

# DRINK

## SIMPLE JUICES 16 oz / \$8

- 01 - RED anjou pear, beet, ginger
- 02 - ORANGE tangerine, valencia orange, carrot
- 03 - YELLOW pineapple, jicama, lemon
- 04 - GREEN cucumber, kale, green apple

## HERITAGE JUICES 16 oz / \$9

- 05 - RUBIES IN THE DUST  
Beet, carrot, ginger, local berries, plum, flax seed oil, rosemary
- 06 - WATER FLOWER  
Watermelon, fennel, honeydew, cactus pear, agave, lime, lavender flower
- 07 - GOLDEN HOUR  
Cantaloupe, carrot, golden beet, blood orange, orange bell pepper, basil
- 08 - HONEY BEE  
Grapefruit, turmeric root, yuzu, kumquat, anjou pear, honey, bee pollen
- 09 - HANGOVER KILLER  
Young thai coconut, pineapple, yuzu, chili, evening primrose oil, cilantro
- 10 - MEXICAN SUNRISE  
Corn, jicama, cherimoya, aloe juice, lemon, lime, agave, cayenne
- 11 - EASTERN PROMISE  
Lemongrass, anjou pear, cucumber, ginger, lime, kaffir lime leaf
- 12 - STALKS & LEAVES  
Zucchini, celery, green leaf lettuces, spinach, watercress, lemon, dill
- 13 - GODDESS OF GREEN  
Kale, cucumber, green apple, fennel, pineapple, thyme, blue green algae

## IN-HOUSE JUICES 16 oz / \$9

- VIRGIN MARY  
Plum tomatoes, beet, worchester, celery, lemon, cayenne, ground black & white pepper, house-made pickles
- LOCAL HARVEST  
Selection of seasonal fruits and vegetables from today's green market

## JUICES SPRITZERS 12 oz / \$7

- STRAWBERRY BLOND strawberry, blood orange, basil
- BY WAY OF MOROCCO Tangerine, saffron reduction, lime
- FRESH START Pineapple, jalapeno, yuzu, fresh sugar cane
- CRISP & COOL kale, lemon, agave, mint

## TEAS & COFFEES

- LA COLOMBE TORREFACTION COFFEE \$2 / \$3  
Includes a shot of Cashew, Almond or Daily Non-Milk
- ESPRESSO (SINGLE/DOUBLE) \$3 / \$4
- CAPPUCCINO / CAFE LATTE \$5  
Made with choice of Cashew, Almond or Daily Milk
- RAW ENERGIZING SOAKED CACAO \$4
- BELLOCQ ATELIER TEAS \$3  
Bellocq Breakfast, Earl Grey, The Queen's Guard, Afghani Chai  
Lapsang Souchong, Green Yerba Mate, Jasmine Silver Needles

## ELIXIR SHOTS shot \$4 / chaser \$3

- FRESH-CUT GRASS 1 oz wheatgrass
- SQUEEZED ROOT 1 oz ginger
- LIQUID VITALITY ginger, honey, yuzu, echinacea tincture
- GREEN DAY wheatgrass, jalapeño, cilantro, lime
- VAMPIRE SLAYER ginger, lemon, garlic, cayenne
- CHASERS: cucumber water, coconut water, carrot juice

## SMOOTHIES 16 oz / \$8

- SOLAR POWER  
Avocado, pineapple, young thai coconut, kale, cilantro, agave, hemp protein
- BRAZILIAN BLAST  
Acai, goji berries, local berries, sweet almond milk, camu camu berry powder
- MANGO LASSI  
Mango, coconut yogurt, young thai coconut milk, lime, bee pollen
- BRASS MONKEY  
Frozen banana, peanut butter, almond butter, sweet almond milk, maca
- HEAVEN ON EARTH  
Young thai coconut milk, almond butter, dates, vanilla bean, tocos
- CACAO SUAVE  
Raw cacao, cocoa nibs, frozen banana, young thai coconut, almond milk
- DIVINE INTERVENTION  
Cold-brewed coffee, almond milk, ice \*add vanilla or raw cacao + \$1

## NUT & NON MILKS 8 oz / \$6

- 14 - SIMPLE Almond raw almonds, dates
- 15 - SIMPLE Cashew raw cashews, dates
- 16 - DAILY NON-MILK daily milk made with market ingredients

# MORNING

## TEAS & COFFEES

LA COLOMBE TORREFACTION COFFEE \$2 / \$3

Includes a shot of Almond, Cashew or Today's Nut Milk

ESPRESSO (SINGLE/DOUBLE) \$3 / \$4

CAPPUCCINO / CAFE LATTE \$5

Made with choice of Almond, Cashew or Today's Nut Milk

RAW ENERGIZING SOAKED CACAO \$4

BELLOCCO ATELIER TEAS \$3

Belloccq Breakfast, Earl Grey, The Queen's Guard, Afghani Chai  
Lapsang Souchong, Green Yerba Mate, Jasmine Silver Needles, Chamomile

## BREAKFAST

HOUSE-MADE PASTRIES & JAMS \$4

Daily assortment of Scones, Muffins & Breads, served with choice of Jams

BAGEL & SCHMEAR \$7

Whole Grain Bagel w/ Herbed Tofu-Cream Cheese, Tomato & Cucumber

SOAKED ORGANIC MUESLI \$8

Rolled Whole Grains w/ Local Fruits and Simple Almond Milk

LOCAL FRUITS, YOGURT & QUINOA GRANOLA \$8

Fresh-cut local Fruits w/ Coconut Yogurt & House-made Quinoa Granola

BREAKFAST SANDWICH \$8

Farm Egg or Non-Egg, Cashew Cheese, Kale, Tomato Jam on Toasted English Muffin

FARM EGGS & TOAST SOLDIERS \$9

Two Soft-Boiled Upstate Pine Farm Eggs with Toasted 7-Grain



# EAT

## SANDWICHES

ALL SERVED WITH HOUSE-MADE VEGETABLE CHIPS

### SMASHED AVOCADO TOAST \$11

Ripe Avocado smashed with Curry, Mustard Seed,  
Lemon & Olive Oil on Toasted 7-Grain

### PB & RAWJ \$9

Blend of Nut Butters (Peanut, Almond & Hazelnut) with  
Sliced Grapes or Banana on Toasted 7-Grain

### HERBED "EGG" SALAD \$11

Farm Fresh Egg Salad or Tofu Salad with Fresh Dill, Non Mayo  
and Sea-Salt on Pumpkinseed Bread

### THE GRATEFUL VEG \$11

Cashew-Cheddar Cheese with Avocado, Tomato, Cucumber, Sprouts and  
Harissa Non-Mayo on Toasted 7-Grain

### ROASTED CAPRESE \$11

Cashew-Mozzarella with Roasted Tomato, and Fresh Basil Pesto on  
Rosemary Focaccia

### DAILY SANDWICH SPECIAL \$10

Today's Special Sandwich made with Seasonal Ingredients

## SOUPS & SIDES

### DAILY MARKET SOUP \$6

Today's house-made Soup served with Country Bread

### KALE & CABBAGE COLE SLAW \$6

Shredded Kale & Purple Cabbage in Cilantro-Lime Dressing

### ROOT-POTATO SALAD \$7

Roasted Root Vegetables with Whole Grain Mustard Aioli

### HOUSE-MADE VEGETABLE CHIPS \$6

Kale, Beet, Taro and Potato Chips served with Lemon Aioli

## SALADS

### THE BEST KALE SALAD \$12

Baby Kale, Sunflower Seed Tahini, Avocado and Green Apples,  
Toasted Sunflower Seeds, Smoked Sol de Fleur

### NICOISE SALAD \$13

Mixed Greens, Herbes de Provence-Marinated Tofu or Hard-Boiled Egg,  
Olives, Artichoke Hearts, Haricots Verts, Tomatoes, New Potatoes,  
Chive-Lemon Vinaigrette

### BLACK & WHITE QUINOA SALAD \$12

Black & White Quinoa, Arugula, Butternut Squash, Almond Feta,  
Candied Pecans, Sour Cherries, Balsamic-Maple Vinaigrette

### CHOPPED 10-VEGETABLE SALAD \$13

Ten Market Vegetables chopped with Cashew-Chevre,  
House-made Croutons and Marjoram Vinaigrette

### DETOX SALAD WRAPS \$11

Julienned Burdock, Daikon, Jicama, Carrots, Purple Cabbage in  
a Sesame-Ginger Marinade wrapped in Kale Leaves

## PLATES & BUTCHER BOARDS

### MARKET HUMMUS \$12

Chickpea Hummus Blended with Today's Market Ingredient,  
Served with Crudites and House-made Flaxseed Crackers

### VEGETABLE CHARCUTERIE & CHEESE BOARD \$16

Roasted Vegetable Terrine, Mushroom-Walnut Pate, Broccoli Rilette,  
Peppercorn Cashew-Chevre, Cashew Ricotta with Fig Mostarda

### BEET TARTARE \$14

Thickly Chopped Roasted Beets with Traditional French Tartare Ingredients,  
served with Watercress and Toasted Crostini

### RAW PESTO LINGUINE \$14

House-made Pesto with raw Squash "Linguine,"  
Marinated Mushroom, Cashew-Ricotta

### THE BUTCHER'S BURGER \$16

House-made Kasha-Portobello Burger, Non-Cheddar, House Pickles,  
served with Roasted Potato Wedges