



Salads

Kale-Apple Salad \$6

Olive oil massaged kale with diced apple, and Balsamic vinegar, topped with sunflower seeds

Salmon on Greens \$8.50

Wild caught salmon on a bed of arugula with red onions and a lemon white wine vinaigrette.

Orange Arugula \$6.50

Arugula tossed with oranges and a balsamic vinaigrette.

Add a Protein \$3

Free-Range Chicken
Wild Caught Salmon
Organic Hard Boiled Eggs (3)
100% egg protein powder
Organic Chia Seeds (1 oz.)

Savories

Oven Roasted Chicken

Legs \$2.75 Breasts \$4.95

Organic Chicken, Sage, Salt, Paprika

Bacon Wrapped Stuffed Dates \$4.50 each

Natural Turkey Bacon, Organic Chicken Breast, Majool Dates

*** Our soup selections change daily. Please ask your server about our featured soups.**

Cold Soups *

Gazpacho with Avocado Drizzle \$4/\$6/\$8

Argentinian style gazpacho puree topped with a cilantro avocado drizzle

M.C.'s Mango Citrus Soup \$4/\$6/\$8

Tangy and refreshing blend of fruits and vegetables

Hot Soups *

"Creamy" Tomato Chicken Soup \$4/\$6/\$8

Shredded free range chicken breast, fire roasted tomatoes, coconut milk, chicken broth, garlic and spices

Kale Mushroom Chicken Soup \$4/\$6/\$8

Coconut oil, onions, mushrooms, garlic, kale, free-range chicken breast, chicken broth and fresh lemon

Ginger Root Soup \$4/\$6/\$8

Carrots, celery, onions, parsnips, fresh ginger, chicken broth, and coconut milk

Zesty Beef Soup \$4/\$6/\$8

Grass-fed ground beef, carrots, parsnips, garlic, tomatoes, green chilies and chicken broth

Aloo Gobi \$4/\$6/\$8

Free-range organic chicken, sweet potato, and cauliflower in a spicy coconut curry

Paleo Minestrone \$4/\$6/\$8

Free-range organic chicken, mushrooms, zucchini, carrots, and spinach in an Italian basil tomato broth

Meatball Soup \$4/\$6/\$8

Grass-fed beef meatballs in a hearty vegetable base

Grain-free, Naturally sweetened Treats

Chocolate Chip Cookies **\$2**

Almond flour based cookies with
homemade honey sweetened
chocolate chunks

Jelly Filled Cupcakes **\$2.75**

Coconut flour based cupcake with an
organic fruit center. Honey sweetened,
sprinkled with date sugar.

Brownies **\$2.50**

Almond butter based with natural
cocoa and Honey sweetened chocolate
chunks

Raw Chocolate Macaroons **\$1.25**

Made with coconut flakes, maple
syrup, and cocoa

Nut-Free Love Muffins **\$2.75**

Hand milled pumpkin seeds, Sunbutter,
Coconut, and home- made chocolate
chunks. Honey sweetened.

Paleo Granola (Per Scoop) **\$2.25**

Almond meal, shredded coconut, raw
honey, coconut oil, vanilla, almonds,
pecans, walnuts, and pumpkin seeds

Survival Bars **\$2**

Coconut, dates, dried apples,
pecans, almonds, spices

Chocolate Chunk Punkin' Bars **\$2.50**

Honey sweetened with house
made chocolate chunks

Paleo Mexican Chocolate Syrup **\$9.50**

Raw honey sweetened and
wonderful on everything

Fresh Organic Fruit **\$2**

Organic Whole Fruit Smoothies **\$5**

Frozen banana, choice of fruit, milk or juice

Featuring Kaladi Brothers Coffee and Tea Spot Teas

Trieste Caffè Espresso Blend - Peru Cajamarca Andes Gold
– Decaf Trieste Caffè - Nicaragua SHG Sabor de Segovia –
Mr. Nice Guy JK-85 Jamaican –Kenyon

Mixtures **S M L**

Hot Chocolate **\$2 \$2.50 \$3**

Chai (Hot or Iced) **\$3 \$3.50 \$4**

Dirty Chai add 50¢ per shot

Infusions **S M L**

Drip Coffee **\$1.50 \$2.25 \$2.75**

Premium JK-85 **\$2.25 \$3 \$3.75**

Café au lait **\$1.75 \$2.50 \$3**

Steeped Tea **\$1.50 \$2.25 \$2.75**

Kombucha **\$3.50**

Extractions

served double ristretto, hot or iced

Espresso **\$2.50**

Macchiato **\$2.75**

Cortado **\$2.75**

Espresso Con Panna **\$2.75**

Caffè Americano **\$2.75**

Cappuccino **\$3.50**

Caffè Latte **\$3.50**

Caffè Mocha **\$3.75**

BulletProof™ **\$4**

Additions and Substitutions

Almond milk

Soy milk

Coconut milk

Extra shot of Espresso

Flavored Syrup

Add 50¢