

Nourishments

Smoothies & Bowls

blended with housemade cashew milk.

sub green juice {+2}

sub fresh coconut h20 {+2}

Turn ANY smoothie into a bowl {+2}

granola, banana, cacao nibs, coconut flakes

-add seasonal berries {+1}

-add peanut butter {+1}

Date Shake {8}

dates, banana, flax seeds, maca, hemp, and cinnamon

Peanut Butter Cup {8}

banana, dates, peanut butter, cacao, maca, and flax seeds

TropiKale {8}

kale, banana, pineapple, vanilla plant protein, coconut oil, and chia seeds

Green {8}

kale, banana, strawberries, spirulina, maca, and flax

Strawberries & Cream {8}

strawberries, banana, vanilla plant protein, lucuma, and chia seeds

Beauty Revival {8}

acai, strawberries, banana, chia seeds, tocotrienols, and coconut oil

Blue Green {8}

blueberries, spinach, banana, spirulina, maca, and chia seeds

BELIEVELAND {8}

Acai, banana, berries, peanut butter, mesquite, chia

Buzzed {8}

banana, spinach, bee pollen, mesquite, and honey

Mint Chip {8}

banana, mint, maca, cacao nibs, and chia

Cold Brew {8}

banana, cacao, maca, cold brew coffee, flax seed, cayenne

Chill Pill {8}

banana, strawberry, pineapple, kava kava, CBD Oil, and chia

Add a boost {+.75}

Cacao	Hemp	Lucuma
Cacao nibs	Matcha	Spirulina
Chia/Flax	Maca	Tocotrienols
Coconut	Mesquite	Livwell Protein
Granola	Nut Butter	Kava kava/CBD {+1.50}

Toasts

made with breadsmith multigrain bread

sub gluten free bread {+1}

Turn ANY TOAST into a panini, wrap or bagel sandwich {+2}

Classic Avocado Toast {6}

smashed avocado, lemon, chia seeds, cilantro, and pink himalayan sea salt

Cucumber Avocado Toast {6}

spicy cashew aioli, sliced cucumbers, avocado, and pink himalayan sea salt

Pesto Avocado Toast {6}

basil pesto, vegan mozzarella, tomatoes, avocado, and nutritional yeast

Berries Toast {6}

sweet cashew cream on toast topped with berries, cinnamon, and chia

Sunbutter Elvis {6}

sunflower butter, dark chocolate, banana, flax seed

Paninis

made with breadsmith multigrain bread

sub Cleveland Bagel or sub wrap

sub gluten free bun {+1}

Bahn Mi- {9}

sliced cucumber, carrot-daikon-jalapeno-red onion slaw, avocado, cilantro, and spicy aioli

Tofu Egg Salad- {8}

housemade tofu egg salad, with sliced avocado

Lobster Salad- {9}

housemade tofu lobster salad, red onion, celery nori, old bay

Grilled Veggie Wrap- {8}

mixed zucchini and squash, red onions, fresh spinach and hummus spread

Tempeh BLT Melt- {10}

spinach, heirloom tomato, v mayo, mozzarella, avocado slices

And more...

Daily Press Quesadilla- {8}

Spinach, black bean salsa, cilantro, red onion, jalapeno, cheddar shreds, with creamy jalapeno cilantro sauce

More Nourishments

Eat Your Greens

Superfood Salad- {11}

mixed greens or Kale, red onion, strawberry, avocado, chia, flax, pepita, sunflower, nutritional yeast, cranberry w/ strawberry vinaigrette

Kale Caesar- {9}

kale, romaine, croutons, hemp seeds, and nutritional yeast, cashew caesar dressing

Quinoa- {10}

chopped kale and quinoa with cherry tomatoes, cucumber, red onion, pepitas, sunflower seeds with lemon strawberry vinaigrette dressing

Bahn Mi- {10}

chopped kale with cucumber, avocado, shredded carrots, daikon, jalapeno, cilantro with creamy cilantro jalapeno dressing

Taco Salad- {10}

chopped kale, black beans, jalapeno, red onion, cilantro, avocado, cheddar shreds with creamy cilantro jalapeno dressing

Check the board for daily specials.
it's all vegan :)

To Drink

Hot Stuff

Organic Coffee Pour Over {3}
Matcha Latte {5}
Matcha Shot {3}
Cleveland Tea Revival Teas {2}
Tea Lattes; hot or iced {5}
-chai
-turmeric ginger
-mint
-hibiscus lemon
-lazy daze/chill time
-rose & sage

Chill Out

Organic Cold Pressed Juice {10}
Immunity Shot {7}
Kombucha {5}
Ginger Shot {5}
Chlorophyll Shot {5}
Pure Coconut H2O {6}
House Made Cold Brew {4}
Beviamo Cold Brew {5}
Cold Bloom Cold Brew Coffee {4}
Cold Bloom Tea {3}
Spicy Mocha {5}
Iced Matcha Latte {5}
Fresh Young Coconuts {6}

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