

## All Day

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### Green Juice (vv/gf) 12

cucumber, celery, apple, kale, spinach, ginger, lemon parsley

*\*see back of menu for additional juice selections*

### Radiant Smoothie 12

banana, almond butter, cocoa powder, almond milk, collagen

*\*see back of menu for additional smoothie selections*

### Greek Yogurt Parfait (vvo/gf) 15

housemade granola & seasonal fresh fruits, toasted nuts & seeds

- coconut yogurt 3

### Wild Mushroom & Spinach Scramble (v/gf) 21

scrambled eggs, scallions, side salad with lemon vinaigrette

- avocado 5
- choice of goat cheese, cheddar or smoked mozzarella 4

### Avocado Toast (vvo/gfo) 18

toasted sourdough, 6-minute egg, lemon zest, chili flakes, olive oil, side salad with lemon vinaigrette

- smoked wild sockeye salmon 10

### Housemade Bone Broth (gf/df) 7/14

roasted organic pasture-raised chicken bones, grass-fed beef bones, roasted mixed vegetables, seasonings, herbs

### Umami Broth (vv/gf) 7/14

shiitake and lion's mane medicinal mushroom, kelp, wakame, roasted vegetables, cilantro, ginger, garlic, turmeric

### All Green Soup (vv/gf) 7/14

zucchini, onion, baby spinach, basil

### Tree Hugger Sandwich (vv/gfo) 19

avocado, cucumber, watermelon radish, carrots, tomato chutney, hummus, sprouts, sourdough bread

- collard wrap 2
- gluten-free bread 2
- grilled organic pasture-raised chicken 11

### Harvest Salad (v/vvo/gf) 21

baby spinach, arugula & kale, radicchio, roasted seasonal squash, toasted pumpkin seeds, pickled red onions, crumbled goat cheese, apple cider vinaigrette

### THE WELL Bowl (vv/gf) 21

lacinato kale, herbed chickpeas, shaved carrots, radishes, turmeric-tahini vinaigrette

### Cauliflower Fried Rice (vv/gf) 22

wild mushrooms, cauliflower, broccoli, julienne carrots, kimchi, chili oil, salsa verde

*\*contains tree nuts and seeds*

### Buffalo Chicken Bowl (gf/dfo) 26

avocado, wild rice, shaved romaine, julienne carrots, celery, greek yogurt ranch

### Wild Alaskan Salmon (gf/dfo) 28

wild rice, seasonal vegetables, dill yogurt

## Add Ons

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housemade hummus 5

6-minute or fried organic egg 5

avocado 5

wild alaskan salmon 16

smoked wild sockeye salmon 10

grilled organic pasture-raised chicken 11

roasted seasonal squash 10

wild rice 8

housemade sauces 2

dill yogurt | greek yogurt ranch | salsa verde | fermented hot sauce

## Something Sweet

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Protein Brownie (vv/gf) 7.5

Banana Walnut Loaf (gf) 7.5

Chocolate Pudding (vv/gf) 12

avocado, cocoa, coconut cream, grade A dark organic maple syrup, strawberries

Breakfast Cookie (gf) 6

organic oats, almonds, seeds, dried cranberries, cinnamon, salt, maple syrup, butter, almond butter, eggs, brown sugar

## food is our love language

We care a lot. That's why all of the food we serve is carefully sourced, organic and sustainable whenever possible. Our produce and proteins are local, wild-caught, grass-fed or pasture-raised, ensuring that everything on your plate is fresh and full of nutrients. Eating nutritiously is a daily gift you give to yourself.

(v) vegetarian, (vv) vegan, (gf) gluten-free,  
(df) dairy-free, (vvo) vegan optional,  
(gfo) gluten-free optional, (dfo) dairy-free optional

*We use organic pasture-raised chicken & eggs.*

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.*

## Coffee

from Devoción

Drip Coffee	4.5
Cold Brew	6
Espresso	5
Americano	5.5
Cortado	6
Latte	6
Cappuccino	6
Mocha	6.5
Hot Cocoa	6

## Tea

<b>Ayurvedic Herbal Blend†</b>	4.5
lemongrass, rose, ginger, mint, coriander	
<b>Matcha Latte</b>	6.5
from Nekohama	
<b>Chaga Chai Latte</b>	6.5
from Rishi	
<b>Rishi Teas</b>	4.5
english breakfast, earl grey, jasmine green, chamomile lavender <sup>†</sup> , patagonia super berry <sup>†</sup> , moroccan mint <sup>†</sup> , vanilla bean <sup>†</sup> , honey rooibos <sup>†</sup>	
<b>choice of milk:</b>	
organic, grass-fed whole <b>0.5</b>	
oat, almond (sweetened & unsweetened), coconut <b>1</b>	
<sup>†</sup> caffeine-free	

## Cold-Pressed Shots

from Vive Organic

<b>Immunity Boost</b>	6.5
elderberry, ginger, turmeric	
<b>Original</b>	6.5
ginger, turmeric	
<b>Energy Immunity</b>	6.5
blueberry, ginger, green tea*	
*75 mg caffeine	

## Cold-Pressed Juices

from Raw Juicery

<b>Tropical Thunder</b>	12
pineapple, apple, kale, romaine, lemon, mint	
<b>Red Cure</b>	12
cucumber, apple, beet, ginger, lemon, cilantro	
<b>Green Fiend</b>	12
cucumber, celery, apple, kale, spinach, ginger, lemon, parsley	
from Nourish	
<b>Jake's Jammy OJ</b>	8

## Smoothies

<b>Rise</b>	11
dates, banana, coconut milk, cold brew	
<b>Radiant</b>	12
banana, cocoa powder, raw almond butter, Vital Proteins Collagen, sweetened almond milk	
<b>Ripe</b>	13
strawberry, blueberry, goji berry, orange slices, greek yogurt • coconut yogurt <b>2</b>	
<b>Revive</b>	13
baby spinach, kale, cucumber, green apple, ginger, lemon juice	
<b>Green Goddess</b>	13
dates, banana, green apple, baby spinach, baby kale	
<b>add ins:</b>	
banana <b>2</b>	
baby spinach, baby kale, strawberry, blueberry <b>3</b>	
pea protein, collagen, spirulina, avocado <b>5</b>	

## Wine

<b>Sparkling</b>	
Prapian Prosecco, Italy	14
<b>Red</b>	
House Red	11
Borell Diehl, Pinot Noir, 2021	11
Caligiore, Malbec, Argentina, 2020	12
<b>White</b>	
House White	11
Poderi Dal Nespoli, Italy, 1929	13
Marabino Bianco Muscatedda, Sicily, 2021	14

## Beer, Cider & Spritz

Brooklyn Cider House "Kinda Dry"	9
Ramona Blood Orange Spritz	9
Logical Conclusion India Pale Ale	9
Brew Without Compromise (non alcoholic)	9

## Mocktails

Ginger Lemonade	6
Hibiscus Flower	6
Seasonal Apple Cider	6