

# NoW Cafe

Eat Good. Do Good. NoW.

www.noworriesmovement.org

## Bowls

16oz. / 24oz.

**Mena (Mee-Nah)** \$9/\$11

Acai sorbet, granola, cucumber, strawberries, grapes, kiwi, hemp seeds, honey/agave syrup

**Mermaid** \$9.75/\$11.75

Dragon fruit, macha, and coconut charcoal sorbet, mango puree, granola, banana, assorted berries, grapes, coconut shreds, hemp seeds, honey/agave

**No Worries** \$9/\$11

Acai sorbet, granola, banana, assorted berries, grapes, coconut shreds, almonds, chia seeds, Peruvian dark chocolate drizzle

**Create your paradise** \$8/\$10

Choose base (acai, dragon fruit, macha, coconut charcoal or chia pudding). Includes granola, honey/agave +1 topping  
Each additional topping .75

Sub. dragon fruit, macha, or coconut charcoal (+.75) with any bowl. Can't decide? Mix it up and create your own!

Add almond or peanut butter \$1  
Add chia pudding .75

## Smoothies

20 oz.

**TropiKale** \$9

Coconut milk, kale, pineapple, banana, mango puree, agave

**The Black Sheep** \$9.75

Coconut milk, banana, coconut charcoal sorbet, charcoal, peruvian chocolate powder, agave

**Samantha** \$9

Almond milk, strawberries, banana, oats, agave, dark chocolate drizzle

**Marilyn** \$9

Almond milk, avocado, lime juice, cucumber, kiwi, agave

Add vanilla protein powder \$1

## Sides

**Zane's Salad** \$8.75

mixed greens, cucumber, tomato, red onion, avocado, tempeh bakin crumble, salt, pepper, house dressing

**Kia's Chia Pudding** \$4.25

topped with berries and almonds

**Compassion Trail Mix** \$4

Cashews, peanuts, lavender, pecans, pistachios, almonds

## Bites

### Toast

**AvoGato** \$8.25

Rosemary sage bread, avocado smash with lemon, arugula, tomato, salt, pepper

**Cool as Cucumber** \$8.25

Rosemary sage bread, avocado smash with lemon, quartered cucumber, salt, pepper, red pepper flakes

**Una & Only** \$8

Multigrain, almond butter, banana, coconut flakes, dark chocolate drizzle

### Panini's

Served with side salad

**Wild n' Free** \$10.25

Focaccia, cheddar 'cheeze', arugula, sun dried tomatos

**Mission: Possible** \$11.50

Herb focaccia, tempeh bak'n, tomato, arugula, avocado, red onion, garlic aioli

**Ziggy's Jam** \$10

Multigrain, almond butter, house made strawberry lavender jam, sliced bananas

**Greyhound** \$10.25

Multigrain, provolone 'cheeze', tomato, arugula, cucumber, red onions, avocado, vegenease mayo

## Sips

Hot Drinks 16oz/20oz.

House Coffee \$2.25/\$2.75

Cappuccino \$4.50/\$5

Cafe Latte \$4.50/\$5

Peruvian Cafe Mocha \$4.75/\$5.25

Flavors .65  
Vanilla, Hazelnut, Peppermint, Lavender, Pure Cane, Coconut, salted caramel

Cold Drinks 16oz./20oz

Nitro Brew on tap \$5.25/\$5.75

**Dragon Soda** \$5/\$5.50

Loose Leaf Tea \$2.25/\$2.75

## Kiddos

HappyCow Grilled 'Cheeze' \$5  
focaccia bread with vegan american 'cheeze'

Milo's Mini Jam Sesh PB&J \$6  
focaccia bread with house jam and peanut butter

Fun Fact: Menu items are inspired by the animals we are saving through our non-profit, NoWorriesMovement.

\*\*Alert the cashier of any special dietary requirements. Some items contain nut, wheat, and soy products.

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