



Breakfast Bowls

- Burrito Bowl** ~ eggs, bacon, green chili, red bell peppers, potato, pinto beans, cheese, fresh salsa and avocado **\$8**
- Veggie Bowl** ~ eggs, mushrooms, spinach, zucchini, feta, pinto beans, fresh salsa and avocado **\$8**
- Sausage Bowl** ~ savory breakfast sausage, eggs, potatoes, pinto beans, grilled peppers, onions, cheese, fresh salsa and topped with avocado **\$8**
- Yogurt Parfait** ~ vanilla greek yogurt, blueberries OR strawberries, granola, coconut flakes and topped with honey **\$3**
- Fruit Cup** **\$3**

Smoothie Bowls **\$7**

~Choose~

- Blueberry Lemon
- Original Green
- Strawberry Lime

~Toppings~

- blueberries, bananas,
- strawberry, mango,
- coconut, granola, honey

Smoothies

All natural, No preservatives,
Gluten free, Nutrient dense, Non-Dairy
& Unpasteurized

- Sizing** ~ 12 oz Snack **\$5**
- 20 oz Howler (Cup Only) **\$7**
- 32 oz Prowler **\$12**
- 64 z Growler **\$17**
- *(One time \$3 bottle Deposit)
- 4 pack of 12 oz Smooties **\$18**
- 6 pack of 12 oz Smoothies **\$25**

- Smooties** ~ **Original Green** **Strawberry Lime**
- Greens Only** **Peachy Colada**
- Raw** **Blueberry Lemon**
- Beet N Berry** **Cashew Mocha**

- Water** **\$1**
- Green Tea Tazo** **\$2**
- Bai** **\$2**
- Soda** **\$2**

Lunch Bowls

Santa Fe Bowl ~ grilled chicken breast, black beans, brown rice, grilled peppers, onions, cheese and topped with fresh salsa and avocado **\$9**

Burque ~ Spicy, savory shredded beef, green chili, black beans, brown rice, grilled peppers, onions and topped with fresh salsa and avocado **\$9**

Teriyaki ~ sweet and savory pork, carrots, peas, broccoli, bell peppers, onions, fresh pineapple **\$9**

Loaded Nachos ~ corn chips, green chili nacho cheese, choice of chicken or beef and topped with cheese, avocado, tomato and sour cream **\$9**

Not Your Mama's Frito Pie ~ Savory homemade chili beans, organic fritos, cheese tomato, romaine lettuce, red onion, avocado and choice of chicken or beef. **\$8**

Wrap Or Salad

Fresh Tuna Salad ~ wild caught tuna fish, celery, cucumber, pickles, bell pepper, red onion, tomato, avocado, spinach and toasted almonds **\$8**

Mandarin Chicken Salad ~ grilled chicken breast, romaine lettuce, mandarin oranges, red bell peppers, purple cabbage, peas, carrots, GF ramen noodles, toasted sesame seeds and almonds ~ tossed in house made red wine vinaigrette ~ **\$8**

Fuji Apple Chicken Salad ~ grilled chicken breast, spring mixed greens, tomato, red onion, pecans and blue cheese crumbles ~tossed in poppy seed dressing ~ **\$8**

Grilled Chicken Wrap ~ grilled chicken breast, spinach, red bell pepper, avocado, feta topped with ceasar wrapped in a spinach tortilla w/ chips! **\$8**

Grilled Veggie Wrap ~ grilled zucchini, tomatoes, cucumber, red bell pepper, avocado, feta OR blue cheese. Choice of wrap: Spinach or remarry olive oil. ~Choice of dressing~ **\$8**

Turkey Wrap ~slow roasted turkey breast, spinach, savory cream cheese, cranberries, avocado, tomato, red onion **\$8**

Ruben Wrap ~ savory corned beef, sauerkraut, romaine lettuce, shredded swiss cheese, dressing. **\$8**