

APPETIZERS & SMALL PLATES

VIBRANT *Sauteed Greens* 7

Sautéed kale cooked in garlic-infused olive oil and red wine topped with nutritional yeast and toasted pumpkin seeds.

GROUNDED *Potato Bites* 9

Grilled garlic potatoes, cooked in sunflower oil, topped with green onions and your choice of: spicy cashew chipotle cheese or mild almond-cashew ricotta.

DARING *Cauliflower "Wings"* SPICY! 11

Fried cauliflower breaded in garbanzo flour, tossed in house-made spicy buffalo sauce, served with side of Caesar dip *GF*

MAGICAL *Fried Mushrooms* NEW! 12

Fried oyster mushrooms, battered in seasoned brown rice flour, served with spicy cashew cheese or creamy caesar dip. *GF*

SALADS

FRESH *Small Side Salad* 8

Half salad with spring greens, carrots, tomatoes, beets, almond-sunflower parmesan, tamari glazed almonds and your choice of dressing: garlic tahini, sesame-miso, fig-balsamic or caesar

FULFILLED *Large Garden Salad* 13

Made with spring greens, carrots, tomatoes, beets, avocado, sunflower sprouts, almond-sunflower parmesan, tamari glazed almonds & your choice of dressing: garlic tahini, sesame-miso, fig-balsamic, or creamy cashew caesar.
Add smokey maple or garlic tempeh +3.5

DAZZLING *Caesar Salad* Side 8/ Full 12

Mixture of fresh romaine lettuce and baby kale tossed in a creamy cashew-sunflower caesar dressing topped with capers & almond-sunflower parmesan Add Avocado +2.25 Add Garlic Tempeh +3.5

BOWLS

SUBSTITUTE HALF QUINOA FOR + 50¢ OR FULL FOR +1

WHOLE *Macrobiotic Bowl* 14

Fresh baby kale, house made kim-chee, shredded carrots, fresh arame seaweed, and brown rice with garlic-tahini sauce. Topped with sprouts and tamari glazed almonds.
Add garlic tempeh \$3.50 Substitute sautéed kale +2.50

HUMBLE *Lentil Curry Bowl* 14

Sauteed vegetables served over brown rice with curried lentils. Topped with coconut chutney and sprouts.
Add garlic tempeh \$3.50 Add sautéed kale \$2.50
Add avocado \$3.00 Add Kim Chee \$3.25

ACCEPTING *Sushi Grain Bowl* 14

Fresh baby kale, carrot, cucumber, avocado, nori seaweed flakes and brown rice in sesame miso sauce.
Add wasabi +50 cents Substitute sautéed kale +2.50

GRATEFUL *Community Bowl* 8.5 Half bowl / 12 Full bowl

Fresh baby kale, brown rice, black beans and topped with garlic-tahini sauce.
Fortify with sauteed vegetables for +4 Substitute sautéed kale +2.50

PLATED ENTREES

Upgrade salad to roasted potatoes with choice of spicy or mild cashew cheese for +2

BONITA *Mexican Breakfast Plate* 12

Black beans on a bed of brown rice, topped with salsa verde, spicy cashew chipotle queso, avocado, pickled jalapeños and pumpkin seeds. Served with a warm corn tortilla. Add tempeh +3.5

WARM-HEARTED *Pan Seared Polenta* 14

Seared yellow corn polenta cakes served with a cashew-based spinach & mushroom alfredo sauce, topped with almond-sunflower parmesan crumble. Add sautéed kale +2.50

TRANSFORMED *Two Corn Tacos* 14

Roasted seasonal vegetables, black beans, brown rice, salsa verde & spicy chipotle cashew cheese. Served with cashew-sunflower caesar side salad. Add a third taco for +3

EXCELLENT *Black Bean Burger* 14.5

Housemade burger on sesame seed bun* with lettuce, onion, tomato, pickles and choice of spicy chipotle cashew cheese or mild almond-cashew ricotta. Served with fig balsamic side salad.

EXTRAORDINARY *B.L.T. Sandwich* 14

Maple-chipotle coconut "bacon", lettuce, sliced tomato and avocado on Companion Bakeshop's sliced sourdough* with spicy chipotle cashew cheese. Served with fig balsamic side salad. Add Smokey Maple Tempeh/Tofu for extra protein +3

AMORE *Caprese Sandwich* 14

Cashew mozzarella cheese, hemp seed-basil pesto, balsamic reduction, fresh spinach, and tomato on Companion Bakeshop's sliced sourdough*. Served with fig balsamic side salad.

ABUNDANT *Hummus Avocado Sandwich* 13

House made roasted red bell pepper hummus and avocado with carrot, onion, and sprouts on Companion Bakeshop's sliced sourdough*. Served with fig balsamic side salad.

*Gluten Free Sandwich Bun substitute available +1

SIDES

avocado.....	3
side of quinoa.....	3
kim chee	3.25
sauteed vegetables.....	4
sauteed garlic tempeh.....	3.5
smokey maple tempeh.....	3.5
coconut maple bacon.....	3.25
brown rice or black beans.....	2.5
garlic nut-parmesan toast.....	3.5
dressings, coco bacon and sauces.....	2.25
black bean burger patty (gf).....	5

We make all of our menu items in house. Please inform your server of ANY allergies or intolerances before ordering. Due to our extensive use of nuts, we recommend that those with severe nut or seed allergies not dine with us. Full ingredient lists are available upon request.

COFFEE & TEA

SERVED HOT, AVAILABLE ICED UPON REQUEST

CLASSIC

Pour-over coffee from Alta Organics. Decaf available.
Small: 2.50/ Large: 3.75

COURAGEOUS

Cold-pressed coffee served with almond or hazelnut milk. 4

LOVED

Coffee latte with steamed almond or hazelnut milk. Decaf available. 4.25

MARVELOUS

Raw cacao mocha with cold pressed coffee, almond or hazelnut milk and agave. 4.5

GOLDEN

Turmeric milk latte with hazelnut milk, fresh pressed ginger, cinnamon and agave. 4
Add cold brew coffee or house chai for +1

INSPIRED

Chai tea latte with fresh ginger, almond milk & agave. 4.5

COZY

Lemon and ginger juice with hot water, maple syrup, & cayenne. 4
(agave or stevia substitute available upon request)

RELAXING

Organic Fair Trade tea, hot or iced. 3
Earl Grey, Ceylon Orange Pekoe, Black, Jasmine Green, Gunpowder Green, Chamomile, Peppermint, Red Rooibos
Make it a tea latte! +1

SMOOTHIES

MADE IN HOUSE USING RAW NUT MILKS AND INGREDIENTS
ADD Hemp hearts, Maca, Spirulina, Cacao, or Turmeric +1

INCREDIBLE

Creamy green smoothie with almond milk, banana, spinach, kale, almond butter, vanilla and dates. 9

LUSCIOUS

Raw Cacao smoothie with hazelnut milk, figs and dates. 9

GRACE

Fresh young coconut smoothie with almond butter, dates & vanilla. 9

ETERNAL

Milkshake made with our house-made cashew ice cream.
Flavors: Chai - Coffee - Turmeric Ginger - Orange - Vanilla - Chocolate - Cookies and Cream! 9.5

COOL

Mint-chocolate milkshake made with cashew ice cream, hazelnut milk, fresh mint, cacao nibs, and spirulina. 9.5

FRESH DRINKS

CONTAINING RAW, UNPASTEURIZED JUICES, MADE IN OUR OWN HYDRAULIC PRESS. FULL OF LIVING ENZYMES AND NUTRIENTS

EFFERVESCENT

Ginger ale with fresh lemon juice, ginger, agave and sparkling water on ice. 4/7

REFRESHED

Lemonade with fresh lemon juice, agave and sparkling water on ice. 3/5

REVIVED

Limeade with fresh lime juice, muddled mint, sparkling water, and agave. 4/7

BRIGHT

House-made ginger-rooibos kombucha. A detoxifying probiotic tea. Single fermented (not carbonated) 4 (small only)

HEALTHY

Celery, cucumber, kale, and lemon juice. 4/7

WORTHY

Apple, beet, celery, cucumber, kale, and ginger juice. 4/7

CHARISMATIC

Carrot, lime, orange, and beet juice. 4/7

ALOHA

Fresh Thai young coconut water (when available) 4/7

WELLNESS SHOTS

POWERFUL

Kim-Chee juice shot. Fermented and mildly spicy. Full of probiotics, b-vitamins, and electrolytes. Great for digestion! 2.5

INVINCIBLE

Pure ginger juice shot (spicy!) 3

BRAVE

Immune-boosting shot with turmeric, ginger, lemon, garlic clove, and cayenne. 3.5

Some cold beverages are served with plant-based compostable straws, please feel free to let us know if you would like your beverage straw-free!

Due to cost and availability of organic ingredients, some substitutions will not be permitted or will have an additional charge.

Please make any allergies known to your server. Full ingredient lists available. Due to our extensive use of nuts and seeds, we must recommend those with severe allergies not dine with us, due to the risk of cross-contamination. Split plating is a \$1 fee. Corkage fee for outside wine is \$12.

Because of our commitment to vegan and organic ingredients, outside food and cakes are not permitted.

Maximum two forms of payment per party.