

# SEASONAL BOWLS

LAYERED BOWL 7.75 | TOSSED BOWL 8.25

SPECIAL DIET? WE CAN MAKE ANYTHING WHOLE 30 OR KETO.

add some kimchee to any bowl to keep your gut microbes happy + boost your immunity! (+1)

|  |  |
|--|--|
| <b>warm ginger peanut</b><br>GF V DF SF 362 calories           | ginger peanut sauce + spinach + kale + shredded veggies + peanuts + coconut flakes + cilantro  |
| <b>foraged mushroom + veggie stew</b><br>GF VG SF 389 calories | local mushrooms + zucchini + roasted sweet potato + cauliflower in a warm coconut cream herb stew over spinach + topped with walnuts + fresh basil + parsley + parmesan<br><b>make it vegan by taking off the parm</b> |
| <b>warm savory curry</b><br>GF V DF SF 340 calories            | a rich organic coconut pumpkin curry cooked with sweet potato + zucchini + cauliflower + squash + snow peas + spinach + organic coconut flakes + pickled peppers + omega seeds   |
| <b>pnw</b><br>GF VG SF 325 calories                            | apple cider maple vinaigrette + apple + chopped medjool dates + sweet potato + walnuts + mixed greens + kale + shredded veggies + blue cheese<br><b>sub avocado mash and make it vegan</b>                             |
| <b>thai basil chop</b><br>GF V DF SF 285 calories              | shredded napa cabbage + carrots + broccoli + bell peppers + cucumbers + mixed greens + cherry tomatoes + snow peas + sprouts + fresh basil + mint + mango + scallions + sliced almonds + tangy thai vinaigrette        |
| <b>santorini caesar</b><br>GF VG SF 285 calories               | vegan caesar dressing + kale + shredded veggies + cherry tomatoes + cucumbers + pickled onions + kalamata olives + sunflower seeds + baked beet chips + parmesan<br><b>sub cheezy sprinkles and make it vegan</b>      |
| <b>baja cali</b><br>GF VG SF 325 calories                      | salsa + avocado lime aioli + mixed greens + shredded veggies + chipotle black beans + cherry tomatoes + cucumbers + pickled onions + cheddar + avocado mash + mama lil's pickled peppers + plantain crisps             |
| <b>probiotic seoul</b><br>GF V DF SF 325 calories              | creamy siracha dressing + kale + spinach + kimchee + shredded veggies + cucumbers + cherry tomatoes + organic coconut flakes + cilantro + jalapeño + sunflower seeds   |
| <b>rainbow cobb 8.95</b><br>GF DF SF 395 calories              | mixed greens + smokey vegan ranch + organic egg + cucumbers + cherry tomatoes + pickled veggies + bacon bits + scallions + cheddar + pumpkin seeds + fresh basil + avocado mash  |
| <b>daily special 9.5</b>                                       | always our best seller! feel free to order online and pickup   |

pick a base: brown rice / ancient grains / marinated kale / sweet potato / mixed greens / spinach

add a protein: jc chicken (+2.5) / organic tofu (+2.5) / alaskan smoked salmon (+3.5) / falafel (+2.5) GF/V / organic chickpeas (+1.25) / chipotle black beans (+1.25) / organic egg (+1.25)

## OTHER FAVS

soup of the day 4.95

soup bowl 7.5

a big bowl of homemade soup + rice + spinach

minnie bowl 6

PERFECT FOR THE NOT-TOO-HUNGRY!

16 oz portion controlled bowl, not tossed, protein included. all contents of the minnie bowl must fit in the 16oz minnie bowl (no sides, no substitutions)

## BUILD YOUR OWN 7.75+ | TOSSED 8.25+

comes with seasonal shredded veggies

SKIP THE LINE ORDER ONLINE

| 1. base   | 2. add-ons up to 3   | 3. dressing  | + protein   |
|---|--|--|---|
| kale<br>spinach<br>brown rice<br>ancient grains<br>mixed greens<br>sweet potato | basil<br>cilantro<br>jalapeño<br>peanuts<br>almonds<br>walnuts<br>bacon bits<br>apple<br>dates<br>tomatoes<br>red pepper<br>cucumbers<br>kimchee<br>chickpeas<br>scallions<br>baked beet chips<br>pumpkin seeds<br>plantain crisps | warm ginger peanut<br>warm savory curry<br>vegan caesar<br>creamy siracha<br>warm mushroom herb sauce<br>tangy thai vinaigrette<br>smokey vegan ranch<br>avocado lime aioli<br>fresh salsa<br>olive oil + lemon<br>apple cider maple vinaigrette | falafel (+2.5) GF/V<br>jc chicken (+2.5)<br>organic tofu (+2.5)<br>salmon (+3.5)<br>avocado (+2)<br>chipotle black beans (+1.25)<br>organic chickpeas (+1.25)<br>organic egg (+1.25)<br>nuts (+1) |
| each additional add-on over 3 +.5   |  |  |   |

ALL OF OUR DRESSINGS ARE HOUSE-MADE, GLUTEN-FREE, AND VEGAN!

GF gluten-free VG vegetarian V vegan DF dairy-free SF soy-free

## REMEDY JUICE 6.75 (14oz) | 7.75 (20oz)

**green religion** 70 calories  
lemon + ginger + kale + spinach + cucumber + celery **energizing, detoxifying, alkalizer**

**cold + flu** 240 calories  
lemon + ginger + apple + pineapple + cayenne **immunity booster, energy**

**skin beet beautiful** 260 calories  
beet + lemon + ginger + spinach + kale + cucumber + apple + celery + carrot **skin purification, liver cleanser, energy**

**life cleanser** 172 calories  
mint + lemon + ginger + spinach + kale + cucumber + celery + apple **cleansing, cholesterol, weight, detox**

**vc** 360 calories  
kiwi + ginger + carrot + grapefruit + lemon **vitamin c, energizer**

**lucky 7** 240 calories  
jalapeños + pineapple + cucumber + celery + spinach + kale + lime **metabolism, antioxidants**

**dr. greens** 190 calories  
apple + basil + cucumber + spinach + coconut h20 **hydrating, cooling**

**pink panther** 220 calories  
beet + ginger + pineapple + apple + cinnamon **gut health, endurance**

**malibu sunset** 235 calories  
blended strawberry + apple + lime + mint + coconut h20 **vitamin c, thirst quenching**

## QUAD SHOTS 5 (4OZ)

**honeybee**  
turmeric + lemon + raw honey + ginger + pineapple

**golden hour**  
beet + lemon + ginger + b-12

**flu shot**  
2x ginger + 2x lemon + cayenne

**avc**  
apple cider vinegar + apple + lemon

**gut**  
celery + purple cabbage + ginger + lemon + l.glutamine

## BLENDED NUTRITION 7.75 (20OZ)

blended with unsweetened almond mylk. sub oat mylk on request.

**pb+j** 395 calories  
strawberry + blueberry + banana + raw pb + mylk

**cloud 9 fat burner** 290 calories  
blueberry + kale + spinach + avocado + chia + coconut h20

**green monster** 372 calories  
spinach + kale + mango + almonds + banana + mylk

**fast abby** 305 calories  
mango + banana + spinach + cucumber + apple + lime + coconut h20

**lowry's ironman** 432 calories  
strawberry + blueberry + kale + chia + raw pb + banana + mylk  
**add almond butter :2**

**bahama mama** 308 calories  
mango + blended pineapple + banana + coconut h20

**coffee nutter** 382 calories  
banana + cold brew + raw pb + cacao + honey + mylk

**kyoto matcha** 295 calories  
honey + mango + spinach + matcha + almonds + coconut h20

**mango lassi** 290 calories **9**  
mango + banana + medjool dates + cardamom + turmeric + honey + mylk

**adrenal love** 290 calories **9**  
avocado + mango + spinach + kale + celery + cucumber + lemon + ginger

**tasty keto** 325 calories **10**  
celery + lime base + avocado + kale + spinach + mct oil + ginger + pea protein + 1/8 cup blueberries

## SMOOTHIE BOWLS MICRO 10 | MACRO 12

**+ Peanut butter (:1) + almond butter (:2)**

**acai**  
blueberries + strawberries + banana + mango + mylk  
**topped w/ house granola + coconut flakes + bananas + berries + raw honey drizzle**

**pb+j**  
blueberries + strawberries + banana + raw pb + mylk  
**topped w/ house granola + banana + raw pb**

**bombay delight**  
banana + mango + medjool dates + pumpkin + mylk + cardamom + cinnamon + turmeric  
**topped w/ granola + honey + coconut flakes + banana**

## CREATE YOUR OWN DRINK 6.75+ (14oz) | 7.75+ (20oz)

choose a base + 3 add-ons (smoothies 20oz)

### 1. base

apple carrot celery cucumber coconut h20  
oat mylk almond mylk

### 2. add-ons up to 3

spinach kiwi carrot raw pb (+1)  
kale mango cucumber almond butter (+2)  
parsley grapefruit celery avocado (+2)  
beet strawberry mint **each additional**  
lemon blueberry parsley **add-on over 3 +.5**  
lime banana basil  
ginger apple raw almonds

### + extras

chia (+.50) ashwagandha (+.50)  
cacao (+.50) coconut oil (+.50)  
coffee (+.50) whey protein (+1)  
turmeric (+.50) pea protein (+1)  
spirulina (+.50) hemp protein (+1)  
raw honey (+.50) matcha (+1)  
flax seeds (+.50) avocado (+2)  
collagen (+.50) mct oil (+2)  
charcoal (+.50) almond butter (+2)  
l.glutamine (+.50)