

# WELCOME



## GRAIN BOWLS

### POWER BOWL — \$10.00

organic black rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess (VG) (V) (GF)

### FIESTA BOWL — \$10.25

organic black rice, sweet corn, poblano cabbage slaw, mild cheddar, black bean dip, pico de gallo, cilantro, tortilla strips, salsa roja (V) (GF)

### THAI BOWL — \$10.00

organic black rice, roasted sweet potatoes, roasted broccoli, carrots, sweet potato curry, cilantro, thai basil pesto (VG) (V) (GF)

### TUNA POKE BOWL\* — \$15.25

organic black rice, line caught sashimi tuna in a sesame-tamari vinaigrette, cucumber salad, pickled onions, avocado, radish, topped with green onion and pickled ginger mayo (dairy-free)



THAI BOWL



CULTURED COBB SALAD



LOCAL ROOTS SALAD

## SALADS

### CULTURED COBB — \$15.00

romaine, sweet corn, cherry tomatoes, avocado, bacon, hard boiled egg, blue cheese, roasted chicken, green onion, red wine vinaigrette (GF)

### CHICKEN CAESAR\* — \$13.25

romaine, sourdough croutons, shaved parmesan, hard boiled egg, roasted chicken, caesar

### LOCAL ROOTS — \$11.00

kale, mixed greens, beets, roasted brussels sprouts, citrus roasted fennel, candied walnuts, goat cheese, maple balsamic vinaigrette (V) (GF)

## GREENS & GRAINS

### CASHEW BOWL — \$12.00

organic black rice, mixed greens, roasted broccoli, 5 spice cauliflower, cucumber salad, sunflower sprouts, toasted cashews, cilantro, green onion, sesame seeds, thai cashew vinaigrette (V) (GF)

### CLUB MED BOWL — \$10.50

arugula, tabbouleh (organic quinoa, tomato, cucumber, mint, lemon, bell pepper, red onion), golden raisins, feta cheese, hummus, cilantro, pita chips, creamy tahini (V)

### AVOCADO CRUNCH — \$13.50

organic black rice, romaine, poblano cabbage slaw, guacamole, tortilla strips, pickled red onions, smoked salmon, avocado green goddess (GF)



CASHEW BOWL

NOW WITH SALMON

## FEATURED

### QUINOA SALMON BOWL — \$14.00

quinoa, kale, roasted cremini mushrooms, roasted scallions, smoked salmon, cashews, roasted jalapeño dressing (GF)

### ROOT DOWN — \$13.00

quinoa, spinach, sweet potatoes, brussels sprouts and root vegetable medley with pepitas, blue cheese, dried cranberries and maple balsamic vinaigrette (V) (GF)

ONLY HERE FOR FALL

WANT IT VEGAN? REMOVE BLUE CHEESE

## WRAPS

### CHICKEN BACON CAESAR WRAP\* — \$10.75

romaine, chicken, hard boiled egg, bacon, everything-bagel sourdough crouton crumble and caesar in a flour tortilla (no modifications)

### BAJA SALMON WRAP — \$12.00

smoked salmon, poblano cabbage slaw, guacamole, pickled red onion, salsa roja, avocado green goddess and tortilla strips

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## PROTEINS

|                               |        |                    |        |
|-------------------------------|--------|--------------------|--------|
| ROASTED CHICKEN (GF)          | \$3.50 | HARD BOILED EGG    | \$2.00 |
| ROASTED TOFU (VG) (V) (GF)    | \$3.50 | SMOKED SALMON (GF) | \$7.00 |
| ROASTED TEMPEH (VG) (V) (GF)  | \$3.50 | TUNA POKE*         | \$7.00 |
| LENTIL MEATBALLS (3) (VG) (V) | \$3.50 |                    |        |

\* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

## BASES

ORGANIC BLACK RICE • ORGANIC QUINOA • CAULIFLOWER RICE • MIXED GREENS  
ROMAINE • KALE • ARUGULA • SPINACH • QUINOA TABBOULEH (\$1.50)

## BEVERAGES

|          |        |                                  |        |
|----------|--------|----------------------------------|--------|
| KOMBUCHA | \$3.25 | FORAGE REFRESHERS                | \$3.25 |
| TEPACHE  | \$3.25 | BOTTLED STILL OR SPARKLING WATER | \$3.50 |

(VG) VEGAN (V) VEGETARIAN (GF) GLUTEN-FREE

## VALUE MENU

### SMALL POWER BOWL — \$7.00

no substitutions, omissions are ok, protein addition is ok (VG) (V) (GF)

### SMALL THAI BOWL — \$7.00

no substitutions, omissions are ok, protein addition is ok (VG) (V) (GF)

### SMALL CULTURED COBB — \$9.75

no substitutions, omissions are ok, includes choice of protein (GF)

### MAKE YOUR OWN BOWL — \$7.25

regular-sized bowl includes your choice of two bases, three standard ingredients, and your choice of dressing (additional ingredients available for additional charges)

## SOUP

### SPICY CORN COCONUT SOUP — \$5.00 (CUP) \$7.50 (BOWL)

corn, red potatoes, onion & garlic with coconut milk, ginger & jalapeños (VG) (V) (GF)

ONLY HERE FOR FALL

IN-STORE ONLY: ADD A CUP OF SOUP FOR \$3.50

## KIDS MENU

### KIDS MAKE YOUR OWN BOWL — \$5.25

includes your choice of any four ingredients we offer (limit one protein)

### KIDS POWER BOWL — \$5.25

organic black rice, rosemary lentils, roasted sweet potatoes, poblano cabbage slaw, guacamole, green onion, avocado green goddess (VG) (V) (GF)