

484-872-2244

exton@goodlifeorganickitchen.com

Eagleview Town Center, 559 Wellington Square, Exton

We've connected with local growers, purveyors, and makers to source the freshest, highest quality always organic ingredients so we may offer you delicious, wholesome choices including Vegan and Gluten-Free options.

ASK ABOUT OUR SPECIALS

MON-THU: 8am - 5pm FRI: 8am - 4pm

SAT: 7:30 am - 4pm

HOURS:

LET US CATER YOUR NEXT EVENT



GLO FAN FAVORITE!

W = vegan (may contain honey)

= gluten-free

GFO = gluten-free option (may contain eggs)

= dairy-free

smoothie bowls 12.75 @@

Build your Own:

choose your base, then add toppings & add-ins

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, açaí & ashwagandha blended with your milk choice

BERRY FIRST DATE

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

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 @

SWEET CHIA OF MINE 11.25

blueberries, strawberries, açai, chia seeds & maple syrup

GOJIING GREEK 11.25

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

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

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

NITRO BOOST 12.00

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

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

BUSTIN' YO NUTS 12.50 00

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

BLUE SPIRULINA BLISS 12.50

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

TROPIC LIKE IT'S HOT 12.50

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

GIMME DAT FAT 12.50 W

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

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

greek yogurt parfait 9.99 @

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

everything, plain, sesame, cinnamon raisin 2.75 GF: ask for current options 3.50 0 6 cream cheese butter 0.50 (ask about our other toppings)

breads n' spreads 8.99 🛛 🚭

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

toppings & add-ins

toppings og +2 each

- +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
- cacao nibs · chocolate sauce
- · hazelnut butter

· almond butter

blueberries

- peanut butter pecans
- seasonal granola butter

· buckwheat granola (gf)

- strawberries sunflower butter
- walnuts
- · whipped cream
- (contains dairy)

superfood add-ins og

+1 each

- açaí
- ashwagandha
- blue spirulina cacao
- CBD +2
- · chlorella
- · coconut butter
- coconut butter
- ginger maca
- · matcha (ceremonial)
- moringa
- turmeric · wheatgrass
- protein add-ins o

+2 each

ask for current flavors

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

kid's menu

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

flatbreads @

Sub GF flatbread +3

Ranch & Habanero Ranch are 🕕 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 *may contain nuts, dairy add chicken +\$6

BALSAMIC HUMMUS

15.25

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 6

BRUNCH BOWL 14.99

quinoa, eggs, smoked bacon, raw smoked cheddar cheese & ghee

14.99 🐠 HARVEST BOWL

quinoa, black beans, sweet potatoes, beets, vegan cheese, sunflower seeds & balsamic drizzle

GLO GRAIN BOWL 14.99

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 quinoa, chicken, bacon, tomatoes, mixed greens, guacamole & ranch dressing

AUTUMN BOWL \$16.25 🥶

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 🚳

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 🔮

house made burger 65, lemon garlic hummus, local sprouts & balsamic drizzle

SWEET POTATO BLACK BEAN BURGER 15.75 🚳

house made burger 65, vegan mayo, mild green chili guacamole & mixed greens

MUSHROOM GOAT CHEESE BURGER 17.00

house made mushroom burger 🚳 🛛, goat cheese, smoked onion jam, local sprouts, & balsamic drizzle

proteins + sides

+2 Hummus Cheese Chips Dressings

Bacon Sausage Patty Breakfast Potatoes **Sweet Potatoes**

+**4.95** Fruit cup Eggs (2) Egg Whites (2)

+6.50 Chicken Chicken Salad SPBB Burger BQ Burger

mushroom coffee, coconut butter, ghee, cacao, bone broth protein (vanilla) & maple syrup

nitro cold brew coffee, cacao, Ceylon cinnamon, bone broth protein (vanilla) & maple syrup

Mushroom Burger

superfood specialty coffees •

Served hot or iced.

Ask about milk + sweetener options PRESIDENTIAL COFFEE 8.00 served hot

benefits: boost energy + improve focus

benefits: boost energy, heart health + digestion

NITRO COLD BREW MACA 7.25 🚳

nitro cold brew coffee, maca & maple syrup benefits: boost energy + hormone balance

ASHWAGANDHA LAVENDER 7.25 🚳

nitro cold brew coffee, ashwagandha & lavender simple syrup

THE KAAGINATOR 7.75

benefits: boost energy + de-stress

Pear Tree Coffee Roasters, Phoenixville

NITRO COLD BREW 5.75+

3.25+

COH CO

organic coffee 👓

loose leaf teas 3.75 @@

turkey tail, reishi, Ceylon cinnamon, cardamom, ginger, cloves & coconut milk powder benefits: antioxidants, immunity + digestion

MOCHA PICCOLO LATTE (4 oz)* 5.50 0

functional lattes 🏻

Served hot or iced. Does <u>not</u> contain espresso. Ask about milk + sweetener options

cacao, reishi, Ceylon cinnamon & cardamom benefits: antioxidants, immunity + mood

CHAI LATTE * 6.75 🔇

GOLDEN MILK LATTE* 6.75

turmeric, ginger, Ceylon cinnamon, cardamom & black pepper benefits: anti-inflammatory, antioxidants + energy

BLUE LAVENDER LATTE* 7.25

blue spirulina, lavender simple syrup, vanilla extract & bone broth protein (vanilla)

benefits: nature's multivitamin, antioxidants

MATCHA LATTE 6.75

matcha (ceremonial grade), coconut oil, coconut milk powder & moringa

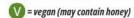
benefits: calm, focus + energy

MUD\WTR LATTE 6.75 0

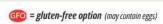
masala chai, cacao, Ceylon cinnamon, turmeric, chaga, reishi, cordyceps, lion's mane & Himalayan sea salt benefits: mental, physical + emotional well-being



SEE OUR GRAB 'n' GO COLD CASE FOR KOMBUCHA, LEMONADES, COLD-PRESSED JUICES, **IMMUNITY SHOTS & MORE!**







📻 = dairy-free

mushroom coffee 3,50 @ @

#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

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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 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

made with green apples, cranberries & walnuts, topped with mixed greens. NFO

14.00

sandwiches 🐵

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 o

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

ANTIOXIDANT 14.99 0

mixed greens, raw walnuts, sunflower seeds, strawberries & blueberries with our pomegranate vinaigrette

14.99

mixed greens, black beans, sweet potatoes, beets, vegan cheese & sunflower seeds with our balsamic vinaigrette

SUPERCHARGED MASSAGED KALE

PERCHARGED MASSAGED KALE 14.99
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!

make it a compo! 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

Add to any salad or bowl