

big love | KITCHEN

big love bowls with fresh hand cut fruit + flower petals

açaí bowl	3 toppings of your choice	9.5
nirvana bowl	house blend açai, strawberries, pineapple, banana, nutbutta, granola, vegan chocolate	11.5

warm gluten-free or sourdough toast with a side of tortilla chips + dips

clayton	avocado, extra virgin olive oil, pink salt, microgreens	9.5
egg	sliced cage-free organic hard boiled eggs, dill, extra virgin olive oil, pink salt + pepper	8.5
breakfast	melted cheese, sliced cage-free organic eggs, avocado, extra virgin olive oil, basil	10.5

healthy clean eating with tortilla chips + dips on the side

plant protein salad	organic quinoa, bulgur wheat, edamame, chickpeas, rainbow kale, red cabbage, green onions, turmeric dressing, topped with cashews + smoked coconut	13.
big love cobb salad	cold roast chicken, hard boiled cage free organic egg, avocado, tomato, cucumber, baby kale, lemon vinaigrette, topped with microgreens	14.
5 spice tofu + kale salad	lightly spiced cauliflower, cucumber, tomatoes, parsley, mint, green onion, baby kale, tamari vinaigrette topped with pineapple and smoked coconut	13.
chickpea quinoa salad	organic quinoa, cherry tomato, black olives, chickpeas, cucumber, feta, onion, parsley, baby kale, lemon vinaigrette topped with microgreens	13.
blazin' burritos	choice of provolone or vegan cheese with baby spinach, avocado, onion, tomato, smoked coconut, jalapenos + green salsa rolled and baked in a spinach flour tortilla your choice	13.5
salad cups	a refreshing fresh + tasty boost as a side or healthy snack. your choice	6.5
chips + dip	raw celery, carrot + cucumber chips <u>or</u> corn tortilla chips, with our scratch made sauces	4. side 6. plate
	-tamari chicken -5 spice tofu -bbq tempeh -egg	
	-plant protein -cauliflower tabbouleh -chick pea quinoa	



big love | JUICE BAR

ORGANIC JUICE BLENDS *always raw, unfiltered + unpasteurized*
small 6.5 | short 7.5 | tall 8.5 | xtra tall 9.5

- big love** beet, carrot, apple, lemon, celery
- detox** celery, spinach, cucumber
- warrior** kale, spinach, parsley, apple, lemon, ginger
- sunny** turmeric, ginger, lemon, apple
- half-half** choose 2 blends

SUPERFOOD SMOOTHIES *pre + probiotics, protein powder plus superfoods*
xtra tall 8.5 | custom xtra tall 9.5

- karma** strawberry, mango, banana, pineapple, orange + elderberry powder
- baker** pineapple, mango, banana, coconut + blue spirulina
- nutbutta** our toasted almond nutbutta, banana, coconut, dark cocoa + MCT oil
- sundog** açai, blueberry, strawberry, pineapple, coconut + blueberry powder
- green passion** passion fruit, pineapple, spinach, vegan oat yogurt, coconut milk with butterfly pea flower, amla, moringa leaf + gotu kola powders
[+ vegan oat yogurt, samish bay yogurt or baby greens 2.]

CELERY SHOTS shot 4.

celery juice + superfood - fight inflammation, boost immunity, stimulate metabolism

ginger

turmeric

blue spirulina

HOT STEAMED JUICE
tall 7.5

- lemon love** cayenne + camu camu powder, turmeric, ginger, lemon + apple juice
[+ manuka honey 1.5]

SUPERFOOD LATTES
short 5. | tall 6.5

- namastê** earl grey tea, camu camu, vanilla
- magic chai** chai tea, chocolate, mct oil
- just like fire** espresso, cinnamon, orange, MCT oil
- latte love** espresso, chocolate, ginger, turmeric

LATTES + MISTOS*
short 4. | tall 5.5

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|-----------------------|--------------------|-----------------|---------------|
| vanilla matcha | cocoa | golden | chai |
| roibos vanilla | mayan cocoa | lavender | matcha |

ESPRESSO
local maniac coffee

- espresso** dbl. 2.
- americano** 3.
- cortado** 3.5

ORGANIC TEA
short 3. | tall 3.5 | box of tea pouches 6.

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|--------------------|------------------|------------------------|
| earl grey | chai | lemon ginger |
| green | mint | oolong jasmine |
| decaf green | chamomile | dandelion peach |
| | | roibos hibiscus |

***latte** steamed milk + syrup plus your choice of espresso or tea

***misto** steamed milk + syrup

syrups caramel, lavender, chocolate, chai, ginger, turmeric, cinnamon, vanilla, hazelnut

milks coconut, oat, hemp, almond, whole, low fat, half/half