

# grab & go menu

## shots

**immunity**.....5

coconut water, raw  
honey, ginger, turmeric,  
black pepper

**metabolism**.....5

fresh lemon juice, raw  
honey, apple cider  
vinegar, cinnamon

**digestion**.....5

aloe vera juice, fresh  
lemon juice, ginger

**detox**.....5

fresh lemon juice,  
chlorophyll

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## breakfast

**goji chip bars**.....6.5

almond butter, gluten-  
free rolled oats, hemp  
seeds, dark chocolate  
chips, goji berries,  
pumpkin seeds, maple

**buckwheat granola**.....7

gluten-free rolled  
oats, buckwheat groats,  
almonds, pumpkin seeds,  
toasted coconut flakes,  
cinnamon, vanilla, maple

**chia pudding**.....6

chia seeds, house-made  
almond milk, maple, topped  
with fresh blueberries

**chocolate avocado  
pudding**.....8

house-made almond milk,  
fresh avocado, cacao  
powder, maple, topped  
with cacao nibs

**cinnamon banana  
overnight oats**.....7

gluten-free rolled oats,  
house-made almond milk,  
banana, chia seeds,  
maple, cinnamon, topped  
with crushed walnuts

**blended protein oats**...7

gluten-free rolled  
oats blended with pea  
protein, house-made  
almond milk, and dates.  
Topped with buckwheat  
granola and fresh fruit

## maca milk drinks

**magic**.....9

blue majik based maca  
milk with house-made  
cashew milk, blue  
majik, maca, dates

**love**.....9

beet root based maca  
milk with house-made  
almond milk, beet root  
powder, maca, & dates

**energy**.....9.5

cold brew based maca  
milk with house-  
made milk, cold brew,  
maca, and dates

**power**.....12

muscle up with our house-  
made protein shake, ready  
to fuel your adventures  
protein-based maca  
milk with house made  
almond milk, organic pea  
protein, vanilla, dates

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## energy bites

**blue majik**.....4

house favorite anti-  
inflammatory bites  
dates, almonds,  
gluten-free oats,  
vanilla, blue majik

**cacao bites**.....4

dates, almonds, toasted  
coconut flakes, cacao  
powder, vanilla

**carrot cake**.....4

fresh carrot, dates,  
walnuts, toasted  
coconut flakes, coconut  
flour, spices

**power bites**.....4

gluten-free rolled oats,  
sunflower seed butter,  
flaxseed, chia seed,  
toasted coconut flakes,  
dark chocolate chips,  
raw honey, vanilla

plant

# grab & go menu

## salads/meals

- southwest salad** ..... 11  
kale, spiced black beans, purple cabbage,  
carrot, cilantro, pumpkin seeds, pico,  
house-made cashew chipotle dressing
- apple + walnut salad** ..... 10  
spinach, fresh-sliced apple, crushed walnuts,  
house-made balsamic-dijon dressing
- mediterranean salad** ..... 9  
spinach, quinoa, tomato, kalamata olives, red  
onion, house-made tahini-oregano dressing
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## sides

- chickpea salad** ..... 7  
chickpeas, celery, red onion, pecans, raisins,  
tahini, lemon juice, maple, olive oil
- house pico** ..... 5  
cherry tomatoes, red onion, cilantro, lime
- roasted garlic + green pepper hummus** ..... 7  
green bell pepper, chickpeas, olive oil,  
tahini, garlic
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## desserts

- chocolate pecan torte** ..... 8  
pecan & date crust with a cacao & cashew filling
- tiramisu** ..... 8  
cashew crust + vanilla cashew layer +  
chocolate walnut espresso layer
- carrot cake** ..... 8  
carrot, walnut, & date cake with a  
vanilla cashew & coconut frosting
- better than pumpkin pie** ..... 8  
cashew crust with a pumpkin flavored  
carrot juice and cashew filling
- berry bars** ..... 8  
cashew crust, mixed berries, dates, & chia seed  
filling, topped with pecans & pumpkin seeds
- pecan bars** ..... 7  
cashew crust with date syrup caramelized pecans
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## baked desserts

- pumpkin cake donuts  
oatmeal raisin cookies  
ginger snap cookies  
seasonal muffins

plant