

PRIMARY MENU

AUTHENTIC / ANTIPASTO PLATE CONTAINS: TREE NUTS, WHEAT, ONION, GARLIC, NIGHTSHADES, WHITE WINE & ONION

SOURDOUGH BAGUETTE, ROASTED YELLOW PEPPERS & GREEN OLIVES, SMOKY CHEDDAR, PICKLED CARROTS, SUN-DRIED TOMATO OLIVE TAPENADE, CASHEW TRUFFLE CHEESE, GREMOLATA, SMOKED SALT, GARLIC BREADCRUMBS, PISTACHIOS, ALEPPO PEPPER FLAKES

Sourdough Baguette: King Arthur organic bakers classic flour, Abruzzi rye, Fat Uncle Farms Red Fife wheat berries, organic olive oil, sea salt, filtered water, fresh yeast, liquid levain starter (Abruzzi Rye flour, King Arthur organic bakers classic flour, day old starter, filtered water)

Eggplant Caponata: Eggplant, olive oil, Himalayan salt, red onion, celery, black pepper, sundried tomato, capers, smoked salt, unscented coconut oil, maple syrup, tomato, green olives, raisins, olives, capers, chocolate [cacao powder, coconut nectar, coconut sugar, cacao butter, vanilla bean], apple cider vinegar

Roasted Yellow Peppers & Green Olives: Bell pepper, capers, toasted garlic breadcrumbs (King Arthur organic bakers classic flour, Abruzzi rye, Fat Uncle Farms Red Fife wheat berries, organic olive oil, sea salt, filtered water, fresh yeast, liquid levain starter [Abruzzi Rye flour, King Arthur organic bakers classic flour, day old starter, filtered water]), olive oil, garlic, smoked salt), black pepper, olive oil, Himalayan salt

Smoky Cheddar: Macadamia nuts, lemon juice, red bell peppers, Himalayan salt, liquid smoke, Aleppo pepper

Pickled Carrots: Carrots, apple cider vinegar, filtered water, Himalayan salt, coriander seed, black peppercorn, caraway seeds, bay leaves, rosemary, garlic

Sundried Tomato Olive Tapenade: Green olive, black olives, sundried tomatoes, olive oil, cilantro, jalapeno, garlic

Cashew Truffle Cheese: Macadamias and/or macambo, cashews, probiotic powder, Himalayan salt, smoked salt, nutritional yeast, lemon, truffle oil, pistachios

Toasted Garlic Breadcrumbs: Sourdough Baguette (King Arthur organic bakers classic flour, Abruzzi rye, Fat Uncle Farms Red Fife wheat berries, organic olive oil, sea salt, filtered water, fresh yeast, liquid levain starter [Abruzzi Rye flour, King Arthur organic bakers classic flour, day old starter, filtered water]), olive oil, garlic, smoked salt

Gremolata: Parsley, lemon zest, garlic

BLESSED / BLACKENED TEMPEH BOLOGNESE CONTAINS: TREE NUTS, GARLIC, ONION, NIGHTSHADES, WHEAT & SOY

CRESTA DI GALLO PASTA (OR QUINOA PASTA), BLACKENED TEMPEH BOLOGNESE, SPINACH, OLIVE OIL, GARLIC, SAUTÉED BROCCOLINI, CASHEW MOZZARELLA, BRAZIL NUT PARMESAN, BASIL

Cresta de Gallo Pasta: Durum flour, water, vital wheat gluten

Quinoa Pasta: Rice flour, quinoa flour

Blackened Tempeh Bolognese: Blackened tempeh (soybeans, rice vinegar, tempeh cultures (rhizopus oligosporous), water, brown rice, yellow onion, scallions, garlic, jalapeno, ginger, lime or lemon juice, apple cider vinegar, tamari, olive oil, coconut sugar, allspice, nutmeg, thyme, cayenne, smoked salt, cayenne, chipotle, thyme, oregano, black pepper), Compassionate Blend (sundried tomato, unscented coconut oil, capers, maple syrup, apple wood smoked salt), celery, carrot, red onion, crimini mushrooms, white wine, marinara (olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds), smoked salt, Cajun marinade (yellow onion, scallions, garlic, ginger, jalapeno, lime juice, apple cider vinegar, tamari, olive oil, coconut sugar, allspice, nutmeg, thyme, cayenne, brown pepper)

Sautéed Broccolini: Broccolini, Himalayan salt, rice bran oil, white wine, garlic

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Brazil Nut Parmesan: Brazil nuts, garlic, salt

BOLD / GRILLED SHIITAKE & EGGPLANT CONTAINS: TREE NUTS, PEANUTS, SOY, GARLIC & NIGHTSHADES

GRILLED EGGPLANT, GRILLED SHIITAKE MUSHROOMS, PEANUT SAUCE, ROASTED PEANUTS, BASIL, MINT, CILANTRO, HIMALAYAN SALT

Grilled Eggplant: Eggplant, olive oil, Himalayan salt

Grilled Shiitake Mushrooms: Shiitake Mushrooms, olive oil, Himalayan salt

Peanut Sauce: Peanuts, coconut milk, tamari (wheat-free soy sauce), jalapeno, ginger, garlic, cilantro, Himalayan salt, filtered water, lime juice, coconut nectar

BOUNTIFUL / EGGPLANT CAPONATA PASTA CONTAINS: TREE NUTS, WHEAT, GARLIC, NIGHTSHADES, WHITE WINE & ONION

QUINOA PASTA, EGGPLANT CAPONATA, ARUGULA, OLIVE OIL, WHITE WINE, BRAISED CHERRY TOMATOES, RED PEPPER FLAKES, BRAZIL NUT PARMESAN, BASIL

Cresta de Gallo Pasta: Durum flour, water, vital wheat gluten

Eggplant Caponata: Eggplant, olive oil, Himalayan salt, red onion, celery, black pepper, Compassionate Blend (sundried tomato, capers, smoked salt, unscented coconut oil, maple syrup), tomato, green olives, raisins, olives, capers, chocolate (cacao powder, coconut nectar, coconut sugar, cacao butter, vanilla bean), apple cider vinegar

Braised Cherry Tomatoes: Cherry tomatoes, olive oil, smoked salt, gremolata (lemon zest, parsley, garlic)

Brazil Nut Parmesan: Brazil nuts, garlic, salt

CLEANSED / ELISSA GOODMAN SALAD CONTAINS: TREE NUTS, SOY, GARLIC, ONION & NIGHTSHADES

BLISTERED CHERRY TOMATOS, MUSHROOM CARNITAS, DANDELION GREENS, ARUGULA, WATERCRESS, CARAMELIZED RED ONION, GREEN GODDESS DRESSING, CHICKPEA TOFU OR CHICKPEA FRITTATA, HERBED HEMPSEEDS

Blistered Cherry Tomatoes: Cherry tomatoes, olive oil, Himalayan salt

Mushroom Carnitas: Oyster mushrooms, olive oil, Himalayan salt, garlic, Adobo de Mixiote (Guajillo chiles, roma tomato, red bell pepper, yellow onion, garlic, cloves, black peppercorns, oregano, avocado leaf, Himalayan salt)

Caramelized Red Onion: Red onion, olive oil, Himalayan salt, white wine, coconut sugar, apple cider vinegar

Green Goddess Dressing: Capers, gomasio (sea whip, black sesame seeds), veganise (organic expeller-pressed canola oil, filtered water, organic brown rice syrup, organic apple cider vinegar, organic soymilk powder (organic soybeans), sea salt, organic lemon juice concentrate, organic mustard flour), almond yogurt (almond milk (filtered water, almonds), locust bean gum, xanthan gum, agar, live active cultures (s. thermophilus, l. bulgaricus, l. acidophilus, bifidobacteria), Italian parsley, basil, lemon juice, tarragon, chives, Himalayan salt, black pepper

Chickpea Tofu: Chickpea flour, Himalayan salt, garlic, olive oil, filtered water, dill, thyme, oregano

Chickpea Frittata: Garbanzo beans, filtered water, olive oil, Himalayan salt, red onion, spinach, tomato, kalamata olives, cashew mozzarella (Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil), gremolata (parsley, lemon zest, garlic)

Herbed Hempseeds: Hempseeds, olive oil, garlic, thyme, parsley, rosemary, Himalayan salt

COMFORTED / GRILLED YAM CONTAINS: GARLIC & NIGHTSHADES

GRILLED YAM, TAHINI SAUCE, OLIVE OIL, YELLOW SESAME SEEDS, BLACK SESAME SEEDS, HIMALAYAN SALT, TUTU'S HOT SAUCE

Grilled Yam: Garnet yam, olive oil, Himalayan salt

Tahini Sauce: Tahini (sesame Seeds), lemon juice, garlic, filtered water, olive oil, Himalayan salt

Tutu's Hot Sauce: Jalapeño, cayenne, black pepper, chipotle powder, Himalayan salt, apple cider vinegar, filtered water

COMMITTED / PULLED MUSHROOM SANDWICH CONTAINS: TREE NUTS, SOY, GARLIC, ONION, CORN, NIGHTSHADES & WHEAT

VEGAN BRIOCHE BUN (OR GLUTEN-FREE BUN), MUSHROOM CARNITAS, BUFFALO SAUCE, KETCHUP, BARBECUE SAUCE, MEXICAN COLESLAW, CILANTRO, CASHEW NACHO CHEESE, CHOICE OF SIDE: FRENCH FRIES, SIDE SALAD OR CORN TORTILLA CHIPS

Vegan Brioche Bun (by Bakers Kneaded): Brioche bun (King Arthur Flour, oat milk [water, oats, sea salt], vegan butter [palm oil, canola oil, vegetable oil, olive oil, lactic acid, annatto extract, water, pea protein, salt, sunflower lecithin], egg replacer [whole soy flour, wheat gluten, corn syrup solids, algin], filtered water, sea salt, granulated sugar, yeast) rice bran oil

Gluten-Free Buckwheat Bun: Buckwheat bun (sprouted buckwheat, reverse osmosis filtered water, flax seed, dates, raisins, olive oil, apple cider vinegar, cassava root flour, cultured buckwheat flour, psyllium husk, sunflower lecithin, black sesame seed, vitamin C), rice bran oil

Mushroom Carnitas: Oyster mushrooms, olive oil, Himalayan salt, garlic, Adobo de Mixiote (Guajillo chiles, roma tomato, red bell pepper, yellow onion, garlic, cloves, black peppercorns, oregano, avocado leaf, Himalayan salt)

Buffalo Sauce: Chipotle ketchup (red onion, fennel, celery, olive oil, ginger, chipotle, garlic, basil, coriander, cloves, Himalayan salt, black pepper, tomatoes, apple cider vinegar, coconut sugar), Tutu's hot sauce (jalapeño, cayenne, black pepper, chipotle powder, Himalayan salt, apple cider vinegar, filtered water), Adobo de Mixiote (Guajillo chiles, roma tomato, red bell pepper, yellow onion, garlic, cloves, black peppercorns, oregano, avocado leaf, Himalayan salt), barbecue sauce (filtered water, tomato, cane sugar, tomato paste, tapioca starch, salt, molasses, ground mustard seed, natural hickory smoke flavor, garlic, roasted garlic, black pepper, red pepper)

Ketchup (Muir Glen): Tomato paste, filtered water, cane sugar, vinegar, onion powder, sea salt, natural flavor, garlic powder

Barbecue Sauce: Filtered water, tomato, cane sugar, tomato paste, tapioca starch, salt, molasses, ground mustard seed, natural hickory smoke flavor, garlic, roasted garlic, black pepper, red pepper

Mexican Coleslaw: Red cabbage, cilantro, shredded carrots, scallions, soaked cashews, pumpkin seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

Cashew Nacho Cheese: Soaked cashews, pumpkin seeds, sunflower seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

CHOICE OF SIDE

French Fries: French fries (russet potatoes, rice bran oil, smoked salt, parsley, lemon zest, garlic), ketchup (tomato paste, filtered water, cane sugar, vinegar, onion powder, sea salt, natural flavor, garlic powder)

Side Salad: Mixed greens, apple cider vinaigrette (apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil)

Corn Tortilla Chips: Tortilla chips (dried corn, salt, water, rice bran oil), pico de gallo (tomato, cilantro, scallions, red onion, pineapple [when in season], black pepper, lemon, garlic, jalapeño, Himalayan salt, tomatillo or cucumber [when in season], avocado)

CONFIDENT / ROASTED CAULIFLOWER CONTAINS: GARLIC & NIGHTSHADES

ROASTED CAULIFLOWER, ROASTED CAULIFLOWER GARLIC PUREE, SUNDRIED TOMATO OLIVE TAPENADE, ROMESCO SAUCE, GREMOLATA

Roasted Cauliflower: Cauliflower, olive oil, Himalayan salt

Roasted Cauliflower Garlic Puree: Cauliflower, cashew butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), garlic, bay leaf, smoked salt

Sundried Tomato Olive Tapenade: Green olive, black olives, sundried tomatoes, olive oil, cilantro, jalapeno, garlic

Romesco Sauce: Almonds, red bell pepper, olive oil, garlic, paprika, cayenne, filtered water, black pepper, smoked salt

Gremolata: Parsley, lemon zest, garlic

CONNECTED CONTAINS: GARLIC, ONION, NIGHTSHADES & CORN

GUACAMOLE, TORTILLA CHIPS

Tortilla Chips: Dried corn, salt, water, rice bran oil

Guacamole: Avocado, jalapeno, lemon, lime, cilantro, Himalayan salt, garlic, red onion

DAZZLING / KALE CAESAR CONTAINS: TREE NUTS, WHEAT & GARLIC

MIXED KALE VARIETALS, ROMAINE, CHIPOTLE CASHEW CAESAR DRESSING, CROUTONS, SEA VEGETABLES, AVOCADO, BRAZIL NUT PARMESAN, CAPERS

Cashew Caesar Dressing: Soaked cashews, garlic, lemon juice, pumpkin seeds, orange juice, lemon, lime juice, olive oil, chipotle, Himalayan salt, dates, goji berries, black pepper, filtered water

Croutons: Sourdough Baguette (King Arthur organic bakers classic flour, Abruzzi rye, Fat Uncle Farms Red Fife wheat berries, organic olive oil, sea salt, filtered water, fresh yeast, liquid levain starter [Abruzzi Rye flour, King Arthur organic bakers classic flour, day old starter, filtered water]), olive oil, garlic, Himalayan salt

Brazil Nut Parmesan: Brazil nuts, garlic, salt

ECLECTIC / BUFFALO CAULIFLOWER CONTAINS: TREE NUTS, ONION, GARLIC, TREE NUTS & NIGHTSHADES

BREADED CAULIFLOWER, BUFFALO SAUCE, RANCH DRESSING, CELERY, SCALLIONS

Breaded Cauliflower: Cauliflower, rice bran oil, batter (gluten-free flour [brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking soda, baking powder, ground flax seed, xanthan gum, sea salt], cornstarch, filtered water, Himalayan salt)

Buffalo Sauce: Adobe de mixite (Guajillo chiles and/or ancho chiles, roma tomato, red bell pepper, yellow onion, garlic, cloves, black peppercorns, oregano, avocado leaf, Himalayan salt), vegan butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), apple cider vinegar, cayenne pepper

Ranch Dressing: Filtered water, tahini (sesame seeds), veganise (organic expeller-pressed canola oil, filtered water, organic brown rice syrup, organic apple cider vinegar, organic soymilk powder (organic soybeans), sea salt, organic lemon juice concentrate, organic mustard flour), apple cider vinegar, Himalayan salt, garlic, onion, dill, parsley, basil, thyme

ECSTATIC / MAPLE MISO BRUSSELS SPROUTS CONTAINS: SOY

BRUSSELS SPROUTS, MAPLE-MISO GLAZE

Maple Miso Glaze: Olive oil, maple syrup, white miso paste, tamari, apple cider vinegar

ELEGANT / BEETROOT TARTARE CONTAINS: TREE NUTS, ONION, SOY, NIGHTSHADES & GARLIC

BEETROOT TARTARE, HORSERADISH CREAM, GAUFRETTES, BEET BALSAMIC REDUCTION, CHIVES, DILL

Beetroot Tartare: Red beets, olive oil, shallots, parsley, chiles, mint, capers, caper brine, sherry vinegar, Dijon mustard, prepared horseradish (apple cider vinegar, horseradish root, sea salt, corn starch, sugar, citric acid, soybean oil, natural flavor), smoked salt, lime juice, lime zest, orange zest

Horseradish Cream: Soaked cashews, smoked salt, unscented coconut oil, plant-based probiotic, liquid smoke, prepared horseradish (apple cider vinegar, horseradish root, sea salt, corn starch, sugar, citric acid, soybean oil, natural flavor)

Gaufrettes: Potatoes, rice bran oil, Himalayan salt

Beet Balsamic Reduction: Balsamic vinegar, beet juice, coconut nectar, apple cider vinegar, prepared horseradish (apple cider vinegar, horseradish root, sea salt, corn starch, sugar, citric acid, soybean oil, natural flavor)

ELEVATED / CHICKEN-FRIED MUSHROOM PLATE CONTAINS: TREE NUTS, SOY, WINE, GARLIC & ONION

CHICKEN-FRIED OYSTER MUSHROOMS, BROCCOLI RABE & LEEK CONFIT, SUN-DRIED TOMATO PESTO, CAULIFLOWER PUREE, MAPLE TAMARI GLAZE, CHIVES

Chicken-Fried Oyster Mushrooms: Oyster mushrooms, almond buttermilk (soaked almonds, date paste, Himalayan salt, filtered water, apple cider vinegar), chicken flour mix (gluten-free flour [brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking soda, baking powder, ground flax seed, xanthan gum, sea salt], cornstarch, Himalayan salt, cayenne pepper, black pepper, onion powder, garlic, paprika, nutritional yeast), rice bran oil

Broccoli Rabe & Leek Confit: Broccoli rabe, leek confit (leeks, coconut oil, Himalayan salt, white wine, brown rice vinegar), olive oil, garlic, Himalayan salt, aleppo chiles, white wine

Sundried Tomato Pesto: Olive oil, basil, garlic, lemon zest, rosemary, thyme, parsley, marjoram, sundried tomatoes, Himalayan salt, hempseeds

Roasted Cauliflower Garlic Puree: Cauliflower, cashew butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), garlic, bay leaf, smoked salt

Maple Tamari Glaze: Maple syrup, tamari (wheat-free soy sauce), ginger

ENTHUSIASTIC / CHICKEN-FRIED MUSHROOM SANDWICH CONTAINS: WHEAT, SOY, TREE NUTS, GARLIC, NIGHTSHADES & ONION

VEGAN BRIOCHE BUN (OR GLUTEN-FREE BUN), CHICKEN-FRIED OYSTER MUSHROOMS, BUFFALO SAUCE, TOMATO, RANCH DRESSING, ROMAINE, CHOICE OF SIDE

Vegan Brioche Bun (by Bakers Kneaded): Brioche bun (King Arthur Flour, oat milk [water, oats, sea salt], vegan butter [palm oil, canola oil, vegetable oil, olive oil, lactic acid, annatto extract, water, pea protein, salt, sunflower lecithin], egg replacer [whole soy flour, wheat gluten, corn syrup solids, algin], filtered water, sea salt, granulated sugar, yeast) rice bran oil

Gluten-Free Buckwheat Bun: Buckwheat bun (sprouted buckwheat, reverse osmosis filtered water, flax seed, dates, raisins, olive oil, apple cider vinegar, cassava root flour, cultured buckwheat flour, psyllium husk, sunflower lecithin, black sesame seed, vitamin C), rice bran oil

Chicken-Fried Oyster Mushrooms: Oyster mushrooms, almond buttermilk (soaked almonds, date paste, Himalayan salt, filtered water, apple cider vinegar), chicken flour mix (gluten-free flour [brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking soda, baking powder, ground flax seed, xanthan gum, sea salt], cornstarch, Himalayan salt, cayenne pepper, black pepper, onion powder, garlic, paprika, nutritional yeast), rice bran oil

Buffalo Sauce: Adobe de mixite (Guajillo chiles and/or ancho chiles, roma tomato, red bell pepper, yellow onion, garlic, cloves, black peppercorns, oregano, avocado leaf, Himalayan salt), vegan butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), apple cider vinegar, cayenne pepper

Ranch Dressing: Filtered water, tahini (sesame seeds), veganise (organic expeller-pressed canola oil, filtered water, organic brown rice syrup, organic apple cider vinegar, organic soymilk powder (organic soybeans), sea salt, organic lemon juice concentrate, organic mustard flour), apple cider vinegar, Himalayan salt, garlic, onion, dill, parsley, basil, thyme

CHOICE OF SIDE

French Fries: French fries (russet potatoes, rice bran oil, smoked salt, parsley, lemon zest, garlic), ketchup (tomato paste, filtered water, cane sugar, vinegar, onion powder, sea salt, natural flavor, garlic powder)

Side Salad: Mixed greens, apple cider vinaigrette (apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil)

Corn Tortilla Chips: Tortilla chips (dried corn, salt, water, rice bran oil), pico de gallo (tomato, cilantro, scallions, red onion, pineapple [when in season], black pepper, lemon, garlic, jalapeño, Himalayan salt, tomatillo or cucumber [when in season], avocado)

EVOLVED / BIBIMBAP BOWL CONTAINS: TREE NUTS, GARLIC, WINE, ONION & NIGHTSHADES

CRISPY BROWN RICE, MUSHROOM CARNITAS, CHICKPEA FRITTATA, DAIKON RADISH, ROMAINE, CUCUMBER, SEA PALM, KIM CHEE, SCALLIONS, SPROUTS, BIBIMBAP SAUCE

Crispy Brown Rice: Sprouted brown rice (brown rice, filtered water, Himalayan salt, olive oil, GT's Coco Kefir [coconut water, probiotic cultures, stevia extract]), olive oil

Mushroom Carnitas: Oyster mushrooms, olive oil, Himalayan salt, garlic, Adobo de Mixiote (Guajillo chiles, roma tomato, red bell pepper, yellow onion, garlic, cloves, black peppercorns, oregano, avocado leaf, Himalayan salt)

Chickpea Frittata: Garbanzo beans, filtered water, olive oil, Himalayan salt, red onion, spinach, tomato, kalamata olives, cashew mozzarella (Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil), gremolata (parsley, lemon zest, garlic)

Kim Chee: Green & red cabbage, daikon radish, jalapeño, filtered water, Himalayan salt, naturally occurring probiotics, garlic

Bibimbap Sauce: Chipotle ketchup (red onion, fennel, celery, olive oil, ginger, chipotle, garlic, basil, coriander, cloves, Himalayan salt, black pepper, tomatoes, apple cider vinegar, coconut sugar), Tutu's hot sauce (jalapeño, cayenne, black pepper, chipotle powder, Himalayan salt, apple cider vinegar, filtered water), Adobo de Mixiote (Guajillo chiles, roma tomato, red bell pepper, yellow onion, garlic, cloves, black peppercorns, oregano, avocado leaf, Himalayan salt), barbecue sauce (tomatoes, peaches, onion, garlic, apple cider vinegar, molasses, white wine, sundried tomatoes, coconut sugar, dried chipotle peppers, smoked salt, black peppercorn, yellow mustard seed, date paste, capers, cumin, lapsang souchong tea leaves, paprika)

EXQUISITE / COCONUT CALAMARI CONTAINS: ONION, GARLIC, TREE NUTS, GLUTEN-FREE BEER & NIGHTSHADES

BEER-BATTERED COCONUT, SMOKET SALT, GREMOLATA, BUFFALO SAUCE OR SPICY CASHEW AIOLI

Beer-Battered Coconut: Young coconut meat, lemon juice, cayenne, black pepper, Himalayan salt, dulce flakes, garlic, gluten-free beer, sparkling water, gluten-free flour (brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking soda, baking powder, ground flax seed, xanthan gum, sea salt), garbanzo bean flour

Gremolata: Parsley, lemon zest, garlic

Buffalo Sauce: Onion, fennel, celery, olive oil, ginger, chipotle, garlic, basil, coriander, cloves, Himalayan salt, black pepper, tomatoes, apple cider vinegar, coconut sugar, jalapeño, cayenne, guajillo chile, red bell pepper, garlic, oregano, avocado leaf, peaches, molasses, white wine, sundried tomatoes, dried chipotle peppers, smoked salt, yellow mustard seed, date paste, capers, cumin, lapsang souchong tea leaves, paprika

Spicy Cashew Aioli: Soaked cashews, pumpkin seeds, sunflower seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

GIVING / MARGUERITA CONTAINS: TREE NUTS, GARLIC, WHEAT, WINE & NIGHTSHADES

ANCIENT GRAIN CRUST, SUNDRIED TOMATO PESTO OR BASIL HEMPSEED PESTO, CHERRY TOMATOES, CASHEW MOZZARELLA, ARUGULA, BRAZIL NUT PARMESAN, SMOKED SALT, OLIVE OIL

Ancient Grain Crust: Einkorn flour, kamut flour, kernza flour (when available), cane sugar, active yeast, Himalayan salt

Sundried Tomato Pesto: Hempseeds, lemon zest, rosemary, thyme, parsley, marjoram, basil, sundried tomatoes, filtered water, garlic, smoked salt, olive oil

Basil Hempseed Pesto: Olive oil, basil, garlic, Himalayan salt, hempseeds

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Brazil Nut Parmesan: Brazil nuts, garlic, salt

GIVING / BRAISED ASPARAGUS PIZZA CONTAINS: TREE NUTS, GARLIC, ONION, WHEAT, WINE & NIGHTSHADES

ANCIENT GRAIN CRUST, OLIVE OIL, MARINARA, SAUTEED ASPARAGUS, CASHEW MOZZARELLA, CASHEW RICOTTA, BRAZIL NUT PARMESAN, GREMOLATA

Ancient Grain Crust: Einkorn flour, kamut flour, kernza flour (when available), cane sugar, active yeast, Himalayan salt

Marinara: Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

Sautéed Asparagus: Rice bran oil, onion, asparagus, Himalayan salt, parsley, mint, black pepper

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Brazil Nut Parmesan: Brazil nuts, garlic, salt

Gremolata: Parsley, lemon zest, garlic

GIVING / BROCCOLINI & CHERRY TOMATO PIZZA CONTAINS: TREE NUTS, GARLIC, ONION, WHEAT, WINE & NIGHTSHADES

ANCIENT GRAIN CRUST, OLIVE OIL, MARINARA, OREGANO, BROCCOLINI, CHERRY TOMATOES, ARUGULA, CASHEW MOZZARELLA, CASHEW RICOTTA, SMOKED SALT

Ancient Grain Crust: Einkorn flour, kamut flour, kernza flour (when available), cane sugar, active yeast, Himalayan salt

Marinara: Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

GIVING / BUFFALO CAULIFLOWER PIZZA CONTAINS: TREE NUTS, WHEAT, GARLIC, ONION, WINE & NIGHTSHADES

ANCIENT GRAIN CRUST, OLIVE OIL, MARINARA, BREADED BUFFALO CAULIFLOWER, CASHEW MOZZARELLA, CASHEW NACHO CHEESE, CASHEW RICOTTA, CHOPPED ESCABECHE, SCALLIONS, GREMOLATA

Ancient Grain Crust: Einkorn flour, kamut flour, kernza flour (when available), cane sugar, active yeast, Himalayan salt

Marinara: Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

Breaded Buffalo Cauliflower: Cauliflower, rice bran oil, batter (gluten-free flour [brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking soda, baking powder, ground flax seed, xanthan gum, sea salt], cornstarch, filtered water, Himalayan salt, buffalo sauce (adobe de mixite [Guajillo chiles and/or ancho chiles, roma tomato, red bell pepper, yellow onion, garlic, cloves, black peppercorns, oregano, avocado leaf, Himalayan salt], vegan butter [cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures], apple cider vinegar, cayenne pepper

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Cashew Nacho Cheese: Soaked cashews, pumpkin seeds, sunflower seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Chopped Escabeche: Cauliflower, zucchini, carrots, yellow onion, jalapeno, garlic, olive oil, cumin seed, black peppercorn, dried thyme, dried oregano, chili flakes, bay leaves, cinnamon, star anise, filtered water, apple cider vinegar, coconut sugar, Himalayan salt

Gremolata: Parsley, lemon zest, garlic

GIVING / HAWAIIAN PIZZA CONTAINS: TREE NUTS, GARLIC, ONION, WHEAT, SOY, WINE & NIGHTSHADES

ANCIENT GRAIN CRUST, OLIVE OIL, MARINARA, PINEAPPLE, BLACKENED TEMPEH, BARBECUE SAUCE, CASHEW MOZZARELLA, CASHEW RICOTTA, CHIPOTLE POWDER, BRAZIL NUT PARMESAN, COCONUT BACON, CHOPPED CILANTRO

Ancient Grain Crust: Einkorn flour, kamut flour, kernza flour (when available), cane sugar, active yeast, Himalayan salt

Marinara: Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

Blackened Tempeh: Soybeans, rice vinegar, tempeh cultures (rhizopus oligosporous), water, brown rice, yellow onion, scallions, garlic, jalapeno, ginger, lime or lemon juice, apple cider vinegar, tamari, olive oil, coconut sugar, allspice, nutmeg, thyme, cayenne, smoked salt, cayenne, chipotle, thyme, oregano, black pepper

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Coconut Bacon: Coconut chips, salt, olive oil, chipotle powder, maple syrup

Brazil Nut Parmesan: Brazil nuts, garlic, salt

GIVING / MARGUERITA PIZZA CONTAINS: TREE NUTS, GARLIC, WHEAT, WINE & NIGHTSHADES

ANCIENT GRAIN CRUST, OLIVE OIL, MARINARA, SUNDRIED TOMATO PESTO OR BASIL HEMPSEED PESTO, CHERRY TOMATOES, CASHEW MOZZARELLA, CASHEW RICOTTA, BRAZIL NUT PARMESAN, BASIL, SMOKED SALT

Ancient Grain Crust: Einkorn flour, kamut flour, kernza flour (when available), cane sugar, active yeast, Himalayan salt

Marinara: Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

Sundried Tomato Pesto: Hempseeds, lemon zest, rosemary, thyme, parsley, marjoram, basil, sundried tomatoes, filtered water, garlic, smoked salt, olive oil

Basil Hempseed Pesto: Olive oil, basil, garlic, Himalayan salt, hempseeds

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Brazil Nut Parmesan: Brazil nuts, garlic, salt

GIVING / MUSHROOM PIZZA CONTAINS: TREE NUTS, GARLIC, WHEAT, WINE & NIGHTSHADES

ANCIENT GRAIN CRUST, OLIVE OIL, MARINARA, SAUTÉED MUSHROOMS, CASHEW MOZZARELLA, CASHEW RICOTTA, BRAZIL NUT PARMESAN, BASIL

Ancient Grain Crust: Einkorn flour, kamut flour, kernza flour (when available), cane sugar, active yeast, Himalayan salt

Marinara: Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

Sautéed Mushrooms: Mixed mushrooms, olive oil, garlic, white wine, Himalayan salt

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Brazil Nut Parmesan: Brazil nuts, garlic, salt

GIVING / ROASTED BUTTERNUT SQUASH & BRUSSELS SPROUTS PIZZA CONTAINS: TREE NUTS, GARLIC, WHEAT, SOY & NIGHTSHADES

ANCIENT GRAIN CRUST, OLIVE OIL, MARINARA, ROASTED BUTTERNUT SQUASH, BRUSSELS SPROUTS, CASHEW RICOTTA, ARUGULA, SMOKED SALT

Ancient Grain Crust: Einkorn flour, kamut flour, kernza flour (when available), cane sugar, active yeast, Himalayan salt

Roasted Butternut Squash: Butternut Squash, rosemary, olive oil, salt

Marinara: Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

Maple Miso Brussels Sprouts: Brussels sprouts, olive oil, maple syrup, red miso paste, tamari, apple cider vinegar

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

GIVING / ROASTED EGGPLANT PIZZA CONTAINS: TREE NUTS, WINE, GARLIC, ONION, WHEAT & NIGHTSHADES

ANCIENT GRAIN CRUST, OLIVE OIL, MARINARA, ROASTED EGGPLANT, CASHEW MOZZARELLA, CASHEW RICOTTA, BASIL HEMPSEED PESTO OIL, BRAZIL NUT PARMESAN, BASIL

Ancient Grain Crust: Einkorn flour, kamut flour, kernza flour (when available), cane sugar, active yeast, Himalayan salt

Marinara: Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

Roasted Eggplant: Eggplant, olive oil, Himalayan salt

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Basil Hempseed Pesto Oil: Olive oil, basil, garlic, Himalayan salt, hempseeds

Brazil Nut Parmesan: Brazil nuts, garlic, salt

GIVING / ROASTED TOMATILLO & TEMPEH CHORIZO PIZZA CONTAINS: TREE NUTS, GARLIC, WHEAT, SOY & NIGHTSHADES

ANCIENT GRAIN CRUST, OLIVE OIL, PUREED BLACK BEANS, BLACKENED TEMPEH, ROASTED TOMATILLOS, ROASTED TOMATILLO SAUCE OR SALSA ROJA, PICO DE GALLO, CASHEW MOZZARELLA, CILANTRO, CASHEW NACHO CHEESE, CILANTRO

Ancient Grain Crust: Einkorn flour, kamut flour, kernza flour (when available), cane sugar, active yeast, Himalayan salt

Pureed Black Beans: Black beans, filtered water, olive oil, onion, garlic, jalapeno, Compassionate Blend (sundried tomato, unscented coconut oil, capers, maple syrup, apple wood smoked salt), cumin seed, avocado leaves OR bay leaves, Himalayan salt, tomatoes, cilantro, scallions, black pepper, lemon, tomatillo (when in season), avocado

Blackened Tempeh: Soybeans, rice vinegar, tempeh cultures (rhizopus oligosporous), water, brown rice, yellow onion, scallions, garlic, jalapeno, ginger, lime or lemon juice, apple cider vinegar, tamari, olive oil, coconut sugar, allspice, nutmeg, thyme, cayenne, smoked salt, cayenne, chipotle, thyme, oregano, black pepper

Roasted Tomatillo Sauce: Roasted tomatillo, chipotle chili, roasted roma tomato, garlic, salt

OR Salsa Roja: Tomato, chipotle, jalapeno, cayenne, garlic, oregano, black pepper, onion, olive oil, Himalayan salt

Pico de Gallo: Tomato, cilantro, scallions, red onion, pineapple (when in season), black pepper, lemon, garlic, jalapeño, Himalayan salt, tomatillo or cucumber (when in season), avocado

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Nacho Cheese: Soaked cashews, pumpkin seeds, sunflower seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

GIVING / SQUASH BLOSSOM PIZZA CONTAINS: TREE NUTS, GARLIC, ONION, WHEAT, WINE & NIGHTSHADES

ANCIENT GRAIN CRUST, OLIVE OIL, MARINARA, BRAISED SUMMER SQUASH, SQUASH BLOSSOMS, ROASTED TOMATILLO SAUCE OR SALSA ROJA, CASHEW MOZZARELLA, SALSA VERDE, CASHEW RICOTTA, BRAZIL NUT PARMESAN, CILANTRO

Ancient Grain Crust: Einkorn flour, kamut flour, kernza flour (when available), cane sugar, active yeast, Himalayan salt

Marinara: Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

Braised Summer Squash: Yellow summer squash, yellow onion, jalapeno, olive oil, white wine, cilantro, bay leaves, Himalayan salt

Roasted Tomatillo Sauce: Roasted tomatillo, chipotle chili, roasted roma tomato, garlic, salt

OR Salsa Roja: Tomato, chipotle, jalapeno, cayenne, garlic, oregano, black pepper, onion, olive oil, Himalayan salt

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Salsa Verde: Cilantro, garlic, scallions, red onion, jalapeño, lemon, Himalayan salt, black pepper, tomatillo (when in season), avocado

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Brazil Nut Parmesan: Brazil nuts, garlic, Himalayan salt

GLORIOUS / BLACKENED TEMPEH CAESAR WRAP CONTAINS: TREE NUTS, ONION, WHEAT, SOY, NIGHTSHADES & GARLIC

WHOLE WHEAT TORTILLA, ROMAINE LETTUCE, AVOCADO, BRAZIL NUT PARMESAN, CAPERS, CAESAR DRESSING, BLACKENED TEMPEH, COCONUT BACON, DICED TOMATOES, MIXED GREENS, APPLE CUDER VINAIGRETTE

Whole Wheat Tortilla: Whole wheat flour, water, salt

Caesar Dressing: Soaked cashews, garlic, lemon juice, pumpkin seeds, Himalayan salt, black pepper, filtered water

Brazil Nut Parmesan: Brazil nuts, garlic, salt

Blackened Tempeh: Soybeans, rice vinegar, tempeh cultures (rhizopus oligosporous), water, brown rice, yellow onion, scallions, garlic, jalapeno, ginger, lime or lemon juice, apple cider vinegar, tamari, olive oil, coconut sugar, allspice, nutmeg, thyme, cayenne, smoked salt, cayenne, chipotle, thyme, oregano, black pepper

Coconut Bacon: Coconut chips, salt, olive oil, chipotle powder, maple syrup

Apple Cider Vinaigrette: Apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil

HEARTY / ROASTED PORTOBELLO CONTAINS: TREE NUTS, WHEAT, SOY, GARLIC, NIGHTSHADES, WHITE WINE & ONION

STUFFED PORTOBELLO, HEIRLOOM POTATOES, MAPLE MISO BRUSSEL SPROUTS, TRUFFLED PORCINI WHITE WINE SAUCE, TOASTED GARLIC BREADCRUMBS, MIXED FRESH HERBS, THYME

Stuffed Portobello: Portobello mushroom, shiitake mushrooms, oyster mushrooms, olive oil, garlic, white wine, lacinato kale, smoked salt, eggplant caponata (eggplant, olive oil, Himalayan salt, red onion, celery, black pepper, sundried tomato, capers, smoked salt, unscented coconut oil, maple syrup, tomato, green olives, raisins, olives, capers, chocolate [cacao powder, coconut nectar, coconut sugar, cacao butter, vanilla bean], apple cider vinegar), caramelized red onion (red onion, olive oil, Himalayan salt, white wine, coconut sugar, apple cider vinegar), roasted tomatoes (tomatoes, olive oil, Himalayan salt, black pepper, thyme), gremolata (parsley, lemon zest, garlic), cashew mozzarella (Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil), Brazil nut parmesan (Brazil nuts, garlic, Himalayan salt), toasted garlic breadcrumbs (gluten-free baguette [whole Quinoa, whole millet, purified water, psyllium husk, brown rice syrup, dill seeds, sea salt], olive oil, garlic, smoked salt)

Heirloom Potatoes: Heirloom potatoes, olive oil, smoked salt

Maple Miso Brussels Sprouts: Brussels sprouts, olive oil, maple miso glaze (olive oil, maple syrup, white miso paste, tamari, apple cider vinegar)

Truffled Porcini White Wine Sauce: Porcini mushrooms, filtered water, sherry or white wine, mushroom stock (yellow onion, leek, carrots, crimini mushrooms, shiitake mushrooms, garlic, mixed herbs [rosemary, thyme, Italian parsley, oregano, marjoram], bay leaf, Himalayan salt, black peppercorns, filtered water), roasted garlic puree (garlic, olive oil), vegan butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), gluten-free flour (brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking soda, baking powder, ground flax seed, xanthan gum, sea salt), tarmari (gluten-free soy sauce), smoky cashew sour cream (soaked cashews, smoked salt, unscented coconut oil, plant-based probiotic, liquid smoke), champagne vinegar, truffle salt

Toasted Garlic Breadcrumbs: Sourdough Baguette (King Arthur organic bakers classic flour, Abruzzi rye, Fat Uncle Farms Red Fife wheat berries, organic olive oil, sea salt, filtered water, fresh yeast, liquid levain starter [Abruzzi Rye flour, King Arthur organic bakers classic flour, day old starter, filtered water]), olive oil, garlic, smoked salt

HUMBLE / INDIAN CURRY BOWL CONTAINS: TREE NUTS, SOY, GARLIC, ONION & NIGHTSHADES

GRAIN (BROWN RICE, QUINOA OR CAULIFLOWER RICE), RED LENTIL DAL, ROASTED GARNET YAMS, SPINACH, SPICY TOMATO JAM, MINT CHUTNEY, SCALLIONS

Rice or Quinoa: Brown rice or quinoa, filtered water, Himalayan salt, olive oil

Cauliflower Rice: Cauliflower, hempseeds, garlic, rice bran oil, Himalayan salt

Red Lentil Dal: Lentils, water, ginger juice, salt, coconut milk (coconut meat, coconut water, Himalayan salt), cumin, curry powder (coriander, turmeric, mustard, cumin, fenugreek, paprika, cayenne, cardamom, nutmeg, cinnamon, cloves), turmeric, cayenne powder, yellow onions, garlic, olive oil, tamari (soy), coconut butter

Spicy Tomato Jam: Roma tomatoes, coconut sugar, cane sugar, fresh ginger root, lemons, cinnamon, cumin seed, cloves, apple cider vinegar, Himalayan salt, cayenne pepper

Coconut Mint Chutney: Cilantro, mint leaves, jalapeno, salt, yellow onion, lemon juice, ginger, water, coconut meat, coconut flakes

Roasted Garnet Yams: Garnet yams, rosemary, salt, olive oil

INSPIRED / BUTTERNUT SQUASH & MUSHROOM RISOTTO CONTAINS: TREE NUTS, GARLIC, ONION, WHITE WINE & NIGHTSHADES

RISOTTO, VEGETABLE BROTH, PUREED BUTTERNUT SQUASH, TRUFFLED MUSHROOM SAUTE, SMOKEY CASHEW SOUR CREAM, TRUFFLE SALT, BRAZIL NUT PARMESAN, GREMOLATA

Risotto: Arborio rice, olive oil, onion, white wine, filtered water

Vegetable Broth: Filtered water, zucchini, potatoes, celery, onions, roma tomatoes, carrots, bay leaf, garlic, black peppercorns, parsley, Himalayan salt

Pureed Butternut Squash: Butternut squash, filtered water, onion, olive oil, Himalayan salt

Truffled Mushroom Sauté: Shiitake mushrooms, crimini mushrooms, oyster mushrooms, white wine, truffle salt, Himalayan salt

Smoky Cashew Sour Cream: Soaked cashews, smoked salt, unscented coconut oil, plant-based probiotic, liquid smoke

Brazil Nut Parmesan: Brazil nuts, garlic, salt

Gremolata: Parsley, lemon zest, garlic

INTUITIVE / FRENCH FRIES CONTAINS: TREE NUTS, GARLIC, SOY & NIGHTSHADES

FRENCH FRIES, BEET TAHINI, HORSERADISH CASHEW CREAM

French Fries: Russet potatoes, rice bran oil, smoked salt, parsley, lemon zest, garlic

Beet Tahini: Raw tahini (sesame seeds), roasted beets (beets, olive oil), lemon juice, olive oil, Himalayan salt

Horseradish Cream: Soaked cashews, smoked salt, unscented coconut oil, plant-based probiotic, liquid smoke, prepared horseradish (apple cider vinegar, horseradish root, sea salt, corn starch, sugar, citric acid, soybean oil, natural flavor)

INVIGORATED / SHISHITO PEPPERS CONTAINS: TREE NUTS & SOY

SHISHITO PEPPERS, MISO GINGER SAUCE, MALDON SALT, GOMASIO

Shishito Peppers: Shishito Peppers, toasted sesame oil, gomasio (sea whip, black sesame seeds), maldon salt

Miso Ginger Sauce: Walnuts, white miso (handmade rice koji, whole soybeans, sun-dried sea salt, well water, koji spores), lemon zest, lemon juice, filtered water, ginger, dijon mustard, coconut nectar, black pepper, olive oil,

Gomasio: Sea whip, black sesame seeds

LIBERATED / RAW PESTO KELP NOODLES CONTAINS: TREE NUTS, GARLIC & NIGHTSHADES

KELP NOODLES, BASIL HEMPSEED PESTO, CASHEW RICOTTA, HEIRLOOM CHERRY TOMATOES, GREEN AND KALAMATA OLIVES, ARUGULA, BRAZIL NUT PARMESAN, CHOPPED BASIL

Kelp Noodles: Water, kelp, sodium alginate, lemon juice, Himalayan salt

Basil Hempseed Pesto: Olive oil, basil, garlic, Himalayan salt, hempseeds

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Brazil Nut Parmesan: Brazil nuts, garlic, salt

LUCKY / MEXICAN CHOPPED SALAD CONTAINS: TREE NUTS, ONION, SOY, NIGHTSHADES & GARLIC

ROMAINE, KALE, PURSLANE, BLACKENED TEMPEH, SPICY PEPPER SAUCE, NOPALES VERDE, CORN, GARBANZO BEANS, CILANTRO PUMPKIN SEED PESTO, SMOKED SALT, CHOPPED ESCABECHE, APPLE CIDER VINAIGRETTE, GOJI CHIPOTLE DRESSING, SPICY SEED MIX, SQUASH BLOSSOMS

Blackened Tempeh: Soybeans, rice vinegar, tempeh cultures (rhizopus oligosporous), water, brown rice, yellow onion, scallions, garlic, jalapeno, ginger, lime or lemon juice, apple cider vinegar, tamari, olive oil, coconut sugar, allspice, nutmeg, thyme, cayenne, smoked salt, cayenne, chipotle, thyme, oregano, black pepper

Spicy Pepper Sauce: Guajillo chiles, roma tomato, red bell pepper, yellow onion, garlic, clove, black pepper, oregano, avocado leaf, Himalayan salt

Nopales Verde: Cactus leaf, olive oil, cilantro, garlic, scallions, red onion, jalapeño, lemon, Himalayan salt, black pepper, tomatillo (when in season), avocado

Garbanzo Beans: Garbanzo beans, carrot, celery, bay leaves, Himalayan salt

Cilantro Pumpkin Seed Pesto: Cilantro, pumpkin seeds, jalapeño, garlic, lime, olive oil, Himalayan salt

Chopped Escabeche: Cauliflower, zucchini, carrots, yellow onion, bell pepper, jalapeno, garlic, olive oil, cumin seed, black peppercorn, dried thyme, dried oregano, chili flakes, bay leaves, cinnamon, star anise, filtered water, apple cider vinegar, coconut sugar, Himalayan salt

Apple Cider Vinaigrette: Apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil

Goji Chipotle Dressing: Orange juice, lemon, lime juice, olive oil, chipotle, Himalayan salt, dates, goji berries, pumpkin seeds

Spicy Seed Mix: Pumpkin seeds, sunflower seeds, lime juice, Himalayan salt, chipotle powder, cayenne, chili powder

MAGICAL / BLACK BEAN BURGER CONTAINS: TREE NUTS, WHEAT, SOY, GARLIC, ONION & NIGHTSHADES

VEGAN BRIOCHE BUN (OR GLUTEN-FREE BUN), BURGER PATTY, LETTUCE, TOMATO, PICKLES, ONION, CASHEW MACADAMIA CHEDDAR, SPICY CASHEW THOUSAND ISLAND, KETCHUP, CHOICE OF SIDE: FRENCH FRIES, SIDE SALAD OR CORN TORTILLA CHIPS

Vegan Brioche Bun (by Bakers Kneaded): Brioche bun (King Arthur Flour, oat milk [water, oats, sea salt], vegan butter [palm oil, canola oil, vegetable oil, olive oil, lactic acid, annatto extract, water, pea protein, salt, sunflower lecithin], egg replacer [whole soy flour, wheat gluten, corn syrup solids, algin], filtered water, sea salt, granulated sugar, yeast) rice bran oil

Gluten-Free Buckwheat Bun: Buckwheat bun (sprouted buckwheat, reverse osmosis filtered water, flax seed, dates, raisins, olive oil, apple cider vinegar, cassava root flour, cultured buckwheat flour, psyllium husk, sunflower lecithin, black sesame seed, vitamin C), rice bran oil

Burger Patty: Beets, brown rice, quinoa, filtered water, Himalayan salt, olive oil, smoked salt, crimini and/or shiitake mushrooms, mixed herbs, garlic, gluten-free oats, black beans (filtered water, olive oil, onion, garlic, jalapeno, sundried tomato, unscented coconut oil, capers, maple syrup, apple wood smoked salt, cumin seed, avocado leaves OR bay leaves, Himalayan salt), pumpkin seeds, flax meal, barbecue sauce (filtered water, tomato, cane sugar, tomato paste, tapioca starch, salt, molasses, ground mustard seed, natural hickory smoke flavor, garlic, roasted garlic, black pepper, red pepper), rice bran oil

Pickles: Cucumbers, dill, apple cider vinegar, salt, agave

Cashew Macadamia Cheddar Cheese: Macadamia nuts, cashews, lemon juice, red bell peppers, Himalayan salt

Spicy Cashew Thousand Island: Soaked cashews, pumpkin seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

Ketchup (Muir Glen): Tomato paste, filtered water, cane sugar, vinegar, onion powder, sea salt, natural flavor, garlic powder

CHOICE OF SIDE

French Fries: French fries (russet potatoes, rice bran oil, smoked salt, parsley, lemon zest, garlic), ketchup (tomato paste, filtered water, cane sugar, vinegar, onion powder, sea salt, natural flavor, garlic powder)

Side Salad: Mixed greens, apple cider vinaigrette (apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil)

Corn Tortilla Chips: Tortilla chips (dried corn, salt, water, rice bran oil), pico de gallo (tomato, cilantro, scallions, red onion, pineapple [when in season], black pepper, lemon, garlic, jalapeño, Himalayan salt, tomatillo or cucumber [when in season], avocado)

MUCHO / MEXICAN BOWL *CONTAINS: TREE NUTS, GARLIC, ONION & NIGHTSHADES*

GRAIN (BROWN RICE, QUINOA OR CAULIFLOWER RICE), ROMAINE LETTUCE, BLACK BEANS, GUACAMOLE, PICO DE GALLO, CASHEW NACHO CHEESE, SPICY SEED MIX, CILANTRO

Brown Rice or Quinoa: Rice or quinoa, filtered water, Himalayan salt, olive oil

Cauliflower Rice: Cauliflower, hempseeds, garlic, rice bran oil, Himalayan salt

Black Beans: Black beans, filtered water, olive oil, onion, garlic, jalapeno, Compassionate Blend (sundried tomato, unscented coconut oil, capers, maple syrup, apple wood smoked salt), cumin seed, avocado leaves OR bay leaves, Himalayan salt

Pico de Gallo: Tomato, cilantro, scallions, red onion, black pepper, lemon, garlic, jalapeño, Himalayan salt, tomatillo or cucumber (when in season), avocado

Cashew Nacho Cheese: Soaked cashews, pumpkin seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

Guacamole: Avocado, jalapeno, lemon, lime, cilantro, Himalayan salt, garlic, red onion

Spicy Seed Mix: Pumpkin seeds, sunflower seeds, lime juice, Himalayan salt, chipotle powder, cayenne, chili powder

ORIGINAL / SF MISSION BURRITO *CONTAINS: TREE NUTS, GARLIC, ONION, WHEAT & NIGHTSHADES*

WHOLE WHEAT TORTILLA, MUSHROOM CARNITAS, BROWN RICE, BLACK BEANS, CASHEW NACHO CHEESE, GUACAMOLE, PICO DE GALLO, ROASTED TOMATILLO SAUCE OR SALSA ROJA,

CHOICE OF SIDE: SIDE SALAD, FRENCH FRIES OR CORN TORTILLA CHIPS

Whole Wheat Tortilla: Whole wheat flour, water, salt

Mushroom Carnitas: Oyster mushrooms, olive oil, Himalayan salt, garlic, Adobo de Mixiote (Guajillo chiles and/or ancho chiles, roma tomato, red bell pepper, yellow onion, garlic, cloves, black peppercorns, oregano, avocado leaf, Himalayan salt)

Brown Rice: Rice, filtered water, Himalayan salt, olive oil

Black Beans: Black beans, filtered water, olive oil, onion, garlic, jalapeno, Compassionate Blend (sundried tomato, unscented coconut oil, capers, maple syrup, apple wood smoked salt), cumin seed, avocado leaves OR bay leaves, Himalayan salt

Cashew Nacho Cheese: Soaked cashews, pumpkin seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

Guacamole: Avocado, jalapeno, lemon, lime, cilantro, Himalayan salt, garlic, red onion

Pico de Gallo: Tomato, cilantro, scallions, red onion, pineapple (when in season), black pepper, lemon, garlic, jalapeño, Himalayan salt, tomatillo or cucumber (when in season), avocado

Roasted Tomatillo Sauce: Roasted tomatillo, chipotle chili, roasted roma tomato, garlic, salt

OR Salsa Roja: Tomato, chipotle, jalapeno, cayenne, garlic, oregano, black pepper, onion, olive oil, Himalayan salt

CHOICE OF SIDE

French Fries: French fries (russet potatoes, rice bran oil, smoked salt, parsley, lemon zest, garlic), ketchup (tomato paste, filtered water, cane sugar, vinegar, onion powder, sea salt, natural flavor, garlic powder)

Side Salad: Mixed greens, apple cider vinaigrette (apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil)

Corn Tortilla Chips: Tortilla chips (dried corn, salt, water, rice bran oil), pico de gallo (tomato, cilantro, scallions, red onion, pineapple [when in season], black pepper, lemon, garlic, jalapeño, Himalayan salt, tomatillo or cucumber [when in season], avocado)

PHENOMENAL / BUTTER LETTUCE MARKET SALAD *CONTAINS: TREE NUTS, ONION & GARLIC*

BUTTER LETTUCE, FENNEL, CARROTS, GREEN OLIVES, SHALLOT HERB VINAIGRETTE, HIMALAYAN SALT, SOUP HERBS, RADISH, AVOCADO, PISTACHIOS, BLACK PEPPER, SMOKED SALT

Shallot Herb Vinaigrette: Apple cider vinegar, shallots, rosemary, thyme, Italian parsley, oregano, marjoram, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil

Soup Herbs: Rosemary, thyme, Italian parsley, oregano, marjoram

RAVISHING / BEETROOT RAVIOLI *CONTAINS: WHEAT, SOY, HONEY, GARLIC, NIGHTSHADES & ONION*

BEETROOT RAVIOLI, BEURRE BLANC, DILL

Beetroot Ravioli: Durum flour, water, red beets, tofu (water, soybeans, calcium sulfate, calcium chloride), honey, modified potato starch, modified tapioca starch, sea salt, mint, chives, inactive nutritional yeast (dried yeast, niacin [vitamin B3], pyridoxine hydrochloride [vitamin B6], riboflavin [vitamin B2], thiamin hydrochloride [vitamin b1], folic acid, vitamin b12), white vinegar, vital wheat gluten, dijon mustard (distilled vinegar, water, mustard seed, sea salt, citric acid, turmeric, spices), black pepper

Beurre Blanc: Olive oil, garlic, chili flakes, white wine, lemon juice, vegetable broth (filtered water, zucchini, potatoes, celery, onions, roma tomatoes, carrots, bay leaf, garlic, black peppercorns, parsley, Himalayan salt), smoky cashew sour cream (soaked cashews, smoked salt, unscented coconut oil, plant-based probiotic, liquid smoke), broccolini, Himalayan salt, pine nuts

SHARING / NACHOS *CONTAINS: TREE NUTS, GARLIC, ONION & NIGHTSHADES*

TORTILLA CHIPS, PUREED BEANS, CASHEW NACHO CHEESE, BLACK BEANS, PICO DE GALLO, AVOCADO, CHOPPED ESCABECHE, CASHEW RICOTTA, SALSA VERDE, SPICY PEPITAS, CILANTRO

Tortilla Chips: Dried corn, salt, water, rice bran oil

Pureed Beans: Black beans, cumin, chipotle powder, oregano, bay leaves AND/OR avocado leaves, water, tomatoes, cilantro, scallions, red onion, black pepper, lemon, garlic, jalapeño, Himalayan salt, tomatillo (when in season), avocado

Nacho Cheese: Soaked cashews, pumpkin seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

Black Beans: Black beans, filtered water, olive oil, onion, garlic, jalapeno, Compassionate Blend (sundried tomato, unscented coconut oil, capers, maple syrup, apple wood smoked salt), cumin seed, avocado leaves OR bay leaves, Himalayan salt

Pico de Gallo: Tomato, cilantro, scallions, red onion, black pepper, lemon, garlic, jalapeño, Himalayan salt, tomatillo or cucumber (when in season), avocado

Chopped Escabeche: Cauliflower, zucchini, carrots, yellow onion, bell pepper, jalapeno, garlic, olive oil, cumin seed, black peppercorn, dried thyme, dried oregano, chili flakes, bay leaves, cinnamon, star anise, filtered water, apple cider vinegar, coconut sugar, Himalayan salt

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Salsa Verde: Cilantro, garlic, scallions, red onion, jalapeño, lemon, Himalayan salt, black pepper, tomatillo (when in season), avocado

Spicy Seed Mix: Pumpkin seeds, sunflower seeds, lime juice, Himalayan salt, chipotle powder, cayenne, chili powder

TERRIFIC / RAW PAD THAI KELP NOODLES CONTAINS: TREE NUTS, SOY, GARLIC, ONION & NIGHTSHADES

KELP NOODLES, THAI ALMOND SAUCE, SHREDDED KALE, RED BELL PEPPER, CARROTS, TOASTED ALMONDS, CHOPPED BASIL, CILANTRO, MINT, SCALLIONS

Thai Almond Sauce: Almond butter, lemon juice, garlic, jalapeno, ginger juice, filtered water, tamari, Himalayan salt, agave, cilantro, basil

Kelp Noodles: Water, kelp, sodium alginate, lemon juice, Himalayan salt

THRIVING / ADZUKI BEAN & BURDOCK SOUP CONTAINS: SOY, GARLIC, ONION & WINE

Soup: Onion, celery, carrot, garlic, olive oil, mirin, ginger, water, adzuki beans, red miso, Himalayan salt, scallion, burdock

Garnish: Chopped scallions, olive oil

THRIVING / BRAISED FRENCH LENTIL SOUP CONTAINS: GARLIC, ONION & WINE

Soup: Onion, celery, carrot, garlic, olive oil, shiitake mushroom, mixed herbs (rosemary, thyme, Italian parsley, oregano, marjoram), white wine, salt, black pepper, parsley, lentils

Garnish: Chopped scallions, olive oil

THRIVING / CAJUN RED BEAN SOUP CONTAINS: GARLIC, NIGHTSHADES, ONION & WINE

Soup: Onion, celery, carrot, red bell pepper, garlic, olive oil, chipotle powder, mixed herbs (rosemary, thyme, Italian parsley, oregano, marjoram), red wine, red beans, kale, Himalayan salt

Garnish: Chopped scallions, olive oil

THRIVING / CHICKPEA & KALE SOUP CONTAINS: GARLIC, ONION & WINE

Soup: Onion, celery, carrot, garlic, olive oil, fennel, rosemary, thyme, Italian parsley, oregano, marjoram, white wine, garbanzo beans, water, kale, Himalayan salt, black pepper

Garnish: Basil, olive oil

THRIVING / CORN CHOWDER CONTAINS: TREE NUTS, GARLIC, ONION, NIGHTSHADES & WINE

Onion/ celery/ carrot/ red bell pepper/ garlic/ olive oil/ zucchini/ mixed herbs (rosemary, thyme, Italian parsley, oregano, marjoram)/ chipotle powder/ white wine/ corn/ filtered water/ cashew/ Himalayan salt

Garnish: Chopped scallions/ cilantro/ cashew ricotta (soaked cashews/ Himalayan salt/ lemon juice/ filtered water)

THRIVING / CREAM OF BROCCOLI CONTAINS: TREE NUTS, GARLIC & ONION

Soup: Onion, celery, carrot, garlic, olive oil, curry, water, broccoli, lemon juice, Himalayan salt, cashews

Garnish: Scallions, cilantro, basil, cashew ricotta (soaked cashews, Himalayan salt, lemon juice, filtered water)

THRIVING / CREAM OF MUSHROOM CONTAINS: TREE NUTS, GARLIC, ONION & WINE

Onion, celery, carrot, garlic, olive oil, mixed herbs (rosemary, thyme, Italian parsley, oregano, marjoram), white wine, crimini mushroom, shiitake mushroom, water, Himalayan salt, black pepper, lemon juice, cashew

Garnish: Basil, cashew ricotta (soaked cashews, Himalayan salt, lemon juice, filtered water)

THRIVING / CREAM OF TOMATO CONTAINS: TREE NUTS, GARLIC, ONION, NIGHTSHADES & WINE

Onion, celery, carrot, garlic, olive oil, mixed herbs (rosemary, thyme, Italian parsley, oregano, marjoram), black pepper, white wine, tomato, water, Himalayan salt, cashew

Garnish: Chopped basil, cashew ricotta (soaked cashews, Himalayan salt, lemon juice, filtered water)

THRIVING / CURRIED RED LENTIL CONTAINS: GARLIC, ONION & NIGHTSHADES

Onion, celery, carrot, garlic, olive oil, curry, ginger juice, red lentils, water, tomatoes, lemon juice, jalapeno, cilantro, Himalayan salt

Garnish: Chopped cilantro, olive oil, diced tomato

THRIVING / POTATO LEEK CONTAINS: TREE NUTS, GARLIC, ONION & WINE

Soup: Onion, celery, carrot, garlic, olive oil, leek, mixed herbs (rosemary, thyme, Italian parsley, oregano, marjoram), white wine, potato, cashew, water, salt, black pepper

Garnish: Chopped scallions, cashew ricotta (soaked cashews, Himalayan salt, lemon juice, filtered water)

THRIVING / ROASTED EGGPLANT & TOMATO CONTAINS: TREE NUTS, GARLIC, ONION, NIGHTSHADES & WINE

Onion, celery, carrot, garlic, olive oil, eggplant, roma tomatoes, mixed herbs (rosemary, thyme, Italian parsley, oregano, marjoram), Himalayan salt, capers, white wine, cashews, lemon juice, balsamic vinegar

Garnish: Chopped basil, cashew ricotta (soaked cashews, Himalayan salt, lemon juice, filtered water)

THRIVING / SUMMER SQUASH SOUP CONTAINS: TREE NUTS, GARLIC, ONION & WINE

Onion, celery, carrot, garlic, olive oil, dill, curry, white wine, water, zucchini, Himalayan salt, cashew

Garnish: Chopped scallions, cashew ricotta (soaked cashews, Himalayan salt, lemon juice, filtered water)

VIVID / AÇAÍ BOWL CONTAINS: TREE NUTS

AÇAÍ BLEND, AMAZONIAN SUPERFOOD CRUNCH, GINGER SYRUP, MIXED BERRIES, BANANA, SHREDDED COCONUT, CHOICE OF TWO ADDITIONS: ALMOND BUTTER, CACAO NIBS, HEMPSEEDS, RAW HONEY, INCAN BERRIES, GOJI BERRIES OR COCONUT YOGURT

Acai Sorbet: Acai puree, filtered water, cane syrup, tapioca syrup, locust bean gum, guar gum, sunflower lecithin, citric acid, fruit and vegetable juice

Crispy Quinoa Cashew Granola: Cashews, macambo, goldenberries, macadamias, puffed quinoa, cacao nibs, vanilla, cinnamon, maca, salt, orange zest, coconut nectar

Ginger Syrup: Ginger, coconut sugar, filtered water

Coconut Yogurt: Coconut meat, lemon juice, vanilla, agave, GT's Coco Kefir (coconut water, probiotic cultures, stevia extract)

WHOLE / MACROBIOTIC BOWL CONTAINS: **TREE NUTS, SOY, GARLIC, ONION & NIGHTSHADES**

GRAIN (BROWN RICE, QUINOA OR CAULIFLOWER RICE), SEA PALM, SAUTÉED KALE, KIM CHEE, GARLIC TAHINI DRESSING, BRAISED GARNET YAMS OR BUTTERNUT SQUASH, STEWED ADZUKI BEANS, GOMASIO, TOASTED ALMONDS, SPROUTS

Brown Rice or Quinoa: Rice or quinoa, filtered water, Himalayan salt, olive oil

Cauliflower Rice: Cauliflower, hempseeds, garlic, rice bran oil, Himalayan salt

Sautéed Kale: Kale, rice bran oil, Himalayan salt, ginger

Kim Chee: Green &, or red cabbage, daikon radish, jalapeño, filtered water, Himalayan salt, naturally occurring probiotics, garlic

Garlic Tahini: Raw tahini (sesame seeds), lemon juice, filtered water, olive oil, Himalayan salt, garlic, parsley, sunflower seeds

Stewed Adzuki Beans: Adzuki beans, kombu, bay leaf, red onion, garlic, thyme, rosemary, tamari, maple syrup, Himalayan salt, olive oil

Gomasio: Sea whip, black sesame seeds

Braised Garnet Yams: Garnet yams, onion, olive oil, Himalayan salt

Braised Butternut Squash: Butternut squash, onion, olive oil, Himalayan salt

TACO TUESDAY

FELIZ / JACKFRUIT TINGA TOSTADA CONTAINS: **CORN, ONION, GARLIC, TREE NUTS & NIGHTSHADES**

CORN TORTILLA, JACKFRUIT TINGA, RICE BRAN OIL, ROASTED TOMATILLO SAUCE, PUREED BLACK BEANS, CASHEW MOZZARELLA, CASHEW RICOTTA, SHREDDED CABBAGE, CILANTRO

Corn Tortilla: Dried corn, lime, salt, water

Jackfruit Tinga: Jackfruit, roma tomato, chipotle pepper, white onion, garlic, oregano, Himalayan salt, black pepper

Roasted Tomatillo Sauce: Roasted tomatillo, chipotle chili, roasted roma tomato, garlic, salt

Pureed Black Beans: Black beans, filtered water, olive oil, onion, garlic, jalapeno, Compassionate Blend (sundried tomato, unscented coconut oil, capers, maple syrup, apple wood smoked salt), cumin seed, avocado leaves OR bay leaves, Himalayan salt, tomatoes, cilantro, scallions, black pepper, lemon, tomatillo (when in season), avocado

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

TRANSFORMED / GARNET YAM & POTATO TACO CONTAINS: CORN, ONION, GARLIC & NIGHTSHADES

CORN TORTILLA, FRIED GARNET YAMS & POTATOES, ROASTED TOMATILLO SAUCE, MARINATED ONIONS, GUACAMOLE

Corn Tortilla: Dried corn, lime, salt, water

Fried Garnet Yams & Potatoes: Garnet yams, potatoes, cumin, Himalayan salt, pepper, rice bran oil

Roasted Tomatillo Sauce: Roasted tomatillo, chipotle chili, roasted roma tomato, garlic, salt

Marinated Onions: Red onion, lime juice, Himalayan salt

Guacamole: Avocado, jalapeno, lemon, lime, cilantro, Himalayan salt, garlic, red onion

TRANSFORMED / CALAMARI TACO CONTAINS: CORN, GARLIC, TREE NUTS, BEER & NIGHTSHADES

CORN TORTILLA, COCONUT CALAMARI, PINEAPPLE COLESLAW, CASHEW RICOTTA

Corn Tortilla: Dried corn, lime, salt, water

Coconut Calamari: Young coconut meat, lemon juice, cayenne, black pepper, Himalayan salt, dulce flakes, garlic, gluten-free beer, sparkling water, gluten-free flour (brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking soda, baking powder, ground flax seed, xanthan gum, sea salt), garbanzo bean flour

Pineapple Coleslaw: Green cabbage, cilantro, pineapple, lime juice, Himalayan salt, cane sugar, black pepper, cilantro

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

TRANSFORMED / CARNITAS TACO CONTAINS: CORN, ONION, GARLIC, TREE NUTS & NIGHTSHADES

CORN TORTILLA, MUSHROOM CARNITAS, JALAPENO & ONION RAJAS, TOMATILLO SALSA FRESCA, CILANTRO

Corn Tortilla: Dried corn, lime, salt, water

Mushroom Carnitas: Oyster mushrooms, olive oil, Himalayan salt, garlic, Adobo de Mixiote (Guajillo chiles, roma tomato, red bell pepper, yellow onion, garlic, cloves, black peppercorns, oregano, avocado leaf, Himalayan salt)

Jalapeno & Onion Rajas: Jalapeno, white onion, Himalayan salt, lime juice

Tomatillo Salsa Fresca: Tomatillos, jalapeno, cilantro, avocado, Himalayan salt, white onion, lime juice

KID'S MENU

ADORABLE / ALMOND BUTTER BANANA WRAP CONTAINS: WHEAT & TREE NUTS

WHOLE WHEAT TORTILLA, ALMOND BUTTER, BANANA, STRAWBERRY RASPBERRY SAUCE

Whole Wheat Tortilla: Whole wheat flour, water, salt

Strawberry Raspberry Sauce: Raspberries, strawberries, cane sugar, lemon juice

CHEESY / MAC & CHEESE CONTAINS: TREE NUTS

QUINOA PASTA, OLIVE OIL, CASHEW RICOTTA, CASHEW MOZZARELLA OR SMOKY CHEDDAR, BRAZIL NUT PARMESAN

Quinoa Pasta: Rice flour, quinoa flour

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Smoky Cheddar: Macadamia nuts, lemon juice, red bell peppers, Himalayan salt, liquid smoke, Aleppo pepper

Brazil Nut Parmesan: Brazil nuts, garlic, salt

CUTE / BUCKWHEAT FLAX PANCAKE CONTAINS: TREE NUTS

BUCKWHEAT PANCAKES, MAPLE SYRUP, CASHEW COCONUT WHIPPED CREAM

Buckwheat Pancakes: Buckwheat flour, brown rice flour, white rice flour, aluminum free baking powder, ground flax seed, baking soda, sea salt, xanthan gum, coconut milk (coconut meat, coconut water, Himalayan salt), unscented coconut oil, coconut sugar
Cashew Coconut Whipped Cream: Cashews, filtered water, cane sugar, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, unscented coconut oil
Maple Butter: Vegan butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), maple syrup, almond milk (soaked almonds, date paste, Himalayan salt, filtered water)

FUN / MARINARA PASTA CONTAINS: *TREE NUTS, GARLIC, WINE & NIGHTSHADES*

QUINOA PASTA, MARINARA, CASHEW RICOTTA, BRAZIL NUT PARMESAN

Quinoa Pasta: Rice flour, quinoa flour

Marinara: Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Brazil Nut Parmesan: Brazil nuts, garlic, salt

HAPPY / KID'S PIZZA CONTAINS: *TREE NUTS, WHEAT, GARLIC, WINE & NIGHTSHADES*

ANCIENT GRAIN CRUST, OLIVE OIL, MARINARA, CASHEW RICOTTA, CASHEW MOZZARELLA, BRAZIL NUT PARMESAN

Ancient Grain Crust: Einkorn flour, kamut flour, cane sugar, active yeast, Himalayan salt

Marinara: Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Brazil Nut Parmesan: Brazil nuts, garlic, salt

PLAYFUL / CHEESE QUESADILLA CONTAINS: *TREE NUTS, WHEAT, GARLIC, ONION & NIGHTSHADES*

WHOLE WHEAT TORTILLA, PUREED BLACK BEANS, CASHEW MOZZARELLA OR SMOKY CHEDDAR, GUACAMOLE

Whole Wheat Tortilla: Whole wheat flour, water, salt

Pureed Black Beans: Black beans, filtered water, olive oil, onion, garlic, jalapeno, Compassionate Blend (sundried tomato, unscented coconut oil, capers, maple syrup, apple wood smoked salt), cumin seed, avocado leaves OR bay leaves, Himalayan salt, tomatoes, cilantro, scallions, black pepper, lemon, tomatillo (when in season), avocado

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Smoky Cheddar: Macadamia nuts, lemon juice, red bell peppers, Himalayan salt, liquid smoke, Aleppo pepper

Guacamole: Avocado, jalapeno, lemon, lime, cilantro, Himalayan salt, garlic, red onion

BREAKFAST/BRUNCH

CONTENT / CHICKPEA QUICHE CONTAINS: *TREE NUTS, GARLIC, ONIONS & NIGHTSHADES*

CHICKPEA FRITTATA, ROMESCO SAUCE, CASHEW RICOTTA, OLIVE OIL, GREMOLATA

Chickpea Frittata: Garbanzo beans, filtered water, olive oil, Himalayan salt, red onion, spinach, tomato, kalamata olives, cashew mozzarella (Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil), gremolata (parsley, lemon zest, garlic)

Romesco Sauce: Almonds, red bell pepper, olive oil, garlic, paprika, cayenne, filtered water, black pepper, smoked salt

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Gremolata: Parsley, lemon zest, garlic

CELEBRATING / GRATITUDE BENEDICT CONTAINS: *TREE NUTS, WHEAT, SOY, GARLIC, ONIONS & NIGHTSHADES*

ENGLISH MUFFIN, SAUTEED SPINACH, CHICKPEA FRITTATA, TEMPEH BACON, GRILLED ASPARAGUS, HOLLANDAISE SAUCE, GREMOLATA, CRACKED BLACK PEPPER, SIDE SALAD, BISTRO PICKLED CARROT

English Muffin: King Arthur organic bakers classic flour, Abruzzi rye, Fat Uncle Farms Red Fife wheat berries, organic olive oil, sea salt, filtered water, fresh yeast, liquid levain starter (Abruzzi Rye flour, King Arthur organic bakers classic flour, day old starter, filtered water)

Sautéed Spinach: Spinach, smoked salt, rice bran oil

Chickpea Frittata: Garbanzo beans, filtered water, olive oil, Himalayan salt, red onion, spinach, tomato, kalamata olives, cashew mozzarella (Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil), gremolata (parsley, lemon zest, garlic)

Tempeh Bacon: Soybeans, rice vinegar, tempeh cultures (rhizopus oligosporous), water, brown rice, yellow onion, scallions, garlic, jalapeno, ginger, lime or lemon juice, apple cider vinegar, tamari, olive oil, coconut sugar, allspice, nutmeg, thyme, cayenne, smoked salt, cayenne, chipotle, thyme, oregano, black pepper, maple syrup, paprika, barbecue sauce (filtered water, tomato, cane sugar, tomato paste, tapioca starch, salt, molasses, ground mustard seed, natural hickory smoke flavor, garlic, roasted garlic, black pepper, red pepper), liquid smoke

Grilled Asparagus: Asparagus, smoked salt, rice bran oil

Hollandaise Sauce: Macadamias, soaked cashews, almond milk (soaked almonds, date paste, Himalayan salt, filtered water), filtered water, olive oil, unscented coconut oil, lemon juice, apple cider vinegar, nutritional yeast, turmeric powder, Himalayan salt, Dijon mustard, gremolata (parsley, lemon zest, garlic)

Gremolata: Parsley, lemon zest, garlic

Side Salad: Mixed greens, apple cider vinaigrette (apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil)

Bistro Pickled Carrot: Carrots, apple cider vinegar, filtered water, Himalayan salt, coriander seed, black peppercorn, caraway seeds, bay leaves, rosemary, garlic

GRACEFUL / TARTINE CONTAINS: TREE NUTS, WHEAT, GARLIC, WINE, ONIONS & NIGHTSHADES

PAI DE LEVAIN, SUNDRIED TOMATO PESTO OR BASIL HEMPSEED PESTO, SAUTEED ARUGULA, ROASTED CHERRY TOMATOES, CASHEW MOZZARELLA, SAUTEED SHIITAKE MUSHROOMS, APPLE CIDER VINAIGRETTE, CASHEW RICOTTA, BRAZIL NUT PARMESAN, GREMOLATA, SIDE SALAD, BISTRO PICKLED CARROT

Pain de Levain: King Arthur organic bakers classic flour, Abruzzi rye, organic sesame seeds, sea salt, filtered water, liquid levain starter (Abruzzi Rye flour, King Arthur organic bakers classic flour, day old starter, filtered water)

Sundried Tomato Pesto: Hempseeds, lemon zest, rosemary, thyme, parsley, marjoram, basil, sundried tomatoes, filtered water, garlic, smoked salt, olive oil

Basil Hempseed Pesto: Olive oil, basil, garlic, Himalayan salt, hempseeds

Sautéed Arugula: Arugula, smoked salt, rice bran oil

Roasted Cherry Tomatoes: Cherry tomatoes, olive oil, smoked salt, gremolata (lemon zest, parsley, garlic)

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Sautéed Shiitake Mushrooms: Shiitake mushrooms, Himalayan salt, olive oil, white wine, garlic, gremolata (lemon zest, parsley, garlic)

Apple Cider Vinaigrette: Apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil

Cashew Ricotta: Soaked cashews, Himalayan salt, lemon juice, filtered water

Brazil Nut Parmesan: Brazil nuts, garlic, salt

Gremolata: Parsley, lemon zest, garlic

Side Salad: Mixed greens, apple cider vinaigrette (apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil)

Bistro Pickled Carrot: Carrots, apple cider vinegar, filtered water, Himalayan salt, coriander seed, black peppercorn, caraway seeds, bay leaves, rosemary, garlic

HOSPITABLE / CHICKEN & WAFFLES CONTAINS: TREE NUTS, GARLIC & ONION

OAT WAFFLES, CHICKEN-FRIED OYSTER MUSHROOMS, MAPLE SYRUP, MAPLE BUTTER, ORANGE SLICES

Oat Waffles: Almond milk (soaked almonds, date paste, Himalayan salt, filtered water), apple cider vinegar, unscented coconut oil, rolled gluten-free oats, gluten-free flour (organic brown rice flour, organic potato starch, organic tapioca flour, organic evaporated cane sugar, xanthan gum, sea salt), baking powder, Himalayan salt, cinnamon, orange zest

Chicken-Fried Oyster Mushrooms: Oyster mushrooms, almond buttermilk (soaked almonds, date paste, Himalayan salt, filtered water, apple cider vinegar), chicken flour mix (gluten-free flour [brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking powder, ground flax seed, xanthan gum, sea salt], cornstarch, Himalayan salt, cayenne pepper, black pepper, onion powder, garlic, paprika, nutritional yeast), rice bran oil

Maple Butter: Vegan butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), maple syrup, almond milk (soaked almonds, date paste, Himalayan salt, filtered water)

NURTURED / BREAKFAST WRAP CONTAINS: TREE NUTS, GARLIC, NIGHTSHADES, ONION & WHEAT

WHOLE WHEAT TORTILLA, CHICKPEA FRITTATA, ROMESCO SAUCE, CASHEW MOZZARELLA, CHOPPED ESCABECHE, SMASHED RED POTATOES, SCALLIONS, SMOKED SALT, KETCHUP

Whole Wheat Tortilla: Whole wheat flour, water, salt

Chickpea Frittata: Garbanzo beans, filtered water, olive oil, Himalayan salt, red onion, spinach, tomato, kalamata olives, cashew mozzarella (Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil), gremolata (parsley, lemon zest, garlic)

Romesco Sauce: Almonds, red bell pepper, olive oil, garlic, paprika, cayenne, filtered water, black pepper, smoked salt

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Chopped Escabeche: Cauliflower, zucchini, carrots, yellow onion, bell pepper, jalapeno, garlic, olive oil, cumin seed, black peppercorn, dried thyme, dried oregano, chili flakes, bay leaves, cinnamon, star anise, filtered water, apple cider vinegar, coconut sugar, Himalayan salt

Smashed Red Potatoes: Red potatoes, filtered water, rice bran oil, smoked salt

Ketchup (Muir Glen): Tomato paste, filtered water, cane sugar, vinegar, onion powder, sea salt, natural flavor, garlic powder

OPEN-HEARTED / BUCKWHEAT FLAX PANCAKES CONTAINS: TREE NUTS

BUCKWHEAT PANCAKES, MAPLE SYRUP, CASHEW COCONUT WHIPPED CREAM, MAPLE BUTTER (VARIES BY LOCATION), POWDERED SUGAR (VARIES BY LOCATION)

Buckwheat Pancakes: Buckwheat flour, brown rice flour, white rice flour, aluminum free baking powder, ground flax seed, baking soda, sea salt, xanthan gum, coconut milk (coconut meat, coconut water, Himalayan salt), unscented coconut oil, coconut sugar

Whipped Cashew Butter: Cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures

Cashew Coconut Whipped Cream: Cashews, filtered water, cane sugar, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, unscented coconut oil

Maple Butter: Vegan butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), maple syrup, almond milk (soaked almonds, date paste, Himalayan salt, filtered water)

PATIENT / TURMERIC CHIA OVERNIGHT OATS CONTAINS: TREE NUTS

TURMERIC CHIA OVERNIGHT OATS, SMOOTHIE GARNISH, BLUEBERRIES

Turmeric Chia Overnight Oats: Almond milk (soaked almonds, date paste, Himalayan salt, filtered water), date paste, gluten-free oats, chia seeds, turmeric juice, ginger juice, vanilla (vanilla bean extract, organic glycerin, filtered water), cinnamon

Superfood Smoothie Garnish: Shredded coconut, Incan and/or goji berries, chia seeds, hempseeds

PEACEFUL / AVOCADO TOAST CONTAINS: TREE NUTS, GARLIC & WHEAT

PAIN DE LEVAIN, SMASHED AVOCADO MIX, RADISH, APPLE CIDER VINAIGRETTE, GOMASIO, SESAME SEEDS, SMOKED SALT, MICRO GREENS, SIDE SALAD

Pain de Levain: King Arthur organic bakers classic flour, Abruzzi rye, organic sesame seeds, sea salt, filtered water, liquid levain starter (Abruzzi Rye flour, King Arthur organic bakers classic flour, day old starter, filtered water)

Avocado Cream: Avocado, lemon juice, smoked salt, coconut yogurt (coconut meat, lemon juice, vanilla, agave, GT's Coco Kefir [coconut water, probiotic cultures, stevia extract]), apple cider vinegar, olive oil, fennel, Himalayan salt, filtered water

Apple Cider Vinaigrette: Apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil

Gomasio: Sea whip, black sesame seeds

Side Salad: Mixed greens, apple cider vinaigrette (apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil)

POWERFUL / SUPERFOOD GRANOLA CONTAINS: *TREE NUTS*

CRISPY QUINOA CASHEW GRANOLA, COCONUT YOGURT, FRESH SEASONAL FRUIT, INCAN BERRIES, CINNAMON

Crispy Quinoa Cashew Granola: Cashews, macambo, goldenberries, macadamias, puffed quinoa, cacao nibs, vanilla (vanilla bean extract, organic glycerin, filtered water), cinnamon, maca, salt, orange zest, coconut nectar

Coconut Yogurt: Coconut cream (coconut extract, water), tapioca, pectin and probiotic cultures: *B. bifidum, B. lactis, L. acidophilus, L. casei, L. delbrueckii subsp. bulgaricus, L. rhamnosus, Streptococcus thermophilus*

TRUSTING / TEMPEH SCRAMBLE CONTAINS: *TREE NUTS, WHEAT, SOY, GARLIC, ONION, NIGHTSHADES & WINE*

BLACKENED TEMPEH, RICE BRAN OIL, CRIMINI MUSHROOMS, SPINACH, BARBECUE SAUCE, BASIL, CILANTRO, SCALLIONS, AVOCADO, GARLIC, SOURDOUGH TOAST

Blackened Tempeh: Soybeans, rice vinegar, tempeh cultures (*rhizopus oligosporous*), water, brown rice, yellow onion, scallions, garlic, jalapeno, ginger, lime or lemon juice, apple cider vinegar, tamari, olive oil, coconut sugar, allspice, nutmeg, thyme, cayenne, smoked salt, cayenne, chipotle, thyme, oregano, black pepper

Barbecue Sauce: Filtered water, tomato, cane sugar, tomato paste, tapioca starch, salt, molasses, ground mustard seed, natural hickory smoke flavor, garlic, roasted garlic, black pepper, red pepper

Sourdough Toast: King Arthur organic bakers classic flour, Abruzzi rye, Fat Uncle Farms Red Fife wheat berries, organic olive oil, sea salt, filtered water, fresh yeast, liquid levain starter (Abruzzi Rye flour, King Arthur organic bakers classic flour, day old starter, filtered water)

BAKERY

AFFECTIONATE / WALNUT & CHOCOLATE CHIP COOKIE CONTAINS: *TREE NUTS & CORN*

Gluten-free flour (organic brown rice flour, organic potato starch, organic tapioca flour, organic evaporated cane sugar, xanthan gum, sea salt), gluten-free oats, cane sugar, salt, cinnamon, cacao butter, vanilla (vanilla bean extract, organic glycerin, filtered water), coconut sugar, coconut nectar, cacao powder, coconut oil, almond butter, walnuts, coconut milk (coconut meat, coconut water, Himalayan salt), maple syrup, chia seeds

BEAUTIFUL / MUFFIN CONTAINS: *TREE NUTS & CORN*

House Muffins: Gluten-free flour (organic brown rice flour, organic potato starch, organic tapioca flour, organic evaporated cane sugar, xanthan gum, sea salt), baking powder, baking soda, seasonal fruit, lemon or orange zest, coconut sugar, coconut milk (coconut meat, coconut water, Himalayan salt), vanilla water, coconut oil, *may contain chocolate chips (cacao powder, cacao butter, coconut sugar)*

CREATIVE / PUMPKIN COFFEE CAKE CONTAINS: *TREE NUTS & CORN*

Pumpkin Coffee Cake: Gluten-free flour (organic brown rice flour, organic potato starch, organic tapioca flour, organic evaporated cane sugar, xanthan gum, sea salt), almond buttermilk (almond milk [soaked almonds, date paste, Himalayan salt, filtered water], apple cider vinegar), Himalayan salt, baking powder, baking soda, cinnamon, ginger zest, nutmeg, clove, pumpkin puree, coconut sugar, cane sugar, coconut oil

Crumb Topping: Coconut sugar, gluten-free flour (brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking soda, baking powder, ground flax seed, xanthan gum, sea salt), unscented coconut oil, cinnamon, maple syrup, pecans

DELICIOUS / CARROT CAKE FROM BAKERS KNEADED CONTAINS: *WHEAT*

King Arthur unbleached cake flour, organic sugar, baking powder, baking soda, sea salt, organic olive oil, organic carrots, organic pineapple, egg replacer (potato starch, tapioca flour, baking soda, psyllium husk fiber), Tahitian vanilla beans, organic cinnamon, organic golden raisins, filtered water

HOLY / DONUT CONTAINS: *TREE NUTS & CORN*

Donut Base: Gluten-free flour (organic brown rice flour, organic potato starch, organic tapioca flour, organic evaporated cane sugar, xanthan gum, sea salt), baking powder, baking soda, coconut sugar, Himalayan salt, coconut milk (coconut meat, coconut water, Himalayan salt), unscented coconut oil

Maple Glaze: Powdered sugar, maple syrup, coconut milk (coconut meat, coconut water)

Maple Glaze and Coconut Bacon: Powdered sugar, maple syrup, coconut milk (coconut meat, coconut water), coconut bacon (coconut chips, salt, olive oil, chipotle powder, maple syrup)

Chocolate Glaze: Powdered sugar, cacao powder, coconut milk (coconut meat, coconut water)

Lemon Glaze: Powdered sugar, lemon zest, lemon juice, coconut milk (coconut meat, coconut water)

Strawberry Glaze: Powdered sugar, strawberries, coconut oil, beet juice, coconut milk (coconut meat, coconut water)

Blueberry Glaze: Powdered sugar, blueberries, coconut oil, coconut milk (coconut meat, coconut water)

Cinnamon Glaze: Powdered sugar, cinnamon, nutmeg, clove, coconut milk (coconut meat, coconut water)

Classic Glaze: Powdered sugar, coconut milk (coconut meat, coconut water)

Matcha Glaze: Powdered sugar, matcha green tea, coconut milk (coconut meat, coconut water)

SATISFIED / JALAPENO CHEDDAR BISCUIT CONTAINS: *TREE NUTS & WHEAT*

Jalapeno Cheddar Biscuit: All-purpose flour, baking powder, cane sugar, Himalayan salt, vegan butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), jalapeno, cashew macadamia cheddar (macadamia nuts, cashews, lemon juice, red bell peppers, Himalayan salt), almond milk (soaked almonds, date paste, Himalayan salt, filtered water)

SERENE / CINNAMON ROLL *CONTAINS: TREE NUTS & CORN*

Gluten-free flour (organic brown rice flour, organic potato starch, organic tapioca flour, organic evaporated cane sugar, xanthan gum, sea salt), psyllium husk, chia seeds, coconut sugar, vanilla powder, coconut milk (coconut meat, coconut water, Himalayan salt), lemon juice, apple cider vinegar, unscented coconut oil, maple syrup, cinnamon, classic glaze (powdered sugar, coconut oil, coconut milk [coconut meat, coconut water, Himalayan salt])

DESSERT

ADORING / TIRAMISU *CONTAINS: TREE NUTS & SOY*

Shortcake: Gluten-free flour (brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking soda, baking powder, ground flax seed, xanthan gum, sea salt), almond milk (soaked almonds, date paste, Himalayan salt, filtered water), apple cider vinegar, cane sugar, unscented coconut oil

Cacao Filling: Irish moss, almond milk (soaked almonds, date paste, Himalayan salt, filtered water), date paste, cacao powder, vanilla (vanilla bean extract, organic glycerin, filtered water), soy lecithin, coconut oil, agave

Whipped Cream: Cashews, filtered water, cane sugar, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, unscented coconut oil

AMAZING / COCONUT PANNA COTTA *CONTAINS: TREE NUTS & SOY*

COCONUT PANNA COTTA, MAGO COULIS, KIWI

Coconut Panna Cotta: Filtered water, soaked cashews, coconut oil, coconut water, Himalayan salt, vanilla powder, coconut meat, monkfruit sweetener, agar agar powder

Mango Coulis: Mango, lemon juice, monk fruit, basil, agar agar powder

AWAKENING / SUGAR-FREE KEY LIME PIE *CONTAINS: TREE NUTS & SOY*

Crust: Pecans, flax seeds

Avocado Custard: Avocado, lime juice, monk fruit sweetener, coconut milk (coconut meat, coconut water, Himalayan salt), Himalayan salt, soy lecithin, coconut oil

Whipped Cream: Cashews, filtered water, monk fruit, unscented coconut oil

BLISS / MOCHA CHEESECAKE *CONTAINS: TREE NUTS & SOY*

MOCHA CHEESECAKE, RASPBERRY, CACAO POWDER

Crust: Pecans, cacao nibs, cacao powder, date paste, Himalayan salt, vanilla (vanilla bean extract, organic glycerin, filtered water)

Filling: Cashews, cold brew coffee, almond milk (almonds, date paste, Himalayan salt, filtered water), coconut nectar, cacao powder, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, coconut oil, soy lecithin

Topping: Cacao butter, cacao powder, coconut sugar

DIVINE / STRAWBERRY SHORTCAKE *CONTAINS: TREE NUTS*

SHORTCAKE, STRAWBERRY CHIA PRESERVES, CASHEW COCONUT WHIPPED CREAM

Shortcake: Gluten-free flour (brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking soda, baking powder, ground flax seed, xanthan gum, sea salt), almond milk (soaked almonds, date paste, Himalayan salt, filtered water), apple cider vinegar, cane sugar, unscented coconut oil

Strawberry Chia Preserves: Strawberries, chia seeds, lemon juice, cane sugar

Whipped Cream: Cashews, filtered water, cane sugar, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, unscented coconut oil

LOVELY / BAKED FRUIT GALETTE *CONTAINS: TREE NUTS & WHEAT*

GALETTE PASTRY, GALETTE FILLING (STRAWBERRY RHUBARB OR BLUEBERRY), ROSE GERANIUM ICE CREAM, GERANIUM LEAF

Galette: All-purpose flour, cornmeal, cane sugar, Himalayan salt, cashew butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), almond cream cheese (almond milk [filtered water, almonds], salt, enzymes, xanthan gum, guar gum, lactic acid, cultures),

Strawberry Rhubarb Filling: Rhubarb, cashew butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), cane sugar, strawberries, cornstarch

Blueberry Filling: Blueberries, cane sugar, lemon juice, cornstarch

Rose Geranium Ice Cream: Coconut milk, agave, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, guar gum, rose geranium

LUXURIOUS / POT DE CREME *CONTAINS: TREE NUTS & SOY*

POT DE CRÈME, SALTED CARAMEL, CASHEW COCONUT WHIPPED CREAM, BLACK SESAME SEEDS, MALDON SALT

Pot de Creme: Cacao butter, soaked cashews, coconut milk (coconut meat, coconut water, Himalayan salt), salted caramel (coconut sugar, lemon juice, coconut milk [coconut meat, coconut water, Himalayan salt], white miso [handmade rice koji, whole soybeans, sun-dried sea salt, well water, koji spores])

Salted Caramel: Coconut sugar, lemon juice, coconut milk (coconut meat, coconut water, Himalayan salt), white miso (handmade rice koji, whole soybeans, sun-dried sea salt, well water, koji spores)

Cashew Coconut Whipped Cream: Cashews, filtered water, cane sugar, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, unscented coconut oil

OPULENT / HOT CAST IRON COOKIE *CONTAINS: TREE NUTS & CORN*

GLUTEN-FREE CHOCOLATE CHIP WALNUT COOKIE, VANILLA BEAN ICE CREAM

Gluten-free Chocolate Chip Walnut Cookie: Gluten-free flour (brown rice flour, white rice flour, potato starch, corn flour, tapioca flour, baking soda, baking powder, ground flax seed, xanthan gum, sea salt), gluten-free oats, cane sugar, salt, cinnamon, cacao butter, vanilla beans, coconut sugar, coconut nectar, cacao powder, coconut oil, almond butter, walnuts, coconut milk (coconut meat, coconut water, Himalayan salt), maple syrup, chia seeds

Vanilla Ice Cream: Coconut milk, agave, salt, guar gum, vanilla (vanilla bean extract, organic glycerin, filtered water),

PRAISING / ICE CREAM CONTAINS: TREE NUTS

Vanilla Bean Ice Cream: Coconut milk, agave, vanilla extract, Himalayan salt, guar gum, vanilla bean

Chocolate Ice Cream: Coconut milk, chocolate, agave, vanilla extract, Himalayan salt, guar gum

REMARKABLE / BANANA CREAM PIE CONTAINS: TREE NUTS & SOY

Crust: Almonds, date paste, Himalayan salt, vanilla (vanilla bean extract, organic glycerin, filtered water)

Filling: Cashews, banana, almond milk (soaked almonds, date paste, Himalayan salt, filtered water), agave, vanilla (vanilla bean extract, organic glycerin, filtered water), lemon juice, Himalayan salt, soy lecithin, coconut oil, date paste

Whipped Cream: Soaked cashews, cane sugar, coconut oil, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt

Cream: Soaked cashews, cane sugar, coconut oil, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt

REMARKABLE / BERRY LEMON CHEESECAKE CONTAINS: TREE NUTS & SOY

Crust: Pecans, cacao nibs, cacao powder, date paste, Himalayan salt, vanilla (vanilla bean extract, organic glycerin, filtered water)

Filling: Cashews, almond milk (soaked almonds, date paste, Himalayan salt, filtered water), lemon juice, agave, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, coconut oil, soy lecithin, beet juice, seasonal berries

REMARKABLE / BLACK FOREST CHERRY CAKE CONTAINS: TREE NUTS & SOY

Cake: Date paste, coconut oil, Himalayan salt, vanilla (vanilla bean extract, organic glycerin, filtered water), almond flour, cacao powder, almond milk (soaked almonds, date paste, Himalayan salt, filtered water), agave, cherries

Cherry frosting: Soaked cashews, cherries, agave, lemon juice, vanilla (vanilla bean extract, organic glycerin, filtered water), beet juice, Himalayan salt, soy lecithin, coconut oil

REMARKABLE / CHOCOLATE CREAM PIE CONTAINS: TREE NUTS & SOY

Crust: Pecans, date paste, lucuma powder, cacao nibs, Himalayan salt, vanilla (vanilla bean extract, organic glycerin, filtered water)

Filling: Almond milk (soaked almonds, date paste, Himalayan salt, filtered water), Irish moss, date paste, agave, cacao powder, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, soy lecithin, coconut oil

Whipped Cream: Soaked cashews, cane sugar, coconut oil, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt

REMARKABLE / CHOCOLATE-COVERED STRAWBERRY CHEESECAKE CONTAINS: TREE NUTS & SOY

Crust: Pecans, cacao nibs, cacao powder, date paste, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt

Filling: Cashews, almond milk (almonds, date paste, Himalayan salt, filtered water), strawberries, agave, vanilla (vanilla bean extract, organic glycerin, filtered water), lemon juice, Himalayan salt, soy lecithin, coconut oil, beet juice

Chocolate Topping: Almond milk (almonds, date paste, Himalayan salt, filtered water), date paste, agave, cacao nibs, cacao powder, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, soy lecithin, coconut oil

REMARKABLE / GERMAN CHOCOLATE CAKE CONTAINS: TREE NUTS & SOY

Cake: Date paste, coconut oil, Himalayan salt, vanilla (vanilla bean extract, organic glycerin, filtered water), almond flour, cacao powder, coconut milk (coconut meat, coconut water, Himalayan salt),

Filling: Walnuts, coconut nectar, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, coconut flakes

Chocolate frosting: Cacao powder, cacao nibs, almond milk (soaked almonds, date paste, Himalayan salt, filtered water), agave, date paste, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, soy lecithin, coconut oil

REMARKABLE / LEMON MERINGUE PIE CONTAINS: TREE NUTS & SOY

Crust: Brazil nuts, cashews, coconut flakes, date paste, Himalayan salt, vanilla (vanilla bean extract, organic glycerin, filtered water)

Filling: Lemon juice, agave, filtered water, Irish moss, date paste, turmeric, soy lecithin, coconut oil, Himalayan salt

Whipped Cream: Soaked cashews, cane sugar, coconut oil, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt

REMARKABLE / MOCHA CHEESECAKE CONTAINS: TREE NUTS & SOY

Crust: Pecans, cacao nibs, cacao powder, date paste, Himalayan salt, vanilla (vanilla bean extract, organic glycerin, filtered water)

Filling: Cashews, espresso, almond milk (soaked almonds, date paste, Himalayan salt, filtered water), coconut nectar, cacao powder, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, coconut oil, soy lecithin

Topping: Cacao butter, cacao powder, coconut sugar

REMARKABLE / PEACH CHEESECAKE CONTAINS: TREE NUTS & SOY

Crust: Almonds, coconut, date paste, Himalayan salt, vanilla (vanilla bean extract, organic glycerin, filtered water)

Filling: Cashews, coconut milk (coconut meat, coconut water, Himalayan salt), agave, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, soy lecithin, coconut oil, coconut meat

Peach Filling: Cashews, peaches, agave, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, turmeric, coconut oil

Whipped Cream: Soaked cashews, cane sugar, coconut oil, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt

REMARKABLE / PECAN TURTLE CHEESECAKE CONTAINS: TREE NUTS & SOY

Crust: Pecans, cacao nibs, cacao powder, date paste, Himalayan salt, vanilla (vanilla bean extract, organic glycerin, filtered water)

Filling: Cashews, almond milk (soaked almonds, date paste, Himalayan salt, filtered water), coconut nectar, maple syrup, vanilla (vanilla bean extract, organic glycerin, filtered water), lemon juice, Himalayan salt, soy lecithin, coconut oil, cacao powder, vanilla

Macadamia Caramel: Macadamias, maple syrup, almond milk (soaked almonds, date paste, Himalayan salt, filtered water), coconut nectar, vanilla (vanilla bean extract, organic glycerin, filtered water), cacao butter, salt

Crumble: Pecans, cacao nibs, salt

REMARKABLE / PECAN PIE CONTAINS: *TREE NUTS*

Crust: Pecans, date paste, Himalayan salt, vanilla (vanilla bean extract, organic glycerin, filtered water)

Filling: Filtered water, agave, vanilla (vanilla bean extract, organic glycerin, filtered water), pecans, Irish moss, date paste, coconut nectar, Himalayan salt

Topping: Pecans

REMARKABLE / PUMPKIN PIE CONTAINS: *TREE NUTS & SOY*

Crust: Pecans, date paste, Himalayan salt, vanilla

Filling: Coconut milk (coconut meat, coconut water, Himalayan salt), Irish moss, butternut squash, date paste, coconut nectar, ginger juice, coconut sugar, vanilla (vanilla bean extract, organic glycerin, filtered water), cinnamon, nutmeg, clove, turmeric, soy lecithin, coconut oil, Himalayan salt

Whipped Cream: Soaked cashews, cane sugar, coconut oil, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt

REMARKABLE / STRAWBERRY SHORTCAKE CONTAINS: *TREE NUTS & SOY*

Batter: Dates, coconut oil, vanilla (vanilla bean extract, organic glycerin, filtered water), Himalayan salt, almond flour, strawberries, almond milk (soaked almonds, date paste, Himalayan salt, filtered water)

Frosting: Cashews, coconut milk (coconut meat, coconut water, Himalayan salt), agave, Himalayan salt, soy lecithin, coconut oil

UNIQUE / WARM DATE SPONGE CAKE CONTAINS: *TREE NUTS, WHEAT, BEER, HONEY & SOY*

Date Cake: Date paste, baking soda, filtered water, vanilla flavoring, coconut sugar, unbleached white all-purpose flour, baking powder

Beer Caramel: Blonde beer (contains gluten), cardamom, orange zest, vegan butter (cashews, filtered water, coconut oil, sea salt, sunflower oil, sunflower lecithin, cultures), cane sugar, coconut milk (coconut meat, coconut water, Himalayan salt), vanilla flavoring, Himalayan salt

Barley Ice Cream: Toasted barley pearls, coconut milk, honey, guar gum

CHOCOLATES & COOKIES

AFFECTIONATE / WALNUT & CHOCOLATE CHIP COOKIE CONTAINS: *TREE NUTS & CORN*

Gluten-free flour (organic brown rice flour, organic potato starch, organic tapioca flour, organic evaporated cane sugar, xanthan gum, sea salt), gluten-free oats, cane sugar, salt, cinnamon, cacao butter, vanilla (vanilla bean extract, organic glycerin, filtered water), coconut sugar, coconut nectar, cacao powder, coconut oil, almond butter, walnuts, coconut milk (coconut meat, coconut water, Himalayan salt), maple syrup, chia seeds

DELIGHTED / ALMOND BUTTER SQUARE CONTAINS: *TREE NUTS*

Almond butter, agave, cacao butter, powdered coconut sugar, Himalayan salt, cacao butter, cacao powder, coconut sugar

KIND / CRISPY QUINOA BAR CONTAINS: *TREE NUTS*

Cacao butter, coconut butter, coconut nectar, vanilla (vanilla bean extract, organic glycerin, filtered water), puffed rice or quinoa, almond butter, Himalayan salt, dark chocolate (cacao butter, cacao powder, coconut sugar)

JOY / RAWMOND JOY CONTAINS: *TREE NUTS*

Coconut flakes, vanilla (vanilla bean extract, organic glycerin, filtered water), agave, coconut butter, almonds, salt, raw cacao base (cacao butter, cacao powder, coconut sugar)

MIGHTY / SUPERFOOD BAR CONTAINS: *TREE NUTS*

Almonds, pumpkin seeds, sunflower seeds, sesame seeds, hemp seeds, flax seeds, cacao nibs, coconut flakes, goji berries, vanilla (vanilla bean extract, organic glycerin, filtered water), agave, cacao butter, almond butter, Himalayan salt, raw cacao base (cacao butter, cacao powder, coconut sugar)

SIDES & ADDITIONS

ADZUKI BEANS / CONTAINS: *SOY, GARLIC & ONION*

Adzuki beans, kombu, bay leaf, red onion, garlic, thyme, rosemary, tamari, maple syrup, Himalayan salt, olive oil

BLACK BEANS / CONTAINS: *TREE NUTS, GARLIC, ONION & NIGHTSHADES*

Black beans, filtered water, olive oil, onion, garlic, jalapeno, Compassionate Blend (sundried tomato, unscented coconut oil, capers, maple syrup, apple wood smoked salt), cumin seed, avocado leaves OR bay leaves, Himalayan salt

BLACKENED TEMPEH / CONTAINS: *TREE NUTS, SOY, GARLIC, ONION & NIGHTSHADES*

Soybeans, rice vinegar, tempeh cultures (rhizopus oligosporous), water, brown rice, yellow onion, scallions, garlic, jalapeno, ginger, lime or lemon juice, apple cider vinegar, tamari, olive oil, coconut sugar, allspice, nutmeg, thyme, cayenne, smoked salt, cayenne, chipotle, thyme, oregano, black pepper

BROWN RICE OR QUINOA

Brown rice or quinoa, filtered water, Himalayan salt, olive oil

CAULIFLOWER RICE

Cauliflower, hempseeds, garlic, rice bran oil, Himalayan salt

COCONUT BACON / CONTAINS: TREE NUTS & NIGHTSHADES

Coconut chips, Himalayan salt, olive oil, chipotle powder, maple syrup

ESCABECHE / CONTAINS: TREE NUTS, GARLIC, NIGHTSHADES & ONION

Cauliflower, zucchini, carrots, yellow onion, bell pepper, jalapeno, garlic, olive oil, cumin seed, black peppercorn, dried thyme, dried oregano, chili flakes, bay leaves, cinnamon, star anise, filtered water, apple cider vinegar, coconut sugar, Himalayan salt

FRENCH FRIES / CONTAINS: TREE NUTS, GARLIC, ONION, WHEAT & NIGHTSHADES

French Fries: Russet potatoes, rice bran oil

Gremolata: Parsley, lemon zest, garlic

Spicy Cashew Aioli: Soaked cashews, pumpkin seeds, sunflower seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic, Muir Glen ketchup (tomato paste, filtered water, cane sugar, vinegar, onion powder, sea salt, natural flavor, garlic powder)

Ketchup (Muir Glen): Tomato paste, filtered water, cane sugar, vinegar, onion powder, sea salt, natural flavor, garlic powder

GUACAMOLE / CONTAINS: GARLIC, ONION & NIGHTSHADES

Avocado, jalapeno, lemon, lime, cilantro, Himalayan salt, garlic, red onion

KIM CHEE / CONTAINS: GARLIC & NIGHTSHADES

Green &, or red cabbage, daikon radish, jalapeño, filtered water, Himalayan salt, naturally occurring probiotics, garlic

MEXICAN COLESLAW / CONTAINS: TREE NUTS, NIGHTSHADES, GARLIC & ONION

Red cabbage, cilantro, shredded carrots, scallions, soaked cashews, pumpkin seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

MAGICAL BURGER PATTY / CONTAINS: TREE NUTS, NIGHTSHADES, GARLIC & ONION

Beets, brown rice, quinoa, filtered water, Himalayan salt, olive oil, smoked , crimini and/or shiitake mushrooms, mixed herbs, garlic, steel cut oats, black beans (filtered water, olive oil, onion, garlic, jalapeno, sundried tomato, unscented coconut oil, capers, maple syrup, apple wood smoked salt, cumin seed, avocado leaves OR bay leaves, Himalayan salt), pumpkin seeds, flax meal, barbecue sauce (tomatoes, peaches, onion, garlic, apple cider vinegar, molasses, white wine, sundried tomatoes, coconut sugar, dried chipotle peppers, smoked salt, black peppercorn, yellow mustard seed, tamarind or date paste, capers, cumin, lapsang souchong tea leaves, paprika)

MUSHROOM CARNITAS / CONTAINS: TREE NUTS, NIGHTSHADES, GARLIC & ONION

Oyster mushrooms, olive oil, Himalayan salt, garlic, Adobo de Mixiote (Guajillo chiles, roma tomato, red bell pepper, yellow onion, garlic, cloves, black peppercorns, oregano, avocado leaf, Himalayan salt)

RED LENTIL DAL / CONTAINS: TREE NUTS, SOY, GARLIC, ONION & NIGHTSHADES

Lentils, water, ginger juice, salt, coconut milk (coconut meat, coconut water, Himalayan salt), cumin, curry powder (coriander, turmeric, mustard, cumin, fenugreek, paprika, cayenne, cardamom, nutmeg, cinnamon, cloves), turmeric, cayenne powder, yellow onions, garlic, olive oil, tamari (soy), coconut butter

SIDE SALAD / CONTAINS: TREE NUTS, GARLIC & NIGHTSHADES

MIXED GREENS AND/OR ARUGULA, APPLE CIDER VINAIGRETTE, CHERRY TOMATOES, CASHEW MOZZARELLA, BRAZIL NUT PARMESAN, BALSAMIC REDUCTION

Apple Cider Vinaigrette: Apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil

Cashew Mozzarella: Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

Brazil Nut Parmesan: Brazil nuts, garlic, salt

SMASHED RED POTATOES – BAKED POTATO STYLE / CONTAINS: TREE NUTS

SMASHED RED POTATOES, SMOKEY CASHEW SOUR CREAM, SCALLIONS, SMOKED SALT, CRACKED BLACK PEPPER

Smashed Red Potatoes: Red potatoes, filtered water, rice bran oil, smoked salt

Smoky Cashew Sour Cream: Soaked cashews, smoked salt, unscented coconut oil, plant-based probiotic, liquid smoke

SMASHED RED POTATOES – FIESTA STYLE / CONTAINS: TREE NUTS, GARLIC, ONION & NIGHTSHADES

SMASHED RED POTATOES, CASHEW NACHO CHEESE, PICO DE GALLO, LIME, SPICY SEED MIX, CILANTRO

Smashed Red Potatoes: Red potatoes, filtered water, rice bran oil, smoked salt

Cashew Nacho Cheese: Soaked cashews, pumpkin seeds, sunflower seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

Pico de Gallo: Tomato, cilantro, scallions, red onion, black pepper, lemon, garlic, jalapeño, Himalayan salt, tomatillo or cucumber (when in season), avocado

Spicy Seed Mix: Pumpkin seeds, sunflower seeds, lime juice, Himalayan salt chipotle powder, cayenne, chili powder

TREE NUT CHEESES

BRAZIL NUT PARMESAN / CONTAINS: TREE NUTS & GARLIC

Brazil nut, garlic, Himalayan salt

SMOKY CHEDDAR / CONTAINS: TREE NUTS & NIGHTSHADES

Macadamia nuts, lemon juice, red bell peppers, Himalayan salt, liquid smoke, Aleppo pepper

MOZZARELLA, FETA / CONTAINS: TREE NUTS

Irish moss, filtered water, soaked cashews, Himalayan salt, unscented coconut oil

NACHO CHEESE / CONTAINS: TREE NUTS, GARLIC & NIGHTSHADES

Soaked cashews, pumpkin seeds, sunflower seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

RICOTTA, SOUR CREAM, CASHEW CREAM, CASHEW QUESO FRESCO / CONTAINS: TREE NUTS

Soaked cashews, Himalayan salt, lemon juice, filtered water

SAUCES & DRESSINGS

APPLE CIDER VINAIGRETTE / CONTAINS: TREE NUTS & GARLIC

Apple cider vinegar, lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil

BARBECUE SAUCE / CONTAINS: GARLIC & NIGHTSHADES

Filtered water, tomato, cane sugar, tomato paste, tapioca starch, salt, molasses, ground mustard seed, natural hickory smoke flavor, garlic, roasted garlic, black pepper, red pepper

BASIL HEMPSEED PESTO / CONTAINS: GARLIC

Olive oil, basil, garlic, Himalayan salt, hempseeds

CAESAR DRESSING / CONTAINS: TREE NUTS & GARLIC

Soaked cashews, garlic, lemon juice, pumpkin seeds, Himalayan salt, black pepper, filtered water

CHIPOTLE AIOLI, CHIPOTLE CASHEW CREAM, SPICY CASHEW THOUSAND ISLAND / CONTAINS: TREE NUTS, GARLIC & NIGHTSHADES

Soaked cashews, pumpkin seeds, sunflower seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic

CILANTRO PUMPKIN SEED PESTO / CONTAINS: GARLIC & NIGHTSHADES

Cilantro, pumpkin seeds, jalapeño, garlic, lime, olive oil, Himalayan salt

COCONUT MINT CHUTNEY / CONTAINS: TREE NUTS, ONION & NIGHTSHADES

Cilantro, mint leaves, jalapeno, Himalayan salt, yellow onion, lemon juice, ginger, water, coconut meant, coconut flakes

GARLIC TAHINI DRESSING / CONTAINS: GARLIC

Raw tahini (sesame seeds), lemon juice, filtered water, olive oil, Himalayan salt, garlic, parsley, sunflower seeds

GOJI CHIPOTLE DRESSING / CONTAINS: NIGHTSHADES

Orange juice, lemon, lime juice, olive oil, chipotle, Himalayan salt, dates, goji berries, pumpkin seeds

GREEN GODDESS DRESSING / CONTAINS: TREE NUTS, SOY, ONION & GARLIC

Capers, gomasio (sea whip, black sesame seeds), veganise (organic expeller-pressed canola oil, filtered water, organic brown rice syrup, organic apple cider vinegar, organic soymilk powder (organic soybeans), sea salt, organic lemon juice concentrate, organic mustard flour), almond yogurt (almond milk (filtered water, almonds), locust bean gum, xanthan gum, agar, live active cultures (s. thermophilus, l. bulgaricus, l. acidophilus, bifidobacteria), Italian parsley, basil, lemon juice, tarragon, chives, Himalayan salt, black pepper

KETCHUP (MUIR GLEN) / CONTAINS: NIGHTSHADES, ONION & GARLIC

Tomato paste, filtered water, cane sugar, vinegar, onion powder, sea salt, natural flavor, garlic powder

TUTU'S HOT SAUCE / CONTAINS: NIGHTSHADES

Jalapeño, cayenne, black pepper, chipotle powder, Himalayan salt, apple cider vinegar, filtered water

LEMON THYME VINAIGRETTE / CONTAINS: TREE NUTS & GARLIC

Lemon juice, lemon zest, garlic, thyme, coconut nectar, apple cider vinegar, olive oil, Himalayan salt

MARINARA / CONTAINS: GARLIC, WINE & NIGHTSHADES

Olive oil, garlic, roma tomatoes, white wine, Himalayan salt, smoked salt, basil, hempseeds

MOLE ABUELITA / CONTAINS: GARLIC, ONION & NIGHTSHADES

Ancho chile, vegetable broth (zucchini, potatoes, celery, onion, tomato, carrot, bay leaf, garlic, peppercorn, parsley, Himalayan salt), yellow onion, thyme, oregano, almonds, pumpkin seeds, raisins, sesame seeds, cumin, garlic, cloves, Himalayan salt, black pepper, olive oil, unscented coconut oil, roma tomatoes, cacao (cacao butter, cacao powder, coconut sugar), corn tortillas (dried corn, lime, salt, water), walnuts, cane sugar, gluten-free bun (brown rice, millet, amaranth, tapioca, sorghum, potato, chia seeds, psyllium husk, sunflower oil, maple syrup, apple cider vinegar, sea salt, dry yeast)

PICO DE GALLO / CONTAINS: GARLIC, ONION & NIGHTSHADES

Tomato, cilantro, scallions, red onion, black pepper, lemon, garlic, jalapeño, Himalayan salt, tomatillo or cucumber (when in season), avocado

RANCH DRESSING / CONTAINS: SOY, ONION & GARLIC

Filtered water, tahini (sesame seeds), veganise (organic expeller-pressed canola oil, filtered water, organic brown rice syrup, organic apple cider vinegar, organic soymilk powder (organic soybeans), sea salt, organic lemon juice concentrate, organic mustard flour), apple cider vinegar, Himalayan salt, garlic, onion, dill, parsley, basil, thyme

RICOTTA, SOUR CREAM, CASHEW CREAM, CASHEW CREMA / CONTAINS: TREE NUTS

Soaked cashews, Himalayan salt, lemon juice, filtered water

SALSA VERDE /CONTAINS: GARLIC, ONION & NIGHTSHADES

Cilantro, garlic, scallions, red onion, jalapeño, lemon, Himalayan salt, black pepper, tomatillo (when in season), avocado

SESAME WASABI DRESSING / CONTAINS: SOY & NIGHTSHADES

Sesame Wasabi Dressing: Olive oil, sesame seed tahini, orange juice, tamari (soy), brown rice vinegar, toasted sesame seed oil, jalapeno, ginger juice, salt, wasabi

SHALLOT HERB VINAIGRETTE / CONTAINS: TREE NUTS & GARLIC

Apple cider vinegar, shallots, soup herbs (rosemary, thyme, Italian parsley, oregano, marjoram), lemon, coconut nectar, capers, garlic, black pepper, Himalayan salt, olive oil

SPICY CASHEW AIOLI / CONTAINS: TREE NUTS, ONION & GARLIC

Soaked cashews, pumpkin seeds, sunflower seeds, chipotle powder, jalapeño, Himalayan salt, filtered water, lemon juice, garlic, Muir Glen ketchup (tomato paste, filtered water, cane sugar, vinegar, onion powder, sea salt, natural flavor, garlic powder)

SUNDRIED TOMATO PESTO / CONTAINS: GARLIC & NIGHTSHADES

Hempseeds, lemon zest, rosemary, thyme, parsley, marjoram, basil, sundried tomatoes, filtered water, garlic, smoked salt, olive oil

WELLNESS SHOTS

BALANCED / COCONUT KEFIR CONTAINS: TREE NUTS

Coconut Kefir: Young coconut water, probiotic cultures, stevia extract

B12: Vitamin B12, fermented probiotic culture, alcohol, molasses, cane sugar

BRAVE / LEMON, GINGER, TURMERIC, CAYENNE PEPPER, ESSENTIAL OIL OF OREGANO

STIMULATED / KIM CHEE JUICE, LEMON, GINGER CONTAINS: GARLIC

KIM CHEE JUICE: Green &/or red cabbage, daikon radish, jalapeño, filtered water, Himalayan salt, naturally occurring probiotics, garlic

MILKS

COCONUT MILK CONTAINS: TREE NUTS COCONUT MEAT, COCONUT WATER, HIMALAYAN SALT

ALMOND MILK CONTAINS: TREE NUTS & HONEY SOAKED ALMONDS, DATE PASTE, HIMALAYAN SALT, FILTERED WATER

OAT MILK WATER, ORGANIC OATS, ORGANIC OAT BRAN, CONTAINS 1% OR LESS OF: GELLAN GUM, SEA SALT, TRICALCIUM PHOSPHATE, VITAMIN D2

PRESSED JUICE & SPRITZERS

BLOOMING / TEA (TURMERIC JUICE, GINGER JUICE, MONK FRUIT SWEETENER, FILTERED WATER), PINE APPLE JUICE, TANGERINE OR MANDARIN JUICE, LEMON JUICE, APPLE CIDER VINEGAR

BRAVE / LEMON, GINGER, TURMERIC, CAYENNE PEPPER, ESSENTIAL OIL OF OREGANO

CLEAN / TURMERIC, GINGER, LEMON, FILTERED WATER, MAPLE SYRUP, CAYENNE

EFFERVESCENT / LEMON, AGAVE, GINGER, SPARKLING WATER

GIFTED / BEET, GRAPEFRUIT, PINEAPPLE, GINGER

GLOWING / PEAR, GINGER, PINEAPPLE

HEALING / SPINACH, CUCUMBER, CELERY, KALE, LEMON, MINT

HEALTHFUL / PEAR, CUCUMBER, SPINACH, CELERY, LIME, GINGER, MINT

HEALTHY / CUCUMBER, CELERY, KALE, LEMON

NOBLE / CARROT, ORANGE, TURMERIC, BEET, LIME

REFRESHED / LEMON, AGAVE, SPARKLING WATER, BASIL LEAF

REJUVENATED / COCONUT WATER, CHLOROPHYLL

SUCCULENT / SPINACH, CUCUMBER, CELERY, PINEAPPLE, GINGER, LIME

VITAL / PINEAPPLE, CUCUMBER, SPINACH, CILANTRO, LIME

WONDERFUL / WATERMELON, CAFFEINE-FREE HIBISCUS TEA

HERBAL TONICS

CHARMED / CHAI LATTE CONTAINS: TREE NUTS

CHAI TEA, ALMOND MILK, CINNAMON

Chai Tea: Black tea, dry cane sugar, spices, ginger

Almond Milk: Soaked almonds, date paste, Himalayan salt, filtered water

COZY / IMMUNE-BOOSTING TEA *CONTAINS: HONEY*

LEMON JUICE, GINGER JUICE, FILTERED WATER, CAYENNE PEPPER, RAW HONEY

GOLDEN / TURMERIC LATTE *CONTAINS: TREE NUTS & HONEY*

TURMERIC JUICE, ALMOND MILK, ESSENTIAL OIL OF BLACK PEPPER, RAW HONEY

Almond Milk: Soaked almonds, date paste, Himalayan salt, filtered water

IMMORTAL / AYURVEDIC LATTE *CONTAINS: TREE NUTS & HONEY*

MIND'S EYE BLEND, ALMOND MILK, CINNAMON, RAW HONEY

Mind's Eye Blend: Purified shilajit, reishi, cordyceps sinensis, raw cacao powder, he shou wu fo ti, mucuna, blue green algae concentrate, gotu kola, tocotrienols, chaga, vanilla

Almond Milk: Soaked almonds, date paste, Himalayan salt, filtered water

RESTORED / ADRENAL LATTE *CONTAINS: TREE NUTS & HONEY*

ADRENAL RESTORE BLEND, ALMOND MILK, CINNAMON, RAW HONEY

Adrenal Restore Blend: Ashwaganda powder, cordyceps powder, goji fruit powder, gynostemma powder, American ginseng powder, red maca powder, dang gui powder, reishi powder, mucuna, raw pine pollen powder, purified shilajit, camu camu powder, blue green algae concentrate, dulce powder

Almond Milk: Soaked almonds, date paste, Himalayan salt, filtered water

SUPERFOOD SMOOTHIES

COOL *CONTAINS: TREE NUTS*

VANILLA ICE CREAM, ALMOND MILK, CHLOROPHYLL, CACAO NIBS, VANILLA WATER, MINT LEAVES

Vanilla Ice Cream: Coconut milk, agave, vanilla extract, salt, guar gum, vanilla bean

Almond Milk: Soaked almonds, date paste, Himalayan salt, filtered water

Vanilla Water: Vanilla bean extract, organic glycerin, filtered water

DECADENT *CONTAINS: TREE NUTS*

VANILLA ICE CREAM, ALMOND MILK, CACAO POWDER, ALMOND BUTTER, VANILLA WATER, HIMALAYAN SALT, CACAO NIBS, COCONUT BACON

Vanilla Ice Cream: Coconut milk, agave, vanilla extract, salt, guar gum, vanilla bean

Almond Milk: Soaked almonds, date paste, Himalayan salt, filtered water

Vanilla Water: Vanilla bean extract, organic glycerin, filtered water

Coconut Bacon: Coconut chips, Himalayan salt, olive oil, chipotle powder, maple syrup

EPIC *CONTAINS: TREE NUTS*

ALMOND MILK, BANANA, HEMPSEEDS, MACA, EPIC PROTEIN, ALMOND BUTTER, KALE, CINNAMON, VANILLA WATER, HIMALAYAN SALT

Almond Milk: Soaked almonds, date paste, Himalayan salt, filtered water

Epic Protein: Sprouted brown rice, yellow pea, saca inchi, cranberry seed, Jerusalem artichoke

Vanilla Water: Vanilla bean extract, organic glycerin, filtered water

Superfood Smoothie Garnish: Shredded coconut, Incan berries, chia seeds, hempseeds

ETERNAL *CONTAINS: TREE NUTS*

ALMOND MILK, BLACK SESAME JING POWDER, TAHINI (SESAME SEEDS), DATES, MATCHA, HIMALAYAN SALT, VANILLA WATER

Almond Milk: Soaked almonds, date paste, Himalayan salt, filtered water

Black Sesame Jing Powder: Black sesame, black rice, black bean, coconut palm sugar, maca, reishi, albizzia flower, spirit poria, asparagus root, jujube date

Vanilla Water: Vanilla bean extract, organic glycerin, filtered water

FRUITFUL *CONTAINS: TREE NUTS*

ORANGE JUICE, COCONUT MEAT, BANANA, PINEAPPLE, STRAWBERRIES, VANILLA WATER, HIMALAYAN SALT

Superfood Smoothie Garnish: Shredded coconut, chia seeds, hempseeds

Vanilla Water: Vanilla bean extract, organic glycerin, filtered water

GRACE *CONTAINS: TREE NUTS*

COCONUT MILK, ALMOND BUTTER, COCONUT MEAT, DATES, VANILLA WATER, HIMALAYAN SALT, CINNAMON

Coconut Milk: Coconut meat, coconut water, Himalayan salt

Vanilla Water: Vanilla bean extract, organic glycerin, filtered water

Superfood Smoothie Garnish: Shredded coconut, Incan berries, chia seeds, hempseeds

HEAVENLY *CONTAINS: TREE NUTS*

VANILLA ICE CREAM, COCONUT MILK, SALTED CARAMEL, VANILLA WATER, HIMALAYAN SALT, COCONUT BACON

Vanilla Ice Cream: Coconut milk, agave, vanilla extract, salt, guar gum, vanilla bean

Coconut Milk: Coconut meat, coconut water, Himalayan salt

Salted Caramel: Coconut oil, almond butter, maple syrup

Vanilla Water: Vanilla bean extract, organic glycerin, filtered water

Coconut Bacon: Coconut chips, salt, olive oil, chipotle powder, maple syrup

ILLUMINATED *CONTAINS: TREE NUTS*

ORANGE JUICE, COCONUT MEAT, BANANA, PINEAPPLE, GOJI BERRIES, SLIM AND SASSY ESSENTIAL OIL, VANILLA WATER, HIMALAYAN SALT

Superfood Smoothie Garnish: Shredded coconut, Incan berries, chia seeds, hempseeds

Vanilla Water: Vanilla bean extract, organic glycerin, filtered water

STELLAR *CONTAINS: TREE NUTS*

COCONUT MILK, COCONUT MEAT, BLUE SPIRULINA, DATES, ALMOND BUTTER, ADRENAL RESTORE BLAND, VANILLA WATER, CINNAMON, HIMALAYAN SALT

Coconut Milk: Coconut meat, coconut water, Himalayan salt

Adrenal Restore Blend: Ashwaganda powder, cordyceps powder, goji fruit powder, gynostemma powder, American ginseng powder, red maca powder, dang gui powder, reishi powder, mucuna, raw pine pollen powder, purified shilajit, camu camu powder, blue green algae concentrate, dulce powder

Vanilla Water: Vanilla bean extract, organic glycerin, filtered water