

Breakfast

Breakfast Panini 12.00

Grilled with scrambled eggs*, cheddar*, and caramelized onion jam* on your choice of multigrain, sourdough*, or gluten free bread (add 1.25 for gluten free)

Add spinach* .75

Add bacon (nitrate free, uncured) 2.00

Summer Yogurt Bowl 9.50

Organic grass-fed plain yogurt* with sweet summer granola*, our homemade strawberry sauce*, and topped with bananas*, strawberries, mangoes, and blueberries.

Add fresh whipped cream 1.50

Substitute coconut yogurt .75

Granola with milk 7.75

Your choice of our homemade granola served with your choice of milk.

Granola Choices:

Maple Walnut – rolled oats*, walnuts, pumpkin seeds*, cinnamon*, raisins*, and maple syrup*

Cashew Cookie* – rolled oats*, cashew butter*, cashews*, coconut flakes*, maple syrup*, and vanilla*

Sweet Summer – rolled oats*, almonds, sunflower seeds*, dried blueberries*, dried cherries*, dried papaya*, and maple syrup*

Chocolate – rolled oats*, almonds, cocoa powder*, coconut flakes*, maple syrup*, and dark chocolate chips

Milk choices: whole*, 2%*, fat free*.

Non-dairy milks (add .75): coconut*, cashew*, oat*.

All organic. Our non-dairy milks are house made!

*Organic



Paninis and Toasts

**Organic Sourdough, Multigrain bread, or Gluten Free
(add \$1.25 for Gluten Free)**

Farmhouse Cheese Panini 11.50

Grilled with grass fed butter*, cheddar, american cheese, and fresh tomato puree* for dipping.

Roasted Chicken Panini 14.50

Herb marinated roasted chicken breast with roasted green pepper*, roasted tomatoes*, fresh basil, fresh baby spinach*, and mozzarella.

Avocado Feta Toast 13.50

Smashed avocado topped with pickled red onions*, feta, radishes*, locally grown micro-greens, and lemon drizzle.

Mediterranean Toast 12.50

Real Italian ricotta cheese whipped with garlic*, lemon*, and oregano* then topped with cherry tomatoes, fresh parsley and a drizzle of extra virgin olive oil*.



*Organic

Smoothie Bowls

We ONLY use real fresh and frozen fruit!
We don't use unnecessary additives, sweeteners, preservatives, food coloring or other fillers.

Acai – pure acai*, banana*, mango*, coconut milk* blended and topped with granola, strawberries, bananas*, mango, coconut flakes*, and raw honey drizzle **12.00**

Island – mango*, pineapple*, pitaya*, coconut milk* blended and topped with granola, banana*, pineapple, kiwi, coconut flakes*, and raw honey drizzle **12.00**

Pink Pitaya – strawberries*, pitaya*, banana*, and coconut milk* blended and topped with granola, strawberries, mango, blueberries, coconut flakes*, and raw honey drizzle **12.00**

Swell – banana*, mangos*, blue spirulina*, coconut milk* blended and topped with granola, bananas*, strawberries, mango, coconut flakes*, and raw honey drizzle **12.00**

Extra Toppings 1.25 each

*Don't like coconut milk? You can substitute with any of our dairy milks, oat milk, or cashew milk! All organic!

Smoothies

Mango Beach – mango*, banana*, pineapple*, coconut water* **9.00**

Green – kale*, spinach*, banana*, pineapple*, coconut water* **10.00**

Pink Sunrise – strawberries*, mango*, organic grass-fed plain yogurt*, coconut water* **9.50**

Berry Summer – blueberries*, strawberries*, banana*, organic grass-fed plain yogurt*, coconut water* **9.50**

**Add organic vanilla protein powder 1.50*

***Organic**

Banana Whip

A healthy, organic frozen treat that tastes like soft serve ice cream!

7.50

Made with: bananas and coconut milk (all organic)

Comes with one topping.

Extra toppings \$1.25 each. (sprinkles .50)

Toppings

Chocolate sauce*

Nutella

Caramel sauce

Vegan Caramel sauce*

Strawberry sauce*

Peanut butter sauce*

Honey

Strawberries

Blueberries

Pineapple

Mango

Peanuts*

Almonds

Walnuts

Cashews*

Coconut flakes*

Milk chocolate chips

Dark chocolate chunks

White chocolate chunks

Biscoff cookie crumbs

Chocolate Granola

Sweet Summer Granola

Cashew cookie granola*

Maple Walnut Granola

Almond Butter

Peanut Butter*

Cashew butter*

Whipped Cream

Natural colored sprinkles:

Rainbow or Chocolate

Fave Combos

Snickers - banana whip* topped with peanuts*, caramel sauce, and chocolate sauce* **10.50**

Strawberries and Cream - banana whip* topped with strawberry sauce*, strawberries and homemade whipped cream **10.50**

PB Cup – banana whip* topped with peanut butter sauce* and milk chocolate chips **10.50**

***Organic**