

CREATE YOUR OWN

STARTING AT \$7.25

CHOOSE 2 BASES

GREENS: romaine • arugula • kale • spinach • mixed greens

GRAINS: farro • brown rice • wild rice • soba noodle

CHOOSE 4 TOPPINGS

extra toppings \$.50	apple	napa cabbage
	bean sprouts	organic black beans
	carrot	Persian cucumber
	chickpeas	radish
	craisins	roasted golden beets
	crispy chickpeas	scallion
	currants	sesame seeds
	fajita peppers & onions	sprouted beans
	fingerling potatoes	sunflower seeds
	french green beans	tomato
	jalapeno	

OPTIONAL PREMIUM TOPPINGS

\$4.25	citrus shrimp seared ahi	\$3.25	Bell & Evans chicken Ferndale Farms turkey
\$2.25	Jones farm bacon roasted mushrooms		pickled shiitake mushroom citrus-ginger organic tofu
\$1.25	local farm egg shaved parmesan queso fresco heritage Colby avocado		parmesan crisps hummus kimchi kalamata olives
\$.85	roasted yams pepitas quinoa		quinoa tabbouleh brussel sprouts almonds

SMOOTHIES

ALL SMOOTHIES \$6.75 •  **GF**

COCO & KARL

coffee, cocoa powder, banana, coconut milk, chocolate pea protein (435 cal)

BIG ISLAND

banana, pineapple, coconut water, coconut milk, vanilla pea protein (380 cal)

GREEN LIGHT

kale, strawberries, apple, unflavored pea protein (260 cal)

MAPLE PEA-NUT

banana, maple syrup, PB, coconut milk, vanilla pea protein (495 cal)

PURPLE RAIN

banana, blueberries, strawberries, apple, unflavored pea protein (310 cal)

GOING BANANAS

banana, coconut milk, coconut water, vanilla pea protein (340 cal)

BEVERAGES

KOMBUCHA ON TAP • \$3.5

Locally-owned and brewed from Prohibition Kombucha.

AGUA FRESCAS • \$2.75

House-made daily with fresh fruit and no added sweeteners

RISHI ICED TEA • \$2.75

Fair-trade and organic. All iced teas are unsweetened

DARK ROAST COFFEE • \$2.5

Fair-trade and organic, also available in decaf

... & EVERYTHING ELSE

Various bottled beverages including bottled kombucha, natural sodas, apple juice and coconut water available, simply ask!