

BAGELS

bread substitutions below...

veggie sando 9.

cream cheese, cucumber, spinach, tomato, avocado

breakfast sando 10.

hard boiled egg, avocado, cream cheese, spinach

avo toast 11.

avocado, spinach, olive oil, salt flakes, microgreens

almond berry toast 12.

nutbutta, coconut, honey, strawberries, vegan chocolate

substitute...

- sprouted grain bread +1.5
- gluten free bagel +3.
- gluten free grain bread +2.5
- vegan cream cheese +2.

SOUPS

pure + natural, no added flavor or fat

pumpkin ginger

mild curry spice, coconut milk, pepitas vgn-gf

one size only 16oz/8.5

SEASONAL

ask about our featured items and promos

BOXES

choose your box...

island 16.

avocado, pineapple, chicken, ponzu, cucumber, pepitas, microgreens

luna 15.

roast carrot, chickpeas, avocado, tomato, tahini sauce, microgreens

garden 14.

beet, carrot, avocado, tomato, goji berries, goddess sauce, microgreens

then choose your base...

- organic greens
- brown rice
- rice + greens

BOWLS

choose your bowl...

sunset 14.

mango, strawberries, banana, goji berries, honey

nirvana 13.5

vegan chocolate, nutbutta, banana, strawberries, pineapple

bee love 13.

bee pollen, blueberries, coconut, chia banana, honey, passion fruit purée

then choose your base...

- house açai blend
- granola
- hot or cold oats

choose almond, coconut, oat, whole or 2% milk with granola and oats



avocado
carrot
beet
greens
microgreens
cucumber
chickpeas
tomato
chicken
boiled egg
cream cheese
toasted bagel
brown rice
sauce
vegan chocolate
coconut
granola
nutbutta
goji berries
chia
pepitas
+3. each

JUICE

blends

big love beet carrot celery apple lemon

detox spinach celery cucumber

sunny ginger turmeric apple lemon

warrior kale spinach parsley apple
lemon ginger

2oz/4.

5oz/6.

12oz/12.

16oz/15.

20oz/17.

32oz/29.

half + half juice

combine any 2 juice blends

12oz/14.

16oz/17.

20oz/19.

32oz/32.

juice remedies

dandelion roots big love + dandelion tea

lemon love mega meta + lemon ginger tea

green tea detox detox + green tea

served hot or cold

one size only 16oz/8.

minis

aquamarine pineapple blue spirulina

mega meta cayenne lemon ginger
apple turmeric camu camu

collagen bomb coconut pineapple grass
fed bovine collagen vanilla

mind fuel mct oil activated charcoal
purified water

one size only 5oz/5.5

organic tea

black, green and blends

12oz/5. 16oz/6.5

SMOOTHIES

baker

pineapple, mango, banana,
coconut, blue spirulina

karma

strawberry, mango, banana,
pineapple, orange, elderberry

nutbutta cup

almond nutbutta, banana,
coconut, dark cocoa, mct oil

sunrise

passion fruit purée, mango,
pineapple, tangerine, banana,
ashwagandha

one size only 20oz/9.

D.I.Y. smoothie

choose 4- 6 ingredients

additional ingredient +3. each

one size only 20oz/10.5

BARISTA

maniac espresso

espresso-single pour 3.
americano 5./6.
latte 5.5/6.5
12oz/16oz

syrup

caramel, chocolate, cinnamon,
vanilla, ginger, hazelnut, salted
caramel, lavender, raspberry,
chai, pumpkin spice +1.

superfood lattes

matcha organic matcha

fairhaven fog earl grey, vanilla, camu camu, nutmeg

just like fire espresso, cinnamon, orange, mct oil

12oz/6.5 16oz/8.5



strawberries

blueberries

banana

mango

passion fruit

pineapple

açaí

espresso

orange juice

apple juice

coconut milk

oat milk

almond milk

pre + probiotics

protein powder

ashwagandha

bee pollen

blue spirulina

cinnamon

camu camu

cayenne

cocoa powder

collagen

elderberry

ginger

matcha

honey

+3. each

big love