

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
+ MAKE IT A GF WRAP \$2

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 **contains nuts**

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, DF) 11.5/17
housemade roasted red pepper spread, organic chicken salad, microgreens, paprika, sesame seeds, olive oil
contains nuts

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, DFO, 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, fennel, cherry tomato, crushed GF croutons, zingy lemon caesar dressing, parmesan
+ CHOICE OF PROTEIN \$
+ MAKE IT A GF WRAP \$2

A la Carte

piece of sourdough	+1
side of avocado	+1.5
soft boiled egg	+2
piece of gluten free bread	+2
smoked salmon	+5
chicken salad	+5
chilled grilled lemon chicken	+6
seed crusted tofu nuggets (GF, V)	+6
poached garlic herb shrimp	+8

 favorite

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

JUICE

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

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

SMOOTHIE BOWLS

(GF, DF, VO)

	BLUE coconut mylk, banana, blueberries, blue majik, pineapple topped with: granola, banana, blueberries, chia seeds, coconut shreds, honey drizzle	13.5
	PURPLE almond-cashew mylk, acai, banana, blueberries, strawberries topped with: granola, banana, strawberries, coconut shreds, cacao nibs, honey drizzle	13
	GREEN coconut mylk, banana, mango, avocado, spinach, green spirulina, flax seeds topped with: granola, banana, blueberries, slivered almonds, chia seeds, honey drizzle	13

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 **+ .75** chaga, matcha, sub cauliflower for banana **+1.25** chocolate or vanilla vegan protein powder, collagen **+1.75** blue majik **+2.25**



Let Food Be Thy Medicine

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