

SANDWICHES

Served on **Brioche**, **Multigrain**, **Sourdough** V,
or **Gluten Free** (\$1)

B.L.E
bacon, lettuce, egg, guac, mayo
\$10.95

Bacon, Egg, & Cheese
bacon, egg, cheese, ghee
\$10.95

Smoky N' Spicy
egg, cheese, onion jam, spicy mayo
\$2 | bacon
\$9.95

Southwest Chicken Club
chicken, bacon, cheese, spring
mix, guac, spicy mayo, green sauce
\$12.95

Sweet Potato Black Bean Burger
chipotle mayo, guac, lettuce
\$2 | vegan cheese
\$10.95 V

Seeds & Cheese
guac, hummus, sprouts, vegan
cheese, seed medley, balsamic
\$8.95 V

QUINOA BOWLS

Southwest Bowl \$12.95 GF
chicken, corn, cheese, black beans,
kale, guac, green sauce

GLO Grain Bowl \$10.95 VGF
black beans, kale, seed medley, guac,
hummus, sprouts, lemon, olive oil

Harvest Bowl \$10.95 VGF
black beans, sweet potatoes, beets,
vegan cheese, sunflower seeds, olive
oil, balsamic glaze

Brunch Bowl \$10.95 GF
eggs, bacon, cheese, ghee

SALADS

Supercharged Kale \$9.95 VGF
kale, goji berries, walnuts,
bee pollen, seed medley, lemon,
olive oil

Antioxidant \$9.95 VGF
strawberries, blueberries, walnuts,
sunflower seeds, balsamic
vinaigrette

\$1 | guac, hummus
\$3.5 | burger of choice
\$4 | chicken

TOASTS

Served on **Multigrain**, **Sourdough**, or **Gluten Free** (\$1)

\$6.95

Guac N' Seeds guac, sprouts, seed medley, olive oil, sea salt V

Cheesy Guac vegan cheese, guac, sprouts, balsamic V

Chocolate PB&J Party cacao spread, banana, strawberries, PB, honey

ADD A SIDE

\$1

Sea Salt Chips

Sweet Potato
Chips

\$2

Potatoes

Sweet
Potatoes

\$3

Side Salad

Yogurt Parfait

Fruit Cup



BASE



MILK



TOPPINGS

SMOOTHIE BOWLS

20 OZ

\$11.95

Blended with: **oat**, **coconut**, or **almond milk**
2 toppings included

Greenña Colada

pineapple, banana, coconut butter, kale, moringa

Hakuna Matata

açaí, strawberries, pineapple, banana, ashwagandha

Berry First Date

açaí, blueberries, banana, dates

Jam Sesh

blueberries, strawberries, banana, PB

Almond Butta Jelly Time

strawberries, banana, almond butter, cacao

Mother of Dragons

dragon fruit, strawberries, banana, dates

You're My Boy, Blue

blueberries, blue spirulina, banana, pineapple, honey

Punch in the Face

coffee, banana, avocado, maca, maple syrup, cacao, PB

10 OZ bowl for \$8.95

BAKED OATMEAL

2 toppings included for **\$8.95**
enriched with maca + ashwagandha

TOPPINGS

\$1

banana, bee pollen, cacao nibs, coconut flakes, goji berries, flax seeds, hemp seeds, chia seeds, sunflower seeds, pumpkin seeds, maple syrup, honey, whipped cream

\$2

blueberries, strawberries, walnuts, chocolate sauce, peanut butter, almond butter, granola

SMOOTHIES

16 OZ | Blended with: **oat**, **coconut**, or **almond milk**

\$9.95

Sweet Chia of Mine

cherries, strawberries, açai, chia seeds, maple syrup

The Hulk

kale, banana, matcha, coconut butter, moringa, dates, vanilla

Tropical Buzz

pineapple, banana, coconut butter, bee pollen, turmeric, ginger

Mango Tango

mango, strawberries, pineapple, honey

Nitro Boost

coffee, banana, cacao, maca, cinnamon, dates, PB

\$10.95

Gimme Dat Fat

blueberries, avocado, coconut butter, almond butter, honey

Bustin' Bananas

banana, almond butter, hemp protein, cacao, honey

Tropic Like It's Hot

strawberries, açai, dragon fruit, PB, chocolate sauce, honey

Berry Nutty

berry medley, banana, bone broth protein, maple syrup, PB

Blue Spirulina

banana, avocado, spirulina, maple syrup, vanilla, bone broth protein

Déjà Brew

coffee, banana, dates, honey, almond butter, vanilla, chocolate bone broth protein

\$2 off for a 12 OZ

KID FAVORITES

\$6.95

Grilled Cheese smoked cheddar & ghee

Strawberry Banana Smoothie strawberry, banana, maple syrup

Chocolate PB Banana Smoothie chocolate sauce, PB, banana

SUPERFOODS, FRUITS, & PROTEINS

\$1

açai, pineapple, strawberries, banana, kale, blueberries, dates, ashwagandha, chlorella, coconut butter, maca, matcha, moringa, wheatgrass, cacao, golden milk

\$2

avocado, blue spirulina, vanilla, vegan protein, hemp protein, multi collagen protein, vanilla bone broth protein

COFFEE

Milks: **oat**, **coconut**, **almond**, or **Half & Half**

HOT

Organic House Brew
12 oz: \$3.00 16 oz: \$3.50

Ryze Mushroom
12 oz: \$4.00

Humble Cup Cold Brew
12 oz: \$5.49 16 oz: \$6.49

TEA

HOT

English Breakfast
12 oz: \$3.50

Yuzu Peach Green
12 oz: \$3.50

Jasmine Green
12 oz: \$3.50

Lavender Mint
12 oz: \$3.50

COLD

Iced Matcha Latte
12 oz: \$5.49 16 oz: \$6.49

Iced Turmeric Chai
12 oz: \$5.49 16 oz: \$6.49

Iced Masala Chai
12 oz: \$5.49 16 oz: \$6.49

KOMBUCHA

Lenny Boy Kombucha
12 oz: \$5.00 16 oz: \$6.00

Lavender Lemonade
12 oz: \$5.00 16 oz: \$6.00

Passionfruit Lemonade
12 oz: \$5.00 16 oz: \$6.00

OTHER

O2 Recovery
12 oz: \$3.00

Cold Pressed Juices
12.3 oz: \$7.99

Harmless Harvest
Coconut Water
16 oz: \$4.99 32 oz: \$9.99

BAKERY

Superfood Cinnamon Roll ^v
\$4.95

Energy Balls

3 Count: \$5.00

6 Count: \$9.00

12 Count: \$15.00

Cinnamon Bun ^{GFV}

Crunchy Chocolate PB ^{GF}

Blue Spirulina ^{GFV}

Coconut Matcha ^{GFV}

Chocolate Almond Butter ^{GF}

PB Gogi ^{GFV}