



SPRING CAFE



ORGANIC FOOD & JUICE BAR

DRINKS

100% *Organic* Coffee and Teas

CHAI TEA LATTE

freshly brewed chai tea, house made nut milk, agave

12oz \$4.25 16oz \$5.00 20oz \$5.50

DIRTY CHAI TEA LATTE

freshly brewed chai tea,
shot of espresso, house made nut milk, agave

12oz \$5.25 16oz \$6.00 20oz \$6.50

MATCHA

12oz \$4.50 16oz \$5.25 20oz \$6

MATCHA TEA

ice or hot

16oz \$4

TURMERIC LATTE

12oz \$4.25 16oz \$4.50 20oz \$4.75

ESPRESSO

single shot \$1.80

add a shot \$1

ESPRESSO AMERICANO

12oz \$3 16oz \$3.50 20oz \$3.75

LATTE

12oz \$3.75 16oz \$4 20oz \$4.50

CAPPUCCINO

12oz \$3.30 16oz \$3.75 20oz \$4

BREW COFFEE

decaf or regular

12oz \$1.75 16oz \$2 20oz \$2.25

fill your own mug \$1.25
add almond or soy milk \$.75

SHOT OF THE DAY \$5

ginger, lemon and cayenne

HOT TEA

12oz \$1.90

ICED TEA

16oz \$3

HOUSE MADE LEMON-AID

16oz \$3

JUICES 12oz \$9

GREEN LIGHT

kale, romaine lettuce, cucumber, celery, pineapple

POWER GREENS

swiss chard, kale, romaine lettuce, celery, cucumber, ginger

CARROT HOP

carrot, apple, ginger

VEGGIE DELIGHT

carrot, beet, swiss chard, kale, celery, cucumber, ginger

BEEF MINE

watermelon, beet, lime

ORANGE JUICE \$7

SMOOTHIES 16oz \$9

SPRING SHAKE

kale, avocado, almond butter, dates,
fresh coconut, almond milk

COCO-PEANUT

almond milk, peanut butter, cocoa, banana, chia

BLUE BEAUTY

blueberry, almond butter, banana, fresh coconut,
coconut water

ALMOND PEAR CUP

almond milk, pear, sliced almonds, dates, vanilla,
cinnamon

PRETTY IN PINK

strawberry, banana, vanilla soy milk, agave

PINEAPPLE EXPRESS

pineapple, orange, banana, vanilla soy milk,
fresh coconut

ACAI SMOOTHIE

acai blended with strawberry, banana, granola
and apple juice

- substitute: homemade nut milk \$3

- add: chia seeds, hemp protein, spirulina \$2

COLD PRESSED JUICES AND SMOOTHIES HAVE NOT BEEN PASTEURIZED
AND, THEREFORE, MAY CONTAIN HARMFUL BACTERIA
THAT CAN CAUSE SERIOUS ILLNESS IN CHILDREN, THE ELDERLY,
AND PERSONS WITH WEAKENED IMMUNE SYSTEM

B R E A K F A S T

GOOD GRAINS

BLUEBERRY PANCAKES \$14 *GF*

made with almond and brown rice flour

BREAKFAST TOAST \$13 *GF*

your choice of toast topped with arugula, tomato, avocado and goat cheese drizzled with basil pesto

AVOCADO TOAST \$9.95 *GF*

avocado, cherry tomato, red pepper flakes, organic olive oil

BANANA OATMEAL \$ 15 *V. GF*

banana oats cooked in almond milk and topped with pecans

PEAK PROTEIN

all scrambles below served with:
choice of tofu or scrambled eggs
(substitute egg whites for \$2)

choice of toast or sprouted grain tortilla
choice of roasted sweet potatoes or seasonal fruit

THE WESTERN SCRAMBLE \$15 *GF*

tomato, pepper, onion, black bean, cheddar

GO GREEN SCRAMBLE \$15 *GF*

kale, broccoli, green onion, hemp seeds

SPRING SPECIAL SCRAMBLE \$15

vegetarian sausage, mushroom, tomato, onion

*This dish is GF without vegetarian sausage

SIDES

- SEASONAL FRUIT \$6
- 2 EGGS YOUR STYLE or VEGGIE SAUSAGE \$5
- TEMPEH BACON or CUP OF GREEK YOGURT \$4
- ROASTED SWEET POTATOES \$5
- SAUTEED GREENS \$7
- RICE or QUINOA \$6

V=vegan GF=gluten free

CONSUMING RAW OR UNDERCOOKED EGGS
MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS
OUR GLUTEN FREE PRODUCTS ARE MADE IN A FACILITY
THAT ALSO PROCESSES WHEAT, NUTS AND OTHER ALLERGENS

POWER PLAY

BREAKFAST BOWL \$13 *GF*

select one base: greek or coconut yogurt, house made granola
select three toppings: seasonal fruit, almonds, pecans,
cashews, walnuts,
house made coconut cream, and chia seeds
(additional toppings \$1)

THE SUPERHERO BURRITO \$14

eggs or tofu, roasted potatoes, onion, mushroom,
daiya mozzarella, wrapped in a sprouted grain tortilla and
served with house made tofu sour cream and tomato salsa
*Can be made vegan/gluten free

BLANCA'S SANDWICH \$13 *GF*

eggs, tomato, onion, jalapeno, coconut bacon,
pepper jack cheese, avocado on a millet flax bagel

FARMER'S OMELET \$13.95 *GF*

eggs, spinach, mushroom, tomato, onion and
feta cheese served with roasted sweet potatoes

GLORIOUS ACAI BOWL \$12 *V. GF*

acai blended with spinach and nut milk,
topped with homemade granola, banana, blueberry,
chia and coconut flakes

SKILLET POTATOES AND EGGS \$16

two eggs any style served with skillet potatoes roasted with
red and green pepper, onion, house made veggie chorizo,
broccoli and spinach. Served with toast

HUEVOS RANCHEROS \$15 *GF*

eggs, black beans, tomatillo sauce, shredded lettuce,
corn tortillas served with roasted sweet potatoes, feta cheese,
pico de gallo and tofu sour cream

QUINOA BREAKFAST BOWL \$17 *GF*

sautéed quinoa and kale, topped with your choice of eggs
or tofu and dressed in a chunky tomato sauce

• LITTLE SPROUTS MENU •

Babycakes \$8 *GF*

made with almond and brown rice flour
served with organic maple syrup

Sunny Scramble \$8

scrambled eggs or tofu served with toast and
roasted sweet potatoes

Lil' Ripper \$7.95 *GF*

granola OR greek yogurt topped with seasonal fruit