

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

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
chicken salad +5
grilled chicken +5
smoked salmon +5
seed crusted tofu nuggets (GF, V) +6

● 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, 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