

The LITTLE KITCHEN

| TLK FAVORITES | BREAKFAST | SANDWICHES & WRAPS |
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| <div><div>MAC & PEAS</div><div>\$12 ✱</div><div>Creamy cashew based sauce, macaroni noodles, peas, topped with dill, crispy onions, bacon bits, cracked pepper</div></div> <div><div>BBQ CHICKEN QUESADILLA</div><div>\$13</div><div>Cheddar & cheddar jack cheese, caramelized onions, chicken, bbq sauce, housemade ranch. Served with salsa and sour cream</div></div> <div><div>VEGAN LOX BAGEL</div><div>\$10 GFA</div><div>Housemade smoky carrot lox, cream cheese, tomato, capers, red onion and dill on an everything bagel. Add cucumber for \$1</div></div> | <div><div>Don't worry, we serve it all day!</div></div> <div><div>EGG SAMMIE</div><div>\$10</div><div>Just Egg, cheddar cheese, avocado, horseradish aioli and fresh basil on ciabatta bread</div></div> <div><div>BREAKFAST SAMMIE</div><div>\$10</div><div>Fried tofu 'egg', breakfast sausage patty, cheddar cheese, tomato, avocado, horseradish aioli and fresh arugula on an english muffin</div></div> <div><div>AVOCADO LOVE TOAST</div><div>\$5</div><div>Housemade beet hummus, avocado, microgreens, pink himalayan salt on sourdough bread</div></div> <div><div>ALMOND BUTTER SMASH TOAST</div><div>\$5 ✱</div><div>Housemade almond butter, smashed raspberries topped with cacao nibs on sourdough bread</div></div> <div><div>SUPERFOOD YOGURT PARFAIT</div><div>\$9 GF</div><div>Vanilla coconut yogurt layered with coconut chia granola, fresh berries and topped with cacao nibs</div></div> | <div><div>All sandwiches and wraps are served with your choice of potato chips or simple kale salad</div></div> <div><div>RAINBOW VEGGIE SANDWICH</div><div>\$10</div><div>House made beet hummus, cucumber, rainbow carrot ribbons, tomato, avocado and sprouts</div></div> <div><div>TURKEY PESTO SANDWICH</div><div>\$11 ✱</div><div>Cashew kale pesto, Tofurky turkey slices, smoked gouda, avocado, tomato, romaine and mayo</div></div> <div><div>CREAMY CHICKPEA WRAP</div><div>\$9</div><div>Our house made creamy chickpea salad with grapes, celery and pickles wrapped with mixed greens in a flour tortilla</div></div> <div><div>BLT WRAP</div><div>\$11</div><div>House made coconut bacon, mayo, crunchy romaine, tomato, avocado, and lemon zest in a flour tortilla</div></div> <div><div>BUFFALO CHICKPEA WRAP</div><div>\$9</div><div>Baked buffalo chickpeas, black beans, corn, mixed greens, house made ranch and avocado in a flour tortilla</div></div> |
| SALADS | | |
| <div><div>COBB SALAD</div><div>\$13</div><div>Chicken, corn, balsamic crispy beets, avocado, tomato, broccoli, house made coconut bacon, cheddar cheese, mixed greens, house made ranch</div></div> <div><div>BUFFALO CHICKPEA SALAD</div><div>\$13 GF</div><div>Baked buffalo chickpeas, corn, black beans, avocado, mixed greens, house made ranch</div></div> <div><div>FIESTA SALAD</div><div>\$13 GF</div><div>Spicy soy chorizo, corn, black beans, bell pepper, salsa, guacamole, mixed greens, tortilla chips, creamy taco dressing</div></div> <div><div>CAESAR SALAD</div><div>\$13 ✱</div><div>House made cashew caesar dressing, kale & mixed greens, fried brussels sprouts, sourdough croutons, hemp seeds, parmesan</div></div> | | |
| SMOOTHIES | SMOOTHIE BOWLS | DRINKS |
| <div><div>16oz \$8</div><div>All smoothies are gluten free</div></div> <div><div>GREEN GLOW GETTER</div><div>Mango, banana, spinach, hemp seeds, coconut sugar, coconut milk</div></div> <div><div>SUNBURST</div><div>Organic strawberries, mango, banana, organic carrot juice, organic orange juice</div></div> <div><div>STRAWBERRIES & CREAM</div><div>Organic strawberries, banana, almond butter, hemp seeds, vanilla pea protein powder, agave, coconut milk</div></div> <div><div>PEANUT BUTTER CUP</div><div>Banana, peanut butter, cacao powder, coconut sugar, soy milk</div></div> <div><div>BERRY BLUE</div><div>Organic strawberries, raspberries, blueberries, blackberries, agave, coconut milk</div></div> | <div><div>small \$9 large \$12</div><div>All smoothie bowls are gluten free</div></div> <div><div>MAKE ANY OF OUR SMOOTHIES INTO A SMOOTHIE BOWL</div><div>Bowls have a base of coconut chia granola and are topped with fresh berries, chia seeds, hemp seeds and your choice of peanut butter or almond butter.</div></div> <div><div>MILK & COOKIES BOWL</div><div>Banana, cookie dough protein powder, agave, cacao nibs, soy milk</div></div> <div><div>HAPPINESS BOWL</div><div>Organic strawberries, organic mango, organic pineapple, freeze dried pitaya powder, agave, organic coconut milk</div></div> <div><div>SUNNY BOWL</div><div>Banana, organic pineapple, organic mango, organic shredded coconut, turmeric powder, pineapple juice</div></div> | <div><div>TEA</div><div>Lavender Iced Tea</div><div>\$3</div><div>London Fog</div><div>• Earl grey tea, frothed milk, vanilla syrup</div><div>12 oz \$5</div><div>16oz \$6</div><div>Hot Tea</div><div>• Green, peppermint, chamomile, earl grey, herbal chai</div><div>\$3</div></div> <div><div>COFFEE</div><div>Ramble Cold Brew</div><div>• Optional vanilla soy cream</div><div>\$4</div><div>Hot Coffee</div><div>• Ramble Coffee single serve packs</div><div>• Optional vanilla soy cream</div><div>12 oz \$4</div><div>16oz \$5</div><div>Cafe au lait</div><div>• Ramble Coffee single serve packs</div><div>with frothed milk</div><div>12 oz \$5</div><div>16oz \$6</div></div> <div><div>Milk options: soy, almond, coconut, oat</div><div>Syrups: +\$0.50 lavender, vanilla, caramel</div></div> |
| <div><div>16oz \$8</div></div> <div><div>MILKSHAKES</div><div>Made with organic vanilla soy ice cream</div></div> | | |
| <div><div>COLD BREW COFFEE MILKSHAKE GF</div><div>CAKE BATTER MILKSHAKE</div><div>BROWNIE BATTER MILKSHAKE</div><div>STRAWBERRY SHORTCAKE MILKSHAKE</div></div> | <div><div>LEMON CAKE MILKSHAKE</div><div>MINT CHOCOLATE CHIP MILKSHAKE GF</div><div>COOKIES & CREAM MILKSHAKE GF</div></div> | <div><div>OTHER</div><div>Ollipop sparkling tonic</div><div>\$4</div><div>Recess CBD Sparkling water</div><div>\$4.50</div><div>Boxed water</div><div>\$3</div><div>Spritz Tea</div><div>\$3.50</div></div> |

all items on the menu are vegan

GF = gluten free

GFA = gluten free available upon request

✱ = contains nuts