

# Bowls!

## \$8.95

Rice + Quinoa, Sweet Potato, Beets, Corn, Black Bean, Chipotle BBQ Sauce



Strawberry, Banana, Cherry, Oats, Peanut Butter, Yogurt, Milk

Rice + Quinoa, Sweet Potato, Corn, Black Bean, Kale, Butternut Squash Sauce



Sweet Potato, Banana, Peach, 5 Spice Mix, Yogurt, Milk

Rice, Tofu, Kale, Corn, Mushroom, Onion, Tikka Masala Sauce



Peach, Mango, Banana, Pineapple, Yogurt, Milk

Rice + Quinoa, Greens, Sweet Potato, Broccoli, Peppers, Onions, Pesto



Mixed Greens, Banana, Mango, Pineapple, Coconut Creme, Milk

Mesclun Mix, Blueberries, Strawberries, Cashew, Cabbage, Cucumber, Carrot, Avocado Vinaigrette OR Miso Vinaigrette



Blueberry, Spirulina, Banana, Blackberry, Yogurt, Milk

Rice Noodles, Cabbage, Carrot, Tofu, Edamame, Corn, Beet Peanut Sauce



Blueberry, Cherry, Banana, Blackberry, Yogurt, Milk

Rice Noodles, Edamame, Cabbage, Carrot, Mushroom, Tofu, Pork Lager Broth



Banana, Nutella, Cold Brew Coffee, Maple

Bowl Add Ons: Pulled Chicken, Boiled Egg, Ahi Tuna, Salmon, Tofu, Sunflower Seed, Avocado

Smoothie Add Ons: Spirulina, Hemp Protein, Quinoa, Oats, Peanut Butter, Bee Pollen

Build your own Bowl!

Start: Rice, Quinoa, Rice Noodle

Next: Sweet Potato, Corn, Black Beans, Mushrooms, Onions, Peppers, Carrot, Cabbage, Broccoli, Edamame, Kale, Spinach, Avocado, Sunflower Seeds

Sauce: Chipotle BBQ, Squash Sauce, Pesto, Tikka Masala, Beet Peanut Sauce, Avocado Vinaigrette, Miso Vinaigrette

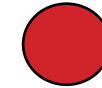
# Smoothies!

## \$7.00

Choose Regular or Vegan (+1.00)

# Toasts

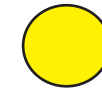
## \$5.00



House Toast, Nutella, Sliced Strawberries



5 Grain Toast, Sweet Potato Sauce, Sunflower Seeds



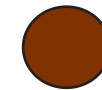
House Toast, Peanut Butter, Banana, 5 Spice



House Toast, Black Sesame Hummus, Avocado



House Toast, Fig Jam, Carmelized Onion, Apple



House Toast, Ahi Tuna, Pesto (\$8.95)



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**ORDER ONLINE!**