



BREAKFAST 3

Avocado "Toast" **\$11.55**

raw bread with avocado (add onion, sprouts, spinach etc by request.)

Grawnola **\$8.09**

w/ buckwheat, sunflower seeds, pumkin seeds, walnuts, almonds and almond milk

Acaí Bowl **\$12.71**

blended strawberries, blueberries, mango, banana, acaí, topped with grawnola and coconut flakes

SALADS 3

Broccoli Slaw **\$9.24**

w/ raisins, sunflower seeds, sweet creamy dressing red onion optional

House Salad **AVAILABLE OPTIONS**

fresh greens, avocado, tomato, carrot, red onion, cabbage, sprouts, sunflower seeds, green goddess dressing **Small: \$9.24**

Large: \$14.47

Caesar Salad **AVAILABLE OPTIONS**

small: \$8.69

large: \$13.86

add avocado: \$2.31

ENTREES 6

Los Tacos **\$13.59**

spiced ground walnut-sunflower seed "meat", pumkin seed-sweet potato "refried beans", avocado, tomato, lettuce, green onions, red pepper hot sauce, nacho kale chip crumbles, red peppers, cashew "sour cream" wrapped in a collard green.

Handroll **\$4.90**

mango, walnut pate', cucumber, shredded carrots, cashew cream and almond Satay sauce, wrapped in a collard green leaf

Zucchini "Noodles" **\$12.27**

zucchini strings with marinated mushroom, red pepper, green onion and creamy coconut sunflower seed sauce topped with chopped cashews and cilantro leaves

Nachos **\$14.74**

fresh cabbage "chips" topped with walnut pate,pumkin seed sweet potato "refried beans" tomato, avocado, green onion, cashew nacho "cheese", red pepper hot sauce, nacho kale chips crumbles, cashew sour "cream", cilantro leaves

Nori Roll	AVAILABLE OPTIONS
red pepper, cucumber, carrot, mango, avocado, rolled in seaweed with ginger miso dipping sauce	full order: \$15.35
	half order: \$9.57
Avocado Roll	AVAILABLE OPTIONS
brown rice with avocado, cucumber, pickled radish, lettuce, wasabi cashew sauce, nacho kale chips, green onion, tamari	full Order: \$14.74
sauce on side	half order: \$9.24

JUICES 5

Green Detox Juice	AVAILABLE OPTIONS
cucumber, celery, kale, parsleys, ginger, lemon	8 oz.: \$7.26
	16 oz.: \$12.10
	32 oz.: \$21.67
	64 oz.: \$41.58
Cayenne Lemonade	\$7.54
lemon juice, coconut nectar, cayenne pepper	
Carrot Juice	AVAILABLE OPTIONS
	16 oz. Add beef, apple, celery or ginger: \$9.84
	Small: \$5.50
	Large: \$8.69
Celery Juice	\$11.85
Orange Juice	\$12.65

OTHER STUFF 6

Young Thai Coconut Water	AVAILABLE OPTIONS
vegan, organic dairy-free, peanut-free, tree-nut-free, egg-free, shellfish-free, gluten-free, fish-free	just water: \$7.70
	water with coconut meat:
	\$13.86
Wheatgrass Shot	AVAILABLE OPTIONS
vegan, organic dairy-free, peanut-free, tree-nut-free, egg-free, shellfish-free, fish-free, soy-free Allergens	1 oz.: \$4.62
wheat	2 oz.: \$6.93
Ginger Shot	\$4.62
lemon, ginger, coconut nectar	
Add Pea Protein	\$2.31
vegan, organic dairy-free, peanut-free, tree-nut-free, egg-free, shellfish-free, gluten-free, fish-free, soy-free	
Add Avocado	\$2.31
vegan, organic dairy-free, peanut-free, tree-nut-free, egg-free, shellfish-free, gluten-free, fish-free	
Add Almonds, Walnuts or Cashews	\$1.76
vegan, organic dairy-free, peanut-free, tree-nut-free, egg-free, shellfish-free, gluten-free, fish-free	

SMOOTHIES 15

Green Guru	AVAILABLE OPTIONS
coconut milk, banana, kale, cilantro	8 oz.: \$5.50
	16 oz.: \$8.69
Choco - Love Shake	AVAILABLE OPTIONS
cacao, avocado, coconut nectar, coconut milk	8 oz.: \$6.11
	16 oz.: \$9.85
Choco - Banana	AVAILABLE OPTIONS
banana, sweet mesquite powder, almonds, raw cacao powder	8 oz.: \$6.11
	16 oz.: \$9.85
Double Berry	AVAILABLE OPTIONS
coconut milk, blueberries, strawberries, banana, kale	8 oz.: \$6.11
	16 oz.: \$9.85
Apple Kale Ginger	AVAILABLE OPTIONS
Fresh Apple Ginger Juice blended w/ Kale and ice	8 oz.: \$6.11
	16 oz.: \$9.85
Mango Blast	AVAILABLE OPTIONS
mango, vanilla extract, lemon, coconut nectar, ice	8 oz.: \$6.11
	16 oz.: \$9.85
Hang In There Tonic	\$14.19
coconut water, banana, orange, liquid B12	
Brain Tonic	\$19.10
coconut water, berries, marine phytoplankton, Mega - Hydrate' DHA Algae Oil, Mushroom Powder, raw honey	
Smoothie Add-Ons	\$1.55
B12, Cacao	
Orange Cream	AVAILABLE OPTIONS
Orange, Vanilla protein, Coconut Milk, Banana	16 oz.: \$10.54
	9 oz.: \$6.35
Green Master	\$11.55
Green Detox Juice, Coconut Milk, Collards, Avocado, Pea Protein	
Pineapple Guru	AVAILABLE OPTIONS
Pineapple, Kale, Cilantro, coconut milk, banana	16 oz.: \$9.85
	9 oz.: \$6.11
Tropical Green	AVAILABLE OPTIONS
Mango, Pineapple, avocado, spinach, green detox juice, coconut milk	9 oz.: \$6.38
	16 oz.: \$10.45
Monkey Shake	AVAILABLE OPTIONS
Bananas, Dates, Almonds, Cinnamon	large: \$9.85
	for a small: \$6.11
Watermelon Cooler	\$9.85

OTHER BEVERAGES 4

Pellegrino	\$3.30
sparkling mineral water	
Kombucha	\$4.24
Flavors: Pineapple Peach	
Pureleaf Unsweetened Iced Tea	\$1.54
Spin Drift Carbonated Water	\$1.20
flavors: lemon, lime or grapefruit	

DESSERTS 8

Try-Angles	\$3.91
walnuts, almonds, raisins, dates, cinnamon, coconut nectar, sunflower seeds	
Macaroon	
ball made from almond flour, coconut flakes, coconut butter, coconut nectar	
Brownie Bite	\$3.91
walnuts, coconut oil, nectar, cacao, raisins	
Banana Ice Cream	\$7.54
bananas, coconut oil, vanilla extract, chocolate sauce, almonds or walnuts	
Cheesecake Special	\$8.97
cashew / sunflower seed filling, almond / buckwheat crust topped with fruit or chocolate sauce	
Cinnamon Rolls	\$7.54
Banana, flax, almond, dates, cinnamon, walnut, raisins	
Lulu's Love Truffles	\$6.60
Lulu's Maca Buttercup	\$6.60

DAILY SPECIAL 7

Mon. - Raw Falafel Wrap	\$13.86
Falafel(sunflower seeds, pumpkin seeds, cashews, fresh parsley, garlic) tomatoes, onions, lettuce, sesame spread, cashew cream, cucumbers, pickles	
Tue - Lasagna	
3 layers: 1. sundried tomato and walnut "meat" 2. Cashew "ricotta" 3. Kale Pesto served with mini salad	
Wed - Pizza	\$15.90
Carrot, Buckwheat, Flax Dehydrated Pizza crust topped with tomatoes, red peppers, red onion, spinach, avocado and mushrooms	
Thurs - Burger Classic	\$15.02
Sunflower seed, Mushroom, Red pepper, onion, celery dehydrated patty topped with house made raw ketchup, mustard, and pickles with lettuce, tomato slice, lettuce,and cashew sauce.	

Fri - Reuben Sandwich	\$15.90
Beet "Rye" Bread with caraway, mushrooms, sauerkraut, lettuce, tomato, cashew 1000 Island dressing, cashew cheese served with cabbage slaw	
Sat - Beet Burger-	\$15.02
Sunflower Seed, Beet, Celery, Green Onion Dehydrated Burger with sliced cucumber, avocado, tomato, and clover sprouts and Dill cashew sauce. served with a side of cabbage slaw. (chef michael recommends add jalepenos!)	
Sun. - Veggie Sandwich	\$15.02
zucchini, cucumber, red pepper, olives, avocado, spinach on dehydrated bread made from tomato, onion, flax, sunflower seeds	

SOUP 1

Soup of The Day	AVAILABLE OPTIONS
vegan, organic dairy-free, peanut-free, egg-free, shellfish-free, gluten-free, fish-free, soy-free	Small: \$5.17
	Large: \$9.68