



smoothie bowls 12.75 V GF

Build Your Own:

choose your base, then add toppings & add-ins →

GOLDEN GLO

base of pineapple, banana, chia seeds, coconut oil, coconut milk powder, turmeric & ginger blended with your milk choice

HAKUNA MATATA

base of strawberries, pineapple, banana, açai & ashwagandha blended with your milk choice

★ BERRY FIRST DATE

base of blueberries, banana, açai & dates blended with your milk choice

JAM SESH

base of blueberries, strawberries, banana & peanut butter blended with your milk choice

MOTHER OF DRAGONS

base of pink dragon fruit, strawberries, banana & dates blended with your milk choice

YOU'RE MY BOY, BLUE

base of blueberries, blue spirulina, banana, pineapple & raw honey blended with your milk choice

smoothies GF

SWEET CHIA OF MINE 11.25 V

blueberries, strawberries, açai, chia seeds & maple syrup

GOJIING GREEK 11.25

strawberries, banana, goji berries, vanilla bean Greek yogurt & hemp seeds

THE HULK 12.00 V

banana, kale, matcha (ceremonial grade), coconut oil, coconut milk powder, moringa, dates & vanilla extract

★ BERRY NUTTY 12.50 GF

strawberries and blueberries, banana, maple syrup, peanut butter & vanilla bone broth protein

NITRO BOOST 12.00 V

nitro cold brew, banana, cacao, maca, Ceylon cinnamon, dates & peanut butter

TROPICAL BUZZ 12.00 V

pineapple, banana, coconut oil, coconut butter, local bee pollen, turmeric & ginger

BUSTIN' YO NUTS 12.50 V

banana, raw almond butter, cacao, raw honey & hemp protein

BLUE SPIRULINA BLISS 12.50 GF

banana, avocado, blue spirulina, maple syrup, vanilla extract & vanilla bone broth protein

TROPIC LIKE IT'S HOT 12.50 V

strawberries, açai, pink dragon fruit, peanut butter, dark chocolate sauce & raw honey

GIMME DAT FAT 12.50 V

blueberries, avocado, raw almond butter, coconut butter & raw honey

★ baked oatmeal 12.50 GF

Infused with maca + ashwagandha
Includes 3 toppings from the toppings list
Additional toppings \$1

greek yogurt parfait 9.99 GF

Includes 3 toppings from the toppings list
Additional toppings \$1

bread n' spreads 8.99 V GFO

Served on thick-cut sourdough, or upgrade to a bagel +1
Sub GF bread +2 or GF bagel +2.50

★ GUAC N' SEEDS

mild green chile guacamole, local sprouts, pumpkin seeds, hemp seeds & sunflower seeds

CHEESY GUACAMOLE

mild green chile guacamole, vegan cheese, local sprouts & balsamic drizzle

BALSAMIC HUMMUS

lemon garlic hummus, beets, sweet potatoes, sunflower seeds & balsamic drizzle

CHOCOLATE PB & J PARTY

chocolate spread, banana, strawberries, peanut butter & raw honey

BERRY GOOD

peanut butter, strawberries, blueberries, granola & honey

bagels GFO

everything, plain,
sesame, cinnamon raisin 2.75 V
GF: ask for current options 3.50 V GF
cream cheese 1.00
butter 0.50
(ask about our other toppings)

toppings & add-ins toppings V GF

+1 each

- banana
- bee pollen
- chia seeds
- coconut flakes
- flax seeds
- granola (gf)
- goji berries
- pumpkin seeds
- hemp seeds
- maple syrup
- raw honey
- sunflower seeds

+2 each

- almond butter
- blueberries
- buckwheat granola (gf)
- cacao nibs
- chocolate sauce
- hazelnut butter
- peanut butter
- pecans
- seasonal granola butter
- strawberries
- sunflower butter
- walnuts
- whipped cream (contains dairy)

superfood add-ins V GF

+1 each

- açai
- ashwagandha
- blue spirulina
- cacao
- CBD +2
- chlorella
- coconut butter
- coconut butter
- ginger
- maca
- matcha (ceremonial)
- moringa
- turmeric
- wheatgrass

protein add-ins GF

+2 each

ask for current flavors

- bone broth protein
- multi-collagen protein
- whey protein
- hemp protein
- plant-based protein
- supergreens

kid's menu

Ages 12 and under: \$2 off the price of smoothies or smoothie bowls only.

flatbreads GFO

Sub GF flatbread +3
Ranch & Habanero Ranch are GF Ask about allergy subs

SOUTHWEST 16.75

refried black beans, chicken, corn, red onion, chipotle, smoked cheddar & habanero ranch drizzle

CHICKEN BACON RANCH 17.25

chicken, bacon, smoked cheddar, tomatoes & ranch drizzle

ITALIANO 16.25

pesto*, sun dried tomatoes & mozzarella
add chicken +\$6 *may contain nuts, dairy

BALSAMIC HUMMUS 15.25 V

hummus, vegan mozzarella, pumpkin seeds, hemp seeds & balsamic drizzle

SMOKED BACON CHEDDAR 16.25

smoked onion jam, smoked cheddar & bacon

We're a fully ORGANIC, SEED-OIL FREE scratch kitchen—ask about allergy-friendly substitutions! MENU INGREDIENTS & PRICING ARE SUBJECT TO CHANGE SPLITTING FEE: \$1

quinoa power bowls GF

- BRUNCH BOWL 14.99**
quinoa, eggs, smoked bacon, raw smoked cheddar cheese & ghee
- HARVEST BOWL 14.99 V**
quinoa, black beans, sweet potatoes, beets, vegan cheese, sunflower seeds & balsamic drizzle
- GLO GRAIN BOWL 14.99 V**
quinoa, black beans, hemp seeds, kale, pumpkin seeds, guacamole, lemon garlic hummus, local sprouts, lemon juice & EVOO
- FARM & FOREST BOWL \$17.00**
quinoa, blue oyster mushrooms, sweet potatoes, pecans, pumpkin seeds, goat cheese & hot honey
- ITALIANO BOWL \$17.25**
chicken, quinoa, mozzarella, sun dried tomatoes, pesto*, kale & balsamic glaze
**may contain nuts, dairy*
- CHICKEN BLT QUINOA BOWL \$16.25 DF**
quinoa, chicken, bacon, tomatoes, mixed greens, guacamole & ranch dressing
- AUTUMN BOWL \$16.25 DF**
quinoa, chicken, sweet potatoes, pumpkin seeds, pecans, cranberries, kale & apple cider vinaigrette
- SOUTHWEST BOWL \$16.25**
chicken, quinoa, guacamole, black beans, corn, sweet potatoes, cheddar cheese, red onions & habanero ranch dressing

veggie burgers GFO

- Served with chips on a locally baked seeded bun*
Upgrade to a Side Salad or Breakfast Potatoes: +\$1
Sub GF bread +2, GF wrap +3
- BEET & QUINOA BURGER 15.75 V**
house made burger GF, lemon garlic hummus, local sprouts & balsamic drizzle
- SWEET POTATO BLACK BEAN BURGER 15.75 V**
house made burger GF, vegan mayo, mild green chili guacamole & mixed greens
- MUSHROOM GOAT CHEESE BURGER 17.00**
house made mushroom burger GF V, goat cheese, smoked onion jam, local sprouts, & balsamic drizzle

sandwiches GFO

- Served with chips on locally baked bread or bagel +1*
Upgrade to a Side Salad or Breakfast Potatoes: +1
Sub GF bread +2, GF bagel +2.50, GF wrap +3
- THE B.L.E. 14.00 DF**
smoked bacon, eggs, mixed greens, mild green chile guacamole & mayo
add cheese +\$2
- BACON OR SAUSAGE, EGG & CHEESE 14.00**
smoked bacon or sausage patty, eggs, raw smoked cheddar & ghee
- SMOKY N' SPICY EGG & CHEESE 14.00**
eggs, raw smoked cheddar, smoked onion jam & sriracha mayo
add bacon or sausage +\$3
- HOMEMADE CHICKEN SALAD 14.99 DF**
made with green apples, cranberries & walnuts, topped with mixed greens. NFO
- SEEDS & CHEESE 14.00 V**
mild green chile guacamole, lemon garlic hummus, local sprouts, vegan cheese, pumpkin seeds, hemp seeds, sunflower seeds & balsamic drizzle
- GRILLED CHEESE 9.95**
sub vegan cheese +2; add bacon +3

salads GF

ALL of our dressings are made in-house and do not contain seed oils, gluten or dairy

- ANTIOXIDANT 14.99 V**
mixed greens, raw walnuts, sunflower seeds, strawberries & blueberries with our pomegranate vinaigrette
- HARVEST 14.99 V**
mixed greens, black beans, sweet potatoes, beets, vegan cheese & sunflower seeds with our balsamic vinaigrette
- SUPERCHARGED MASSAGED KALE 14.99 V**
kale, goji berries, raw walnuts, bee pollen, pumpkin seeds & hemp seeds, lightly seasoned with herbs, EVOO & lemon juice
- SOUTHWEST SALAD 16.25**
chicken, black beans, corn, sweet potatoes, cheddar cheese, tomatoes, red onions, mixed greens with our habanero ranch dressing

seasonal soups CUP/BOWL: 6.50/8.50

Ask about our current selections!

make it a combo! 14.99
select any two*: CUP OF SOUP • HALF SALAD • HALF SANDWICH

Served with chips. Upgrade to a Side Salad or Breakfast Potatoes: +1
**does not include the sausage, egg & cheese sandwich*

proteins + sides
Add to any salad or bowl

- +2
Guacamole
Hummus
Cheese
Chips
Dressings
- +3
Bacon
Sausage Patty
Breakfast Potatoes
Sweet Potatoes
Beets
- +4.95
Fruit cup
Eggs (2)
Egg Whites (2)
- +6.50
Chicken
Chicken Salad
SPBB Burger
BQ Burger
- +7
Mushroom Burger

functional lattes GF

Served hot or iced. Does not contain espresso.
Ask about milk + sweetener options

- CHAI LATTE * 6.75 V**
turkey tail, reishi, Ceylon cinnamon, cardamom, ginger, cloves & coconut milk powder
benefits: antioxidants, immunity + digestion
- MOCHA PICCOLO LATTE (4 oz)* 5.50 V**
cacao, reishi, Ceylon cinnamon & cardamom
benefits: antioxidants, immunity + mood
- GOLDEN MILK LATTE* 6.75 V**
turmeric, ginger, Ceylon cinnamon, cardamom & black pepper
benefits: anti-inflammatory, antioxidants + energy
- BLUE LAVENDER LATTE* 7.25 DF**
blue spirulina, lavender simple syrup, vanilla extract & bone broth protein (vanilla)
benefits: nature's multivitamin, antioxidants
- MATCHA LATTE 6.75 V**
matcha (ceremonial grade), coconut oil, coconut milk powder & moringa
benefits: calm, focus + energy
- MUD\WTR LATTE 6.75 V**
masala chai, cacao, Ceylon cinnamon, turmeric, chaga, reishi, cordyceps, lion's mane & Himalayan sea salt
benefits: mental, physical + emotional well-being

superfood specialty coffees GF

Served hot or iced.
Ask about milk + sweetener options

- PRESIDENTIAL COFFEE 8.00 served hot DF**
mushroom coffee, coconut butter, ghee, cacao, bone broth protein (vanilla) & maple syrup
benefits: boost energy + improve focus
- THE KAAGINATOR 7.75 DF**
nitro cold brew coffee, cacao, Ceylon cinnamon, bone broth protein (vanilla) & maple syrup
benefits: boost energy, heart health + digestion
- NITRO COLD BREW MACA 7.25 V**
nitro cold brew coffee, maca & maple syrup
benefits: boost energy + hormone balance
- ASHWAGANDHA LAVENDER 7.25 V**
nitro cold brew coffee, ashwagandha & lavender simple syrup
benefits: boost energy + de-stress

organic coffee V GF

Pear Tree Coffee Roasters, Phoenixville

- HOT 3.25+**
NITRO COLD BREW 5.75+

loose leaf teas 3.75 V GF

Ask about our current tea list

mushroom coffee 3.50 V GF

Made with 100% organic Arabica beans. 8 oz.

- #1 CORDYCEPS, CHAGA & ELEUTHERO**
benefits: energy, stamina + performance
- #2 LION'S MANE, CHAGA & RHODIOLA**
benefits: productivity, focus + creativity
- #3 TULSI, ASHWAGANDHA, ELEUTHERO & CHAGA**
benefits: balance, calm + anti-stress

GLO FAN FAVORITE!

V = vegan (may contain honey) GF = gluten-free GFO = gluten-free option (may contain eggs) DF = dairy-free

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MENU INGREDIENTS & PRICES ARE SUBJECT TO CHANGE • SPLITTING FEE: \$1

WHILE WE TAKE STEPS TO MINIMIZE THE RISK OF CROSS CONTAMINATION, WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE SAFE TO CONSUME FOR PEOPLE WITH ALLERGIES SUCH AS PEANUT, TREE NUT, MILK, EGG, SESAME OR WHEAT.