

# every little thing

GOOD EATS

## ALL DAY EATS

- **POWER PLATE\*** (GF, DF) 16  
 smoked salmon, jammy egg, roasted sweet potato, everything seasoning, avocado, sauerkraut, side salad
- BREAKFAST SANDO** (GFO, DFO) 14.5  
 choice of bread, soft scrambled herb & cheddar eggs, arugula, bacon, tomato and caramelized onion jam, dressed greens
- CHICKEN BACON RANCH SANDO** (GFO, DFO) 15  
 choice of bread, grilled chicken, bacon, cheddar, tomato jam, avocado, greens, hemp ranch
- BABY CAKES** (VG, GF, DF) 14.5  
 fluffy miniature gluten free pancakes with rotating seasonal flavors

## BOWLS + choice of protein (+\$)

- MEZZE BOWL** (GFO, DFO, VO) 13.5  
 greek style cucumber-tomato salad, romesco, calvestrano olives, whipped beet tahini, feta, herbs, toasted sourdough

Coming Soon!

- UMAMI BOWL** (GF, DF, VO) 13.5  
 kimchi, roasted mushroom and greens, sesame cucumbers, rice, miso tahini dressing, furikake
- BACKYARD BOWL** (GF, DF, VO) 14  
 avocado, sweet potato, cabbage and fennel slaw, rice, pickle chips, potato crisps, hemp ranch and housemade buffalo sauce

## TOASTS 1 PIECE / 2 PIECES

served on sourdough bread or sub gluten free bread +2.00/PIECE

- COLORADO LOX** (GFO) 12.5/18  
 herbed cream cheese, smoked salmon, cucumber, pickled onions, tomatoes, dill, chives, hemp seeds
- AB&J** (VO, GFO) 10/16  
 almond butter, banana, seasonal jam, chia seeds, honey
- **AVOCADO TOAST\*** (VG, GFO) 11.5/18  
 avocado, jammy egg, pickled onion, chives, dill, lemon zest, olive oil drizzle, sea salt, chili flakes
- ROASTED RED PEPPER CHICKEN** (GFO) 11.5/17  
 housemade roasted red pepper spread, organic chicken salad, microgreens, paprika, sesame seeds, olive oil
- WHIPPED GOAT** (VG, GFO) 10/16  
 whipped goat cheese, seasonal fruit, local colorado honey, walnuts, pink peppercorns
- PINK TOAST** (V, GFO) 10/16  
 housemade beet tahini spread, red cabbage slaw, radish, sea salt, everything seasoning

## SALADS

- ALL DAY** (GF, VG) 14  
 arugula, roasted sweet potato, shaved fennel, quinoa, pears, pepitas, whipped goat, balsamic vinaigrette
- **COBB** (GF, DFO) 20  
 romaine, grilled lemon chicken, bacon, egg, tomato, cucumber, avocado, pickled onion, hemp ranch, greek vinaigrette, herb garnish  
 + FETA CHEESE 1.00
- MED** (GF, DF, VO) 14  
 whipped beet tahini, mixed greens, cucumber, tomato, bell pepper, red cabbage, red onion, feta cheese, parsley, GF croutons, greek vinaigrette
- CHOPPED PEANUT** (GF, V) 14  
 chopped romaine, red cabbage, carrot, bell pepper, cucumber, edamame, pickled onion, herbs, sesame seed, cashew, sesame peanut dressing **contains nuts**
- CRUNCHY CAESAR\*** (GF, VG) 12.5  
 romaine, quinoa, cherry tomato, edamame, crushed croutons, zingy lemon caesar dressing, parmesan  
 + CHOICE OF PROTEIN \$

## A la Carte

- piece of sourdough +1
- side of avocado +1.5
- soft boiled egg +2
- piece of gluten free bread +2
- grilled chicken +5
- smoked salmon +5

● favorite things

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# ADAPTOGENIC LATTES

- **MATCHA LATTE** (VG, GF) 6.5/8  
 ceremonial grade matcha, almond-cashew mylk, honey
- TURMERIC LATTE** (VG, GF) 6/7.5  
 almond-cashew mylk, turmeric, ginger, cardamom, cinnamon, black pepper, cayenne pepper, vanilla, honey
- MUSHROOM HOT CHOCOLATE** (V, GF) 6.75/8.25  
 almond-cashew mylk, reishi, chaga, lion's mane, cacao, cinnamon, coconut sugar
- COLD SNAPPER** (VG, GF) 9/10.5  
 almond-cashew mylk, blue majik, moringa, astragalus, echinacea, ginger, manuka honey

# JUICE

- EMERALD** (V, GF) 10  
 kale, apple, celery, cucumber spinach, lemon, mint
- SUNSHINE** (V, GF) 10  
 apple, carrot, orange, turmeric, ginger, black pepper
- BEEST MODE** (V, GF) 10  
 beet, orange, carrot, apple, lemon
- DETOX** (V, GF) 10  
 celery, kale, cucumber, spinach, lime, ginger, parsley
- SUPERBLUE LEMONADE** (VG, GF) 10  
 lemon, mint, honey, blueberry, blue spirulina, lavender
- WELLNESS SHOT** (V, GF) 10  
 turmeric, ginger, lemon, black pepper

# COFFEE & TEA

- AMERICANO** 3.5/5
- LATTE** 4.75/6.25
- CAPPUCCINO** 4.25
- CORTADO** 4.25
- COLD BREW** 4.25
- DOUBLE ESPRESSO SHOT** 3.25
- milks**  
 whole, skim, coconut  
 housemade almond-cashew +1.00  
 oat +1.00
- EARL GREY** 5.5/7
- ENGLISH BREAKFAST** 3.5/5
- JASMINE GREEN** 3.5/5
- HERBAL** 3.5/5
- CHAI** 5/6.5
- TEA LATTE** 5.25/6.75
- add-ins**  
 housemade seasonal syrup, honey, monkfruit sweetener +.50  
 extra double espresso shot, manuka honey, collagen +1.50

PURE SIPS

# SMOOTHIES

(GF, DF, VO)

- MORNING BOOST** 10.75  
 almond-cashew mylk, banana, cold brew, gf oats, almond butter, date, topped with crushed espresso
- GREEN WARRIOR** 11.5  
 almond-cashew mylk, banana, spinach, hemp seed, almond butter, vanilla extract, date, topped with bee pollen & coconut shreds
- CLEAN GREEN** 10.5  
 coconut water, mango, pineapple, spinach, cucumber, lemon, ginger, topped with bee pollen & coconut shreds
- **THE BASIC** 10.5  
 almond-cashew mylk, acai, strawberry, banana, date, topped with bee pollen & coconut shred
- EVERGREEN** 11.5  
 coconut mylk, banana, spinach, matcha, spirulina, almond butter, cinnamon, honey
- ◆ **SEEDLINGS** (for the kiddos) any 8oz smoothie 7.25

# SMOOTHIE BOWLS

(GF, DF, VO)

- BLUE** 13.5  
 coconut mylk, banana, blueberries, blue majik, pineapple  
**topped with:** granola, banana, blueberries, chia seeds, coconut shreds, honey drizzle
- **PURPLE** 13  
 almond-cashew mylk, acai, banana, blueberries, strawberries  
**topped with:** granola, banana, strawberries, coconut shreds, cacao nibs, honey drizzle

- GREEN** 13  
 coconut mylk, banana, mango, avocado, spinach, green spirulina, flax seeds  
**topped with:** granola, banana, blueberries, slivered almonds, chia seeds, honey drizzle

# ADD-INS

almond butter, ashwaganda, astragalus, cacao nibs, cacao powder, chia seeds, cinnamon, maca, moringa, echinacea, hemp seeds, lion's mane, peanut butter, spinach, spirulina, reishi, turmeric +.50  
 chaga, matcha, sub cauliflower for banana +1.00 chocolate or vanilla vegan protein powder, collagen +1.50 blue majik +2



*Let Food Be Thy Medicine*

@EATEVERYLITTLETHING