach + celery + cucumber + apple + beet + lemon + ginger (*skin purification, liver cleanser, energy*)

gogo energy (220)

carrot + apple + beet + ginger (*energizer, brain activation, hormone balancer*)

gi hydrator (130)

apple + lemon + ginger + mint + celery + cucumber + l. glutamine (*gi issues, gentle cleanser, great for hangovers!*)

probiotic gingerade (85)

celery + cucumber + spinach + lemon + ginger + probiotic kombucha (*gi balancing, detoxifying, energizing*)

CREATE YOUR OWN DRINK

14oz/6.50+ 20oz/7.50+ smoothie/7.50+

① **choose base**
apple / carrot / almond mylk / coconut water / coconut mylk / cucumber

② **add 3**
beet / ginger / lemon / lime / carrot / cucumber / grapefruit / kale / apple / dates / cashews / spinach / banana / celery / mango / strawberry / parsley / blueberry / raw pb / almonds

③ **extras** +.50 for each add on
proteins: whey / pea / hemp (+1) / acai (+2)

good fats: coconut oil / avocado / raw pb / cashews / almonds (+1) / mct oil (+1)

alchemizers:

mood enhancers

ashwagandha / cacao / coconut / yogurt (+1) / probiotic (+3)

energy

bee pollen / coffee / raw honey / maca / ginger / flax granola / acai (+2.50)

digestion

chia / flax seeds / l.glutamine / collagen powder / quercetin (+1)

brain

spirulina / turmeric / ginger / mct oil (+1)

RAW SUPERFOOD SMOOTHIES 7.50

protein: whey / pea / hemp (+1) / acai (+2)

chai-licious (550)

dates + almond mylk + chai spices + banana + cashews

green monster (372)

kale + spinach + mango + almond + banana + almond mylk

fast abby (235)

mango + banana + spinach + lime + apple + cucumber + coconut water

pb+j (395)

raw pb + banana + strawberry + blueberry + almond mylk

annabelles cloud 9 (290)

blueberry + avocado + kale + spinach + coconut water + chia seeds

carrot cake (432)

carrot + mango + cashews + apple + cinnamon + almond mylk + flax seeds

l+t (335)

carrots + blueberries + kale + banana + avocado + coconut water

frost bite (382)

coffee + banana + cacao + raw pb

almond berry bliss (295)

cacao + almonds + strawberry + banana + almond mylk

tropical wave (308)

coconut water + pineapple + banana + mango

adrenal love (290)

avocado + mango + kale + spinach + celery + cucumber + lemon + ginger

SMOOTHIE BOWLS

add raw peanut butter or lemon cashew cream to any bowl +1

acai (350) 9

smoothie acai + blueberry + banana + cacao + strawberry + almond mylk

toppings coconut flakes + banana + cacao + jc gf hemp granola + seasonal fruit + raw honey

evergreen (415) 9

smoothie spirulina + banana + mango + spinach + kale + almonds + almond mylk

toppings lemon cashew cream topping + mulberries + jc gf hemp granola + bee pollen + seasonal fruit + raw honey

chai-licious bowl (425) 9

smoothie chai spices + dates + banana + cashews + almond mylk

toppings jc gf hemp granola + sliced banana + cacao nibs + coconut flakes + raw honey

probiotic coyo bowl (385) 8

coconut yogurt + gf granola + mulberries + jc gf hemp granola + sliced banana + pineapple + lemon cashew cream + bee pollen + raw honey

WELLNESS
SHOTS

ginger / beet 3

fireball 5

2x ginger + lemon + cayenne