



Fuel your potential

You can't live a full life on an empty stomach. Our fresh, seasonal menu is crafted to fill you—nutritionally and emotionally—so you have the fuel you need to get the most out of life.



Snacks

Chocolate-covered bacon* \$4
Old smoke house bacon, dark chocolate glaze
GF

Apple and berry oatmeal \$5
Quick oats, dried apples, dried berries
V | VG | GF

Fruit and nut oatmeal \$5
Quick oats, sliced almonds, dried cranberries, dried apricots
V | VG | GF

Sweet potato muffin* \$3
Butter, vegetable oil, granulated sugar, eggs, vanilla paste, baking powder, buttermilk, flour, sweet potato puree
V

Fruit and nut bread* \$6
Bananas, eggs, coconut oil, almond flour, salt, flax, almonds, pistachios, apricots, cherries, dates, figs
V | P | GF

Breakfast egg bake* \$6
Eggs, heavy cream, salt, white pepper, asparagus, gruyere, maitake mushrooms
V | GF | KE

Chocolate chunk caramel cookie* \$6
Brown sugar, granulated sugar, flour, salt, butter, trimoline, vanilla paste, eggs, dark chocolate, pretzel twists, caramel, sea salt
V

Toast

Beets and blossoms V \$10
Red, golden, and candy striped beets, ricotta, edible flowers, honeycomb, hazelnuts, multigrain bread

Caprese V \$5
Burrata, basil pesto, heirloom cherry tomatoes, shallots, salt, white pepper, extra virgin olive oil, French baguette

Avocado* V \$5
Avocado, cucumber, lime juice, sunflower sprouts, sunflower seeds, poached egg, pickled red onion, salt, pepper, multigrain bread

Smoked salmon* \$10
Smoked salmon, whipped egg yolk, avocado, red radishes, everything spice, chives, multigrain bread

Breakfast Bowls

Açaí V | GF \$10
Açaí puree, soy milk, banana, strawberries, blueberries, raspberries, blackberries, agave, iota carreegeenan, kappa carreegeenan, lemon granola

Chia V | VG | GF \$10
Unsweetened almond milk, chia seeds, lemon zest, raw almonds, pecans, raspberries, blueberries, blackberries, coconut chips, dried apricots, mint

Granola V | GF \$10
Greek yogurt, lemon granola, blueberries, raspberries, blackberries, strawberries, goji berries, fresh mint, lemon, banana, flax

Quinoa* GF \$10
Spinach, black beans, poached egg, tomatillo salsa, cilantro, avocado, smoked bacon, tortilla strips

Salads

Smoked carrot hummus V | GF \$11
Carrots, asparagus, smoked carrot hummus, garbanzo beans, mixed greens, Greek yogurt dressing

Roasted beet V | GF \$11
Red, golden, and candy striped beets, mixed greens, avocado, goat cheese, candied walnuts, red quinoa, honey jalapeño dressing

Citrus V | GF \$11
Watercress, radicchio, edamame, radish, fennel, lemon granola, edible flowers, seasonal citrus, poppy seed dressing

Power Bowls

Wheatberry* V \$12
Wheatberries, cherry tomatoes, cauliflower rice, cucumber, avocado, kale, labneh, hard-boiled egg, za'atar, extra virgin olive oil, sea salt, lemon

Roasted sweet potato V | VG | GF \$12
Sweet potato, garbanzo beans, roasted red onion, shaved brussel sprouts, black kale, pumpkin seeds, lemon tahini dressing

Tempeh V | VG | GF \$12
Tempeh, brown rice, edamame, broccoli, bean sprouts, carrots, pickled shiitake mushrooms, sesame seeds, ginger turmeric vinaigrette

Add-ons

Grilled shrimp* \$8 GF | P | KE
Grilled avocado \$4 GF | V | VG | P | KE

Grilled beef shoulder* \$8 GF | P | KE
Crispy tofu \$3 V | VG | GF

Grilled chicken breast* \$6 GF | P | KE
Hard boiled egg* \$2 V | GF | P | KE

Burgers

Cheeseburger* \$13
Grass-fed Midwest beef patty, caramelized onions, applewood smoked bacon, cheddar cheese, sesame seed bun

Black bean V \$13
Black bean patty, roasted red peppers, goat cheese, basil, green leaf lettuce, roasted garlic aioli, sesame seed bun

Beyond V | VG \$13
Beyond beef® patty, roasted maitake mushrooms, lettuce, tomato, avocado, house-made sriracha ketchup, sesame seed bun

Sides

Half smoked carrot hummus salad \$6 V | GF

Half roasted beet salad \$6 V | GF

Protein Boxes To Go

Turkey, tomato, and cheese made to please* GF \$10
Oven roasted turkey breast, chive cottage cheese, edamame, grape tomatoes, red quinoa, extra virgin olive oil, chives, salt, white pepper

Veggies, noodle, and the whole caboodle V | VG \$10
Rice paper, carrots, green leaf lettuce, cucumber, red cabbage, soba noodles, tamari, sesame oil, sesame seeds, garlic, green onion, pineapple, olive oil, red pepper, Thai basil, rice wine vinegar

Bacon, eggs, chicken, yours for the pickin'* KE | GF \$10
Chicken salad, bacon, mayonnaise, avocado, cheddar cheese, hard-boiled egg, macadamia nuts

Chicken, nuts, and jerky, keepin' it quirky* P \$10
Grilled chicken breast, beef jerky, macadamia nuts, almonds, cucumber, olive oil, salt, pepper

Smoothies

I'm coco-nuts for you V | GF \$10
Pineapple, MCT oil, unsweetened coconut milk, ginger juice, aloe vera, kaffir lime leaves, banana, cream cheese

March to your own beet V | VG | GF | P \$10
Red beet juice, pomegranate powder, apple, orange juice, pomagranate juice, fennel pollen, chia seeds

I love you berry much V | GF \$10
Açaí berry puree, blackberries, steel-cut oats, fat-free yogurt, unsweetened almond milk, agave syrup

Strawberry pleased to meet you V | VG | GF \$10
Strawberries, unsweetened vanilla almond milk, banana, chia seed, vanilla protein powder (whey or vegan)

You're kale'n it GF | P \$10
Spinach, kale, avocado, honey pear, coconut water, marine collagen

You've got a choco-lot to give V | VG | GF \$10
Unsweetened chocolate coconut milk, peanut butter, hemp seed, cacao powder, dates, chocolate protein powder (whey or vegan)

Add-ons

Vanilla protein powder \$2
Whey or vegan
Collagen protein \$2

Organic chocolate powder \$2
Whey or vegan
Raw bee pollen \$2

Cafe Drinks

Drip coffee \$2 \$3 \$4

Espresso \$3

Macchiato \$5

Americano \$3 \$3 \$3

Cappuccino \$3 \$4 \$5

Latte \$3 \$4 \$5

Tea \$3 \$3 \$3

Bone broth GF | KE \$8

Kombucha on tap \$6

Nitro cold brew \$6

*These items are cooked to order. Consuming raw or undercooked meats, such as beef, eggs, fish, lamb, pork, poultry, or shellfish, may result in an increased risk of foodborne illness.