



Health.  
Happiness.  
Well Being.

Our Mission is to make health and wellness easy and attainable. All of our services are designed to bring health and happiness into your life one spoonful at a time.

All our products are plant based, using the highest quality ingredients. We believe in whole food that tastes great! Most of our offerings are made in house, from scratch, with our secret ingredient LOVE! It is a blessing to be able to share our love of food with you through all of our creations.



**We also offer**

- ✓ **Detox Programs**
- ✓ **Weekly Vegan Meal Prep**
- ✓ **Catering**

Please email us for details  
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california



# 100 Percent Plant Based, Primarily Organic Ingredients Used

## SOUP Made fresh in house

Small (8 oz)	\$4.95
Medium (12 oz)	\$6.50
Large (16 oz)	\$8.95
Bag of Soup (32 oz)	\$14.25

Add Dunkers \$1.50  
Small pieces of buttered toast, perfect for dunking in soup

## Salad

### Garden Salad (GF) \$10.75

Green leaf or Romaine lettuce, tomato, cucumber, red cabbage, sunflower seeds and creamy ranch dressing

### Taco Salad (GF) \$10.75

Green leaf or romaine lettuce, tomato, radish, red pepper, corn, Taco meat (walnuts), creamy chipotle dressing

### Asian Kale Salad (GF) \$10.75

Green kale, red cabbage, red onion, chickpea, sesame seeds and sesame ginger dressing

### Add a cup of soup to any salad for an additional \$3.25

Salads may be tossed upon request

## Toast

All toast served on Prager Brothers organic artisan bread

### Avocado Toast \$6.95

Sliced avocado, salt and pepper

### Peanut Butter toast \$4.95

Peanut butter, agave or jelly, banana upon request

### Tomato and Pesto \$6.25

Heirloom tomato, our pesto aioli, pepper and our house made vegan parm

### Hummus Toast \$4.95

Creamy hummus, olive oil, salt and pepper

### Buttered Toast \$3.49

Toast with Miyokos butter

## Sandwiches

### The Veg \$9.95

Lightly toasted whole wheat bread topped with our pesto aioli, avocado, tomato, sprouts and lettuce

### Chickpea Salad Sammie \$9.95

Our house made chickpea salad on lightly toasted wheat bread with lettuce, tomato, sprouts and mayo

### Add Avocado \$1.50

## Paninis

Served on Prager Brothers organic, artisan bread

### Shroom City \$9.95

Pickled portobello, pesto, olive tapenade, spinach and red cabbage slaw

### Mediterranean Delight \$9.95

Hummus, spinach, red onion and marinated peppers

No substitutions

## That's a Wrap

### Caesar Wrap \$10.25

Romaine or green leaf lettuce tossed in our creamy Caesar dressing, tomato, avocado, cucumber, croutons and coconut bacon wrapped in a flour tortilla

### Chakra Wrap \$10.25

Hummus, tomato, quinoa, spinach, red cabbage, peppers, avocado and our turmeric tahini sauce wrapped in a flour tortilla

### Breakfast Wrap \$10.25

Potatoes, tofu, creamy chipotle sauce, coconut bacon, marinated peppers, avocado and spinach wrapped in a flour tortilla

## Sides

### Rice \$3.25 Quinoa \$3.25

## Grab and Go

### Macaroni salad \$2.95

Macaroni, celery, carrot, green onion, mustard, pickle, mayo, salt and pepper

### Potato Salad GF \$3.49

Potato, celery, green onion, pickle, mustard, mayo, salt and pepper

### Chickpea Salad GF \$4.49

Chickpea, red onion, celery, pickle, mayo, mustard, salt and pepper

Whole Loaf of Bread \$6.50

Salad Dressing  
8oz \$6  
16oz \$12

## Drinks

### Berry Smoothie \$6.95

(Banana, date, assorted berries, almond milk)

### Add Protein Powder \$1.00

### Boxed or Bottled Water \$2.35

### Natural Soda \$3.25

### Bai \$3.25

### Izzy \$2.49

### Sparkling water \$2.15

### Fresh Brewed Iced Tea \$2.25

### Kombucha on Tap \$4.95

### Cold Brewed Coffee on Nitro \$4.95

### CBD Infused Water HOLY WATER \$4.95

### CBD Infused Energy Shot \$4.95

## Desserts

### Rice Crispy Treat GF \$2.95

### Chocolate Chip Banana Bread \$2.95

### Decadent Double Chocolate Brownie \$3.25

### Trail Mix Bar \$3.25

### Cookie \$2.25

### Carrot Cake \$4.50

### Granola \$3.25

