



PUEBLO PLATE

Pick 1 savory side and 1 drink14.95

SAVORY

RISOTTO CAKES WITH SPINACH AOILI (GF)
MUSHROOM GALETTE
SEASONAL SAVORY POCKET

DRINK

KOMBUCHA (16 oz)
LATTE (12oz)
FRESH JUICE COMBO:
Apple, Carrot, Celery, Ginger

SIDES

SOUP (EGYPTIAN RED LENTIL OR HOUSEMADE SOUP OF THE DAY)
SALAD (HOUSE SALAD OR DELI SALAD)

FRESH JUICES

PURE BLISS 6.50/8.60
apple, pineapple, spinach, mint

HOUSE JUICE 5.95/7.95
apple, orange, carrot, ginger

GREEN CLEANSE 7.30/9.50
cucumber, celery, kale, parsley, spinach, lemon

THE BOOST 7.30/9.50
carrot, apple, ginger, wheatgrass

FLU BUSTER 5.90/6.90/7.95
apple, orange, lemon, ginger, garlic, topped with cayenne

HOT CIDER 4.50/5.25/5.95
freshly juiced apples, ginger, cinnamon

APPLE JUICE 4.10/5.75

CARROT JUICE 4.10/5.75

ORANGE JUICE 4.90/6.75

ADD-ON GOODIE 1.50

ELIXIRS

INNER FIRE 3.95
2oz shot ginger, lemon, garlic, cayenne

WHEATGRASS 3.25
1 oz shot freshly pressed organic wheatgrass juice from Green, The Wheatgrass Company

HOUSE-BREWED KOMBUCHA 4.95

HOUSEMADE ELDERBERRY TONIC 3.95

SMOOTHIES

For \$2.00, bulk up any smoothie with organic vegan protein powder!

THE CLASSIC 8.95
strawberry, banana, almond, almond milk

CHACO MACA 8.95
banana, cacao powder, maca powder, maple syrup, house hemp milk, salt

KALE FOR BREAKFAST 8.95
blueberry, mango, banana, kale, apple juice

BLACKBERRY BURST 8.95
blackberry, pineapple, strawberry, apple juice

AVOCAD-O 9.95
avocado, mint, banana, pineapple, apple juice

THE ELVIS 8.95
banana, peanut butter, salt, almond milk

BUILD YOUR OWN

PICK YOUR BASE: **PICK TWO GOODIES:**

banana *blackberry*
mango *blueberry*
strawberry *spinach*

kale

PICK ONE LIQUID: *pineapple*
soy milk *peanut butter*

rice milk *hemp seeds*

oat milk *chia seeds*

hemp milk *maca powder*

almond milk *cacao powder*

coconut rice milk *maple syrup*

apple juice *almonds*

mint

ADD AVOCADO 2.25

ADDITIONAL GOODIE 2.00

AGAVE FREE





BREAKFAST

COCONUT YOGURT BOWL 9.95

Probiotic-rich, house cultured coconut yogurt topped with seasonal fruit compote, banana, and maple-toasted buckwheat*

*contains walnuts

MIGHTY BREAKFAST BURRITO... 10.75

Tofu scramble, zucchini, red pepper, onions, mushrooms, black beans, avocado, rice, Mexican-style salsa & cilantro wrapped in a flour tortilla

(also available gluten free as a bowl)

FRENCH TOAST 12.25

Housemade gluten-free french toast with maple whip and VT Stannard Farm maple syrup. Add tempeh bacon 2.00

AVOCADO TOAST 5.00

On sourdough with cucumbers and za'atar

GRAIN BOWLS

SMOKEY YAM AND KALE BOWL 10.50

Roasted yams and smokey kale with quinoa and lemon garlic tahini

THAI PEANUT BOWL ... 9.95

Spicy peanut sauce over brown rice, sesame-baked cabbage and fresh baby spinach, topped with roasted peanuts

Add marinated tofu 2.00

HIPPIE BOWL 9.95

House made garlic tahini drizzled over baked tofu, quinoa, carrots, kale, cabbage, sprouts, topped with sesame seeds

YELLOW CURRY BOWL 9.95

Yellow curry chickpeas, potatoes, and cilantro, over brown rice

RAW GINGER SESAME BOWL 9.95

Marinated kelp noodles served with baby spinach, raw mixed vegetables, carrots and tamari pumpkin seeds

SANDWICHES

Served with choice of soup or salad

FAMOUS LENTIL BURGER 15.95

Seattle's Best Veggie Burger with marinated onions, cucumber, garlic paprika aioli, sprouts, side pickle, on a Macrina potato roll

PORTOBELLO SANDWICH.....14.95

Caramelized onion, red peppers, argugula, & chipotle aioli on a Macrina potato roll

ARTICHOKE MELT14.95

Artichoke pate, vegan 'cheesy' sauce and veganaise grilled on Macrina sourdough bread with cucumbers and sprouts (available gluten free)

SOUPS AND SALADS

ROTATING DELI SALAD 6.50/9.50

Check our specials board for seasonal salads

HOUSE SALAD 6.50/9.50

Mixed Green, apple garlic vinaigrette, cucumbers, carrots, marinated onions, sprouts, topped with sesame seeds

SOUPS 5.90 CUP/7.90 BOWL

EGYPTIAN RED LENTIL

SOUP OF THE DAY

SOUP OR SALAD COMBO 9.95/11.95

(housemade cup/bowl of soup and side salad)

EXTRAS

EXTRA DRESSING 1.50

UPGRADE TO 'CHEESY' TOAST 1.00

KIDS MENU

PB&J 7.25

Classic peanut butter and jam sandwich on choice of Macrina sourdough or housemade gluten free bread served with apple slices

BLUEBERRY MONSTER 6.95

Blueberry banana smoothie with a few greens snuck in (with your choice of milk or apple juice)

