

Serving Happy

MON TUES WED

# THE Granola BAR

All Day Long

THU FRI WKD

## LATTE LIFE



- Chai latte ..... 4.50/5.00
- Matcha latte (contains dairy)..... 4.75/5.25
- Mocha latte ..... 4.50/5.00
- Turkish latte ..... 4.75/5.25  
With vanilla, cardamom & cinnamon
- Nutella™ latte ..... 4.75/5.25
- Turmeric latte ..... 4.75/5.25  
Turmeric and ginger with steamed milk

- Drip coffee ..... 2.50/3
- Iced coffee ..... 3/3.50
- Cortado ..... 3.75
- Latte ..... 4.00/4.50
- Cappuccino ..... 4.00/4.50
- Americano ..... 3.00/3.50

### LESS CAFFEINE THAN COFFEE

- Lemonade ..... 2.25/2.75
- Hot ginger tea ..... 2.50/3.00
- Red white & blueberries ..... 3.50/4.00
- Hot tea ..... 2.00/2.50
- Iced tea ..... 2.50/3.00

LIQUID PICK ME UPS

## SMOOTHIES

### VERY BERRY 9

strawberry, banana, honey, greek yogurt, milk

### POWER MATCHA 11

vanilla whey protein powder\*, banana, coconut oil, almond milk

### THE GOOD DATE 9

dates, banana, cinnamon, almond butter, almond milk (add espresso +2)

### THE MOUNTAIN 11

chocolate whey protein powder, banana, almond butter, almond milk (add espresso +2)

### THE SHREK 9

kale, spinach, banana, apple, almond butter, almond milk (add avocado & blueberries +2)



FRUIT, BUT LIKE MAKE IT BLENDED

## GRANOLA & Parfaits

Open Daily 8 AM - 3 PM

### YOGURT PARFAIT 9

greek, cashew (vegan) (+2), coconut yogurt (vegan) (+1) or froyo with three toppings

### GRANOLA BOWL 8

choice of granola and milk with two toppings

### OATMEAL OR OVERNIGHT OATS 8

overnight oats made with dates and coconut milk with two toppings

### CRUNCHY ELVIS 11

parfait with vanilla almond granola, almond butter, honey, banana

### CHALLAH FRENCH TOAST 11

our house-made challah served with berries and syrup

### AFTERNOON DELIGHT 11

parfait with vanilla almond granola, dark chocolate chunks, wild blueberry jam

### SMOOTHIE ADD-ONS

- Espresso +2
- Vanilla whey protein +3
- Chocolate whey protein +3
- Unflavored pea protein +3
- Chia or flax +1

IT'S WHATEVER YOU WANT

## BUILD YOUR OWN

### SAUCES

- almond butter (+2)
- wild blueberry jam (+1)
- chocolate sauce
- honey
- maple syrup
- nutella™
- parm jalapeño sauce (+1)
- charred chipotle salsa
- sweet almond butter (+2)
- TGB Sauce

### CRUNCHIES

- almonds (+2)
- chia seeds
- chocolate chunks
- coconut flakes
- ground flax
- walnuts (+2)

### GRANOLA

- cinnamon honey
- dark chocolate
- maple bacon
- toasted coconut
- vanilla almond
- vegan grain-free

### FRUIT

- apples
- avocado (+3)
- bananas
- blueberries
- cranberries
- grapes
- strawberries

### PROTEIN

- bacon (+5)
- chicken (+7)
- hard boiled egg (+3)
- soft egg (+3)
- baked salmon (+10)
- sausage (+6)
- pork carnitas (+6)
- turkey (+6)
- turkey bacon (+5)
- buffalo chicken (+8)

### CHEESE

- american
- cheddar
- feta
- goat
- parmesan
- swiss

### VEGGIES

- avocado (+3)
- black beans
- carrots
- buffalo cauliflower (+3)
- roasted cauliflower
- cucumbers
- portobellos
- pickled onions
- red onion
- scallions
- sweet potatoes
- tomatoes
- roasted beet hummus

SO MANY CHOICES BUT YOU GOT THIS

# ANYTIME AVO

Gluten Free Bread +2 • Paleo Flax Bread +2

## AVO-TOAST 9

served on toasted multi-grain bread

## AVO GRILLED CHEESE 11

served on grilled multi-grain with cheddar

soft egg +3  
hard boiled egg +3  
buffalo cauliflower +4  
feta & red pepper flakes +2  
apple, goat cheese & honey +4  
bacon & parm jalapeño sauce +4

bacon & heirloom tomato +4.50  
pork carnitas +6  
turkey & TGB sauce +6  
buffalo chicken +7  
spinach, sweet potato, honey & hot sauce +4



# EGG-CELLENT START

A Classic Way To Begin Your Day

## EGG SCRAMBLE 9

three eggs scrambled with two toppings

## BREAKFAST BURRITO 11

scrambled eggs, quinoa, black beans, avocado, american cheese, salsa in a grilled whole wheat wrap (add pork carnitas +2)

## THE STANDARD 12

three eggs any style with bacon or sausage served with toast or greens

## THE HEISENBERG 12

scrambled eggs, sausage, bacon, cheddar cheese, hot sauce in a grilled whole wheat wrap

## BREAKFAST SANDWICH 6

bacon, egg & cheese on a brioche bun (replace with sausage or pork carnitas +2)

## THE DANA 10

egg whites, spinach, avocado, turkey bacon in a whole wheat wrap (add sweet potato & hot sauce +2)

# BETWEEN BREAD

Served With Side Salad • Gluten Free Bread +2 • Paleo Flax Bread +2

## THE 203 13

chicken, bacon, cheddar cheese, mixed greens, heirloom tomato, green goddess on a brioche bun

## PALEO TURKEY CLUB 14

roasted turkey, bacon, mixed greens, heirloom tomato, avocado, maple mustard aioli, served open faced on paleo-flax bread

## BLACKENED SALMON 16

blackened salmon, warm quinoa, balsamic onion jam, avocado, green goddess in a whole wheat wrap

## BUFFALO CHICKEN 13

chicken, cheddar cheese, parm jalapeño sauce, hot sauce, mixed greens, heirloom tomato in a whole wheat wrap  
\*\*sub buffalo cauliflower

## ALMOND CHICKEN SALAD 13

chicken salad with maple bacon granola, grapes, mixed greens, heirloom tomato in a whole wheat wrap

## THE RACHEL 13

grilled turkey and swiss with coleslaw and TGB sauce on marbled rye



# GREENS AND THINGS

Order A Signature Salad Or Build Your Own

## THE NAUGHTY COBB 15

mixed greens, chicken, hard boiled egg, feta, tomato, cucumber, maple-bacon granola, fig balsamic

## BUDDHA BOWL 14

sautéed spinach, avocado, portobello mushrooms, tomato, soft egg on warm quinoa (add baked salmon +10)

## TACO BOWL 16

pork carnitas, avocado, sweet potato, spiced black beans, pickled onion, salsa, parm jalapeño sauce over roasted cauliflower

## MACRO BOWL 14

roasted cauliflower, beet hummus, sweet potato, goat cheese, walnuts, over sautéed kale with tahini vinaigrette

## BUILD YOUR OWN

mixed greens, spinach, kale, or quinoa with four toppings (protein & premium toppings extra)

12

## DRESSINGS

ALL OUR DRESSINGS ARE GLUTEN FREE!

citrus vinaigrette  
fig balsamic

tahini vinaigrette  
maple mustard

green goddess  
oil & vinegar