



## BREAKFAST

Served all day

**COCONUT YOGURT BOWL .. 10.50 GF**  
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, fresh salsa and cilantro wrapped in a flour tortilla (also available gluten free as a bowl)

**FRENCH TOAST ..... 12.50 GF**  
Housemade gluten-free french toast with maple whip and VT Stannard Farm maple syrup. Add tempeh bacon ..... **2.00**

**AVOCADO TOAST ..... 5.50**  
On sourdough with cucumbers and za'atar spices (available gluten free)

## GRAIN BOWLS

**SMOKY YAM & KALE 9.95SM/12.75LG GF**  
Roasted yams and smokey kale with quinoa and lemon garlic tahini

**THAI PEANUT BOWL ..10.95SM/12.75LG GF**  
Spicy peanut sauce over brown rice, sesame-baked cabbage and fresh baby spinach, topped with roasted peanuts.  
Add marinated tofu ..... **2.00**

**HIPPIE BOWL .....10.95SM/12.75LG GF**  
House made garlic tahini drizzled over baked tofu, quinoa, carrots, kale, cabbage, sprouts, topped with sesame seeds

**YELLOW CURRY BOWL .....10.95 GF**  
Yellow curry chickpeas and potatoes, carrots, red cabbage, cilantro, over brown rice

**RAW GINGER SESAME BOWL 11.95 GF**  
Marinated kelp noodles served with baby spinach, kale, cabbage, carrots, zucchini, and tamari pumpkin seeds

**COMMUNITY DAAL BOWL .....4.-10 GF**  
Available on a sliding scale. Lentils in tomato & Indian spices over quinoa w/raw kale, cabbage & carrots. Payment is determined by you. Pay it forward or enjoy a community subsidized meal!

## 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 MUSHROOM SANDWICH .....15.95**  
Roasted portobellos, red peppers, arugula, caramelized onions, and chipotle mayo on a ciabatta roll

**ARTICHOKE MELT .....15.50**  
Artichoke pate, vegan 'cheesy'\* sauce and veganaise grilled on Macrina sourdough bread with cucumbers and sprouts (available gluten free) \*contains nuts

## SOUPS AND SALADS

**CRANBERRY KALE SALAD 6.50/9.50 GF**  
Kale, roasted yams, dried cranberries, red onion, pumpkin seeds, with apple cinnamon maple dressing

**HOUSE SALAD ..... 6.50/9.50 GF**  
Mixed Green, apple garlic vinaigrette, cucumbers, carrots, marinated onions, sprouts, topped with sesame seeds

**SOUPS ..... 5.90 CUP/7.90 BOWL GF**  
EGYPTIAN RED LENTIL  
SOUP OF THE DAY

**SOUP OR SALAD COMBO ..9.95/11.95 GF**  
(housemade cup/bowl of soup and side salad)

**EXTRAS**  
EXTRA DRESSING ..... **1.50**

## BUILD YOUR OWN BOWL

**SMALL: PICK ANY 3 ITEMS & 1 SAUCE ..... 9.95**  
**LARGE: PICK ANY 5 ITEMS & 1 SAUCE .....12.75**

**ITEMS:** rice . quinoa . kelp noodles . black beans . cucumber . raw zucchini . spinach . sesame cabbage . smoky kale . roasted yams mixed veggies (raw or steamed) . baked tofu tempeh bacon . roasted peanuts . sprouts tamari pumpkin seeds . avocado tomato

**SAUCE:** tahini, peanut, ginger-sesame, smooth salsa

EXTRA SAUCE ..... **2.00**  
ADDITIONAL ITEMS ..... **1.00**





## PUEBLO PLATE

*Pick 1 savory, 1 side and 1 drink*

### SAVORY (PICK 1)

RISOTTO CAKES WITH SPINACH AIOLI (GF)

SEASONAL SAVORY POCKET

MUSHROOM GALETTE: *spinach & cashew filling w/a paprika crust*

### DRINK (PICK 1)

KOMBUCHA (16 OZ)

LATTE (12OZ)

FRESH JUICE COMBO:

*Apple, Carrot, Celery, Ginger*

### SIDES (PICK 1)

SOUP (EGYPTIAN RED LENTIL OR HOUSEMADE SOUP OF THE DAY)

SALAD (HOUSE OR KALE & CRANBERRY SALAD)

## FRESH JUICES

**PURE BLISS** ..... 6.75/8.90  
*apple, pineapple, spinach, mint*

**HOUSE JUICE** ..... 6.50/8.50  
*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** ..... 4.90/6.75  
**CARROT JUICE** ..... 4.10/5.75  
**ORANGE JUICE** ..... 4.90/6.75

**ADD-ON GOODIE** ..... 1.50

## KIDS MENU

**PB&J** ..... 7.25  
*Classic peanut butter and jam sandwich on choice of Macrina sourdough or GF bread w/apple slices*

**BLUEBERRY MONSTER** ..... 6.95  
*Blueberry banana smoothie with a few greens snuck in (with your choice of milk or apple juice)*

**FAMILY HUMMUS PLATE** ..... 7.50  
*carrots, celery, cucumber, apple, hummus add toast for an extra charge*

## 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

**LEMON GINGER ELIXIR** ..... 3.25/4.25

## 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

