

every little thing

GOOD EATS

ALL DAY EATS

ALL DAY BURRITO (GF, VG) 12
gf tortilla, veggie hash, pickled onion, cabbage, cashew chipotle crema, salsa macha, cilantro **contains nuts**
+ CHOICE OF PROTEIN \$
+ MAKE IT A BREAKFAST BURRITO WITH BACON & EGGS \$

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

POWER PLATE* (GF, DF) 16
smoked salmon, jammy egg, roasted sweet potato, everything seasoning, avocado, sauerkraut, side salad

BABY CAKES (VG, GF, DF) 14.5
fluffy miniature gluten free pancakes **with rotating seasonal flavors**

BOWLS + choice of protein (+\$)

MACHITA BOWL (GF, DF, VO) 14
roasted veggie hash, quinoa, spring mix with cumin lime vinaigrette, avocado, pickled onion, cashew-chipotle crema, salsa macha, cilantro **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

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

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

TOAST FLIGHT (VO, GFO) 18
choice of three mini pieces of toast

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

Protein Add-ins

soft scrambled herby eggs	+2.5
bacon	+3
chicken salad	+5
chilled grilled lemon chicken	+6
grilled chicken thigh	+6
seed crusted tofu nugget (GF, V)	+6
garlic herb shrimp	+8
grilled steak	+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.

Seedlings



BREAKFAST PLATE (GFO) 10
scrambled eggs, toast or one baby cake, bacon, fruit

SEEDLINGS BOWL (GF, DF, VO) 10
rice, sweet potato, cucumber slices, edamame, avocado,
+ CHOICE OF PROTEIN \$

KIDS AVOCADO TOAST (GFO, V) 8.5

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

COFFEE

AMERICANO 3.5/5

LATTE 5/6.25

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

TEA

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 +.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

@EATEVERYLITTLETHING