



Summer Menu

Check our app to see what seasonal items are available today!

Dates available may vary.

Summer Smoothies

WATERMELON COOLER

Watermelon, Strawberry, Lime Juice, Mint, Coconut Water, Agave

FROZEN LEMONADE

20 oz Frozen Lemonade made from fresh lemon juice, agave, cane sugar

PEACHES AND CREAM SMOOTHIE

Peaches, Greek Yogurt, Gluten Free Oats, Almond Milk, Banana

CREAMSICLE SMOOTHIE

Orange, Vanilla Plant Protein, Banana, Almond Milk

GOLDEN HOUR SMOOTHIE

Passion Fruit, Mango, Orange, Banana, Pineapple, Almond Milk

Summer Kitchen Specials

WATERMELON GRAIN BOWL

Quinoa or Barley, Arugula, Watermelon, Peaches, Corn, Sliced Almonds, Cucumber, Feta, Cilantro and Lime with Your Choice of Dressing of Sicy Cilantro Dressing, Spicy Ciantro Vinaigrette (vegan), or Sweet Onion Poppyseed Dressing



Autumn Menu

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Autumn Smoothies

PINK WARRIOR SMOOTHIE

Dragonfruits, Pineapple, Strawberry, Mango, Chia Seeds, Coconut Water

PUMPKIN PIE SMOOTHIE

Pumpkin Pie Mix, Banana, Peanut Butter, Almond Milk, Cinnamon

APPLE PIE SMOOTHIE

Fresh Apple, Gluten Free Oats, Apple Pie Mix, Banana, Almond Milk, Cinnamon

THE PEP TALK SMOOTHIE

Fresh Apple, House-Made Peanut Butter, Cacao Nibs, Ginger, Banana, Almond Milk

Autumn Kitchen Specials

AUTUMN KALE SALAD

Baby Kale, Roasted Butternut Squash, Pepitas, Sliced Apple, Dried Cranberries, Glazed Pecans, Crumbled Feta served with an Apple Cider Honey Vinaigrette

HARVEST GRAIN BOWL

Your choice of Warm Barley or Quinoa Salad, Roasted Squash, Avocado, Goat Cheese, Chickpeas, Cashews, Apple, Dried Cranberries, Red Onion, Micro Greens, and Cilantro served with Sweet Onion Poppseed, Honey Apple Cider Vinaigrette, or Sweet & Tangy Dressing

TOMATO BISQUE SOUP

MAC & CHEESE



Winter Menu

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Winter Smoothies

GINGERBREAD SMOOTHIE

Gluten Free Gingerbread Oats, Banana, Greek Yogurt, Almond Milk, Allspice

PEPPERMINT CHOCOLATE SMOOTHIE

Peppermint Extract, Chocolate Maca Protein, Cacao Nibs, Almond Milk, Banana

MINT CHOCOLATE CHIP (ST. PATRICK'S DAY)

Peppermint, Spinach, Cacao Nibs, Almond Milk, Banana

EGGNOG SMOOTHIE (VEGAN)

Eggnog Almond Milk (Vegan), Eggnog Gluten Free Oats, Banana, Vanilla Plant Protein Powder, Nutmeg, Date Powder

CHERRY VANILLA

Dark Sweet Cherries, Cherry Juice, Almond Milk, Banana, Vanilla Plant Protein

CHOCOLATE COVERED STRAWBERRY

Strawberries, Chocolate Maca Plant Protein, Cacao Nibs, Almond Milk

PISTACHIO SMOOTHIE

Pistachios, Bananas, Date Powder, Vanilla Plant Protein, Greek Yogurt, Almond Milk

Winter Kitchen Specials

FIG & PEAR GRILLED CHEESE

Fig Spread, Asian Pear, White Cheddar Cheese, Brie Cheese on Multigrain or Sourdough Bread

CAULIFLOWER WRAP/SALAD

Roasted Cauliflower Tossed in Your Choice of Buffalo or Barbecue Sauce, Romaine, Tomatoes, Red Onions, Carrots, and Ranch Dressing

TOMATO BISQUE SOUP

MAC & CHEESE

VEGAN CHOCOLATE COVERED STRAWBERRIES (February)

WINTER KALE SALAD

Baby Kale, Roasted Butternut Squash, Pepitas, Sliced Apple, Dried Cranberries, Glazed Pecans, Crumbled Feta served with an Apple Cider Honey Vinaigrette

HARVEST GRAIN BOWL

Your choice of Warm Barley or Quinoa Salad, Roasted Squash, Avocado, Goat Cheese, Chickpeas, Cashews, Apple, Dried Cranberries, Red Onion, Micro Greens, and Cilantro served with Sweet Onion Poppypseed, Honey Apple Cider Vinaigrette, or Sweet & Tangy Dressing

Please notify staff of any allergies



Spring Menu

Check our app to see what seasonal items are available today!

Dates available may vary.

Spring Smoothies

MOTHER'S DAY SMOOTHIE

Raspberry, Apple, Banana, Greek Yogurt, Almond Milk, Agave

Spring Kitchen Specials

BBQ PINEAPPLE TACOS (2)

Two Soft Gluten-Free Corn Tortillas, Barley, Pineapple, Red Onion, Cilantro, Carrots, Rainbow Microgreens, Vegan Mozzarella Cheese, BBQ Sauce Drizzle, Served with a Lime Wedge

SPICY CHICKPEA TACOS (2)

Two Soft Gluten-Free Corn Tortillas, Roasted Spicy Chickpeas, Sliced Avocado, Pico de Gallo, Red Cabbage Tossed in Lime Juice and Cilantro, Candied Jalapeños, Garlic Aioli Drizzle, Served with a Lime Wedge

SWEET POTATO BLACK BEAN TACOS (2)

Two soft Gluten-Free Corn Tortillas, Sweet Potatoes, Black Beans, Jalapeño Guacamole, Street Corn, Pickled Onions, Arugula, Crumbled Feta Cheese, Candied Jalapeños, Served with a Lime Wedge

HOUSE-MADE CHIPS & DIP

House-Made Gluten Free Corn Tortilla Chips Paired with a side of Jalapeño Guacamole, Pico de Gallo, Served with a Lime Wedge

STREET CORN TOAST

Fresh Avocado, Street Corn made with Vegan Mayo, Crumbled Feta, and Cilantro topped with Sriracha Aioli on Multigrain Bread