

# ORGANIC MENU



## Chicken Pesto \$10

Free Range Chicken Breast, Muenster, Pesto, Heirloom Tomato and Artichoke Hearts melted on Sourdough

## Vegan Melt \$10

Field Roast, Vegan Mozzarella, Heirloom Tomato, Sprouts, Onion, Sauerkraut and Vegan Dressing melted on Sourdough

## Turkey Club \$10

Organic Turkey Breast, Organic Prosciutto, Tomato, Sprouts, Special Sauce and Swiss Cheese melted on Sourdough

## Tuna Melt \$8

Albacore Tuna, Cheddar, Avocado, Tomato, Capers and Vegenaise on a Tortilla

## Jungle Nori Roll (Raw, Vegan) \$8

Sprouted Almonds, Coconut, Avocado, Cucumber, Hemp Seed, Miso, Nori, Nama Shoyu

## Avo Bowl (Raw, Vegan) \$7

Hass Avocado, Raw Kale Chips, Extra Virgin Olive Oil, Balsamic, Himalayan Sea Salt

## Acai Bowl \$6

Organic Frozen Yogurt topped with Tripleberry Acai blend, Granola and Berries

## Raw Juice Cocktail \$6

Beets, Carrots, Apple and Spinach

## Smoothies (non-dairy) - check for today's flavors!

12oz \$6      18oz \$8

- Tripleberry • Strawberry Banana • Pina Colada • Mayan Chocolate • Mocha
- Banana Berry • Red Velvet • Lemonberry • Green Room • Dragonfruit • Peanut Butter Cup

## Smoothie Boosts \$1

- Raw Vegan Protein Powder • Whey Protein Powder • Hemp Protein Powder
- Brazil Nut Protein Powder • Bee Pollen • Peanut Butter • Raw Almond Butter
- Walnut Oil • Frozen Yogurt

## Shots \$5

- Ginger Plus • E3 Live • Guyaki Energy • Espresso

## Frozen Yogurt (dairy) \$5 - check for today's flavors!

+ Any 2 Toppings

- Trail Mix • Chocolate Cacao Nibs • Chocolate Goji Berries • Gummy Bears
- Chocolate Pecan Nibs • Granola • Blueberries • Raspberries • Strawberries

## Drinks and Snacks

- Young Thai Coconut \$5 • Iced Tea / Kombucha \$3 • Bottled Water \$2
- Raw "Nacho" Kale Chips \$5 • Raw Kookie Karma \$3 • Yoga Bar \$2 • Decadence Bar \$2

