

## BREAKFAST BOWLS \$8 sm/ \$11 lrg

**Ra bowl-** (muesli) gluten free rolled oats, almonds, goji, cinnamon, coconut flakes soaked in house-made oat mylk, topped with banana, blueberry, apple and hemp seed \* served chilled \* (agave or honey optional)

**Thor bowl-** crispy potatoes, Anasazi beans, smoky tempeh bacon, green chile, sweet pickled peppers and miso vinaigrette.

## LUNCH BOWLS \$9 sm/ \$12 Lrg

**Buddha bowl-** citrus soba noodle salad, broccoli, carrot, cucumber, avocado, sesame seeds and sprouts

- Oracle bowl - quinoa, curry vinaigrette, zucchini, avocado, radish, cucumber, pickled onion, citrus, almonds, hemp seed, sprouts
- Curandera bowl- brown rice, Anasazi bean, green chile, sweet corn, pickled peppers, avocado, sprouts, miso vinaigrette and tortilla

## SUPERFOOD BOWLS \$8 sm/ \$11

- Metatron bowl - Açai, banana, strawberry, house mylk base, topped with raw granola, banana, strawberry, blueberry, goji berry, coconut shavings
- Ganesha bowl - Turmeric, banana, ginger, and apple juice base, topped with raw nola, strawberry, blueberry, chia seed.
- Odin bowl - Açai, peanut butter, banana, blueberry, pea protein and house mylk base, topped with raw granola, almonds, banana, blueberry, hemp seeds
- Chia Zia- Coconut Chia pudding topped with banana, strawberry, raw nola, goji berry, coconut shaving  
(Agave syrup or local honey optional on all superfood bowls)

## DRINKS

### **Coffee: Artisan coffee beans from The Coffee Apothecary**

**Black** - 10 oz. \$3 / 16 oz. \$4

**Bullets** - bullet coffee with healthy fats promotes lasting energy, mental clarity and good vibes (served hot or over ice) - sm. \$5 / lg. 6

- Coconut bullet - Organic french press coffee with coconut oil, MCT oil and house creamer
- Mocha bullet - Coconut bullet with cacao and vanilla
- Mushroom Bullet - Coconut bullet with mushroom blend, cinnamon

**Cold Brew** (iced) - 12 oz \$3/ 20 oz. \$4

### **Tea:**

Tea.o.graphy organic tea selection - 10 oz. \$2 / 16 oz. \$3

Iced Tea.o.graphy 'Celtic Mint'- 12 oz. \$2 / 20 oz. \$3

### **Specialty:**

(served hot or over iced) - sm. \$5 / lg. 6

- Matcha Bullet - Tea.o.graphy pure matcha, MCT oil, coconut oil, house creamer
- Iced Golden Latte - House mylk, turmeric and black pepper
- Boylan's Rootbeer \$3

WELLNESS SHOT - Apple cider vinegar, turmeric, black pepper and local honey or agave (optional) - 4oz. \$2

FRESH PRESSED JUICES. 12 oz \$6/ 20 oz \$8

Hot Yoga- celery, cucumber, kale, lemon, parsley

Energize- carrot, orange, ginger, mint

Heal- celery, cucumber, aloe, apple juice

Grow- beet, apple, kale, lemon, parsley

SMOOTHIES. 12 oz \$6/ 20 oz \$8

Enjoy- strawberry, blueberry, banana, house mylk, chia seed

Relax- banana, pineapple, kale, orange juice, lemon

Thrive- pineapple, kale, banana, açai, apple juice

The Mylk Quake- banana, cacao, house mylk, vanilla

Ask about our daily artisanal shave ice flavors sm \$4/ med \$6/ Lrg \$8

**All products used on our menu are sourced with the utmost care and mindfulness.**