

SMOOTHIES GF DF N

signatures 16/20oz



PB + J

maine blueberries, strawberries, banana, peanut butter, date, cinnamon, almond milk 9.99 / 11.99



SUMMER BERRY

strawberries, raspberries, banana, lemon, orange, date, almond milk 9.99 / 11.99



ENERGIZE

strawberries, pineapple, mango, carrot juice 9.99 / 11.99



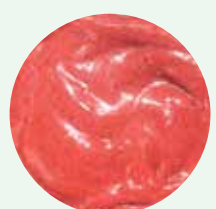
PROBIOTIC CREAMSICLE

orange, mango, banana, date, turmeric, probiotic, vanilla coconut cream, almond milk 9.99 / 11.99



PITAYA PUNCH

pink dragon fruit, pineapple, mango, banana, orange, lemon, date, oat milk 10.99 / 12.99



CHERRY BERRY GLOW

cherries, strawberries, collagen, sea moss gel, dates, lemon, vanilla coconut cream, almond milk, berry chia jam 11.99 / 13.99

protein 16/20oz



MACA PB CUP

peanut butter, banana, maca, raw cocoa powder, vegan chocolate protein, sea salt, date, almond milk 9.99 / 11.99



CHAI ALMOND PROTEIN

almond butter, banana, house chai spices, vegan vanilla protein, flax, almond milk 9.99 / 11.99



BLUE MERMAID

blue spirulina, banana, brazil nuts, vegan vanilla protein, sea salt, maca, date, almond milk 9.99 / 11.99



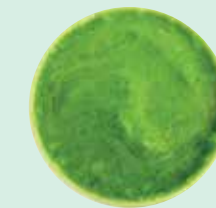
MIND + MOOD

cold brew coffee, banana, almond butter, raw cocoa powder, brazil nuts cinnamon, date, oat milk 9.99 / 11.99

we cannot guarantee safe smoothie preparation free from nut allergens.

no substitutions, please.

greens 16/20oz



REVITALIZE

spinach, kale, mint, lime, banana, pineapple, coconut water 9.99 / 11.99



FRESH GREEN

spinach, kale, banana, mango, pineapple, orange, ginger, date, oat milk 9.99 / 11.99



BLUEBERRY MATCHA

maine blueberries, spinach, kale, banana, matcha, lemon, date, bee pollen, oat milk 10.99 / 12.99

SUPERFOODS

almond butter 1.50
cocoa nibs 1.50
ground flax 0.50
matcha 0.75
maca 0.75
vegan proteins 1.50
sea moss gel 1.50
blue spirulina 1.50

spirulina 0.75
probiotic 1.00
peanut butter 1.00
turmeric 0.75
ginger 0.75
collagen 2.00
bee pollen 0.75
hemp seeds 1.00

SMOOTHIE BOWLS

BLUEBERRY ACAI (GF) (DF) (N)

frozen acai, maine blueberries, banana, orange, almond milk (blended), topped with granola, banana, berries, bee pollen, honey 14.99

PB + COCOA (GF) (DF) (N)

banana, peanut butter, cocoa nibs, flax, date, oat milk (blended), topped with granola, banana, strawberries, cocoa nibs, hemp seeds, honey 14.99

MERMAID (GF) (DF) (N)

banana, blue spirulina, vegan vanilla protein, peanut butter, maca, date, sea salt, almond milk (blended), topped with granola, banana, berries, berry chia jam drizzle 14.99

BLISSFUL BERRY (GF) (DF) (N)

maine blueberries, strawberries, banana, peanut butter, date, cinnamon, almond milk (blended), topped with granola, banana, berries, hemp seeds, honey 14.99

PINK DRAGON (GF) (DF)

pink dragon fruit, banana, mango, pineapple, orange, lemon, date, oat milk (blended), topped with granola, banana, berries, bee pollen, honey 14.99

BREAKFAST ALL DAY

BREAKFAST BURRITO

two eggs scrambled, black beans, brown rice, cheddar, avocado, chipotle ranch, fresh salsa 13.99 / (GF) as bowl on greens 14.99

VEGAN BREAKFAST BURRITO (V) (N)

lentil walnut chorizo, mushrooms, black beans, brown rice, herbed cashew cheese, avocado, dairy-free chipotle ranch, fresh salsa 14.99 / (GF) as a bowl on greens 15.99

EGG + GREENS WRAP

two eggs scrambled, kale, broccoli, mushrooms, feta, hempseed basil pesto dressing 13.99 / (GF) as a bowl 14.99

BLUEBERRY WAFFLES (GF) (DF)

two house made gluten free blueberry waffles topped with fresh berries, gluten free granola, hemp seeds, side of maine maple syrup 13.99

HEARTY BREAKFAST BOX (DF)

two eggs your way, local bacon and sausage, a gluten free blueberry waffle with maine maple syrup OR a toasted english muffin with berry chia jam 15.99

BREAKFAST SANDWICH

multigrain english muffin, two over hard eggs, choice of cheese and protein 9.99
cheese: cheddar, herbed cashew cheese
protein: local breakfast sausage, local bacon, vegan tempeh bacon

AVOCADO TOAST (V)

multigrain, smashed avocado, pink salt, red pepper flakes, lemon olive oil, hemp seeds, micro greens half 7.99 / full 12.99
• add street corn salad to your toast 2.00

LEMON HUMMUS TOAST (V)

multigrain, house lemon hummus, cucumber, lemon tahini drizzle, micro greens, hemp seeds half 7.99 / full 12.99

SMOKED SALMON TOAST (DF)

multigrain, herbed cashew cream cheese, cucumber, wild caught cold smoked salmon, pickled red onion, capers, micro greens half 9.99 / full 16.99

(!) please let us know of any allergies, all ingredients may not be listed

BOWLS

ZESTY SOUTHWEST SALAD (GF) (V) (N)

mixed greens, lentil walnut chorizo, quinoa, red bell pepper, purple cabbage, street corn salad, pickled red onion, micro greens, cilantro lime cashew crema drizzle 16.99

GREEK LEMON TAHINI SALAD (GF)

mixed greens, cucumber, tomato, quinoa, lemon hummus, seasoned chickpeas, feta, kalamata olives, hemp seeds, lemon tahini dressing 16.99

GREEN GODDESS SALAD (GF) (V)

mixed greens, kale, cucumber, edamame, broccoli, quinoa, seasoned chickpeas, micro greens, hemp seeds, hempseed basil pesto dressing 16.99

VEGGIE POKE (GF) (V)

warm brown rice, miso ginger kale, carrot, purple cabbage, cucumber, edamame, miso ginger aioli drizzle, cilantro, maine seaweed flakes, sesame seeds 16.99

(GF) gluten free (V) vegan

(DF) dairy free (N) contains nuts

*consuming raw or undercooked meat or poultry could lead to foodborne illness

THAI PEANUT NOODLES (N) (DF)

chilled soba noodles, carrot, red bell pepper, purple cabbage, kale, hard boiled egg, scallions, fresh herbs, curried cashews, sesame seeds, peanut ginger sauce 16.99

SANDWICHES

TEMPEH BLT (V) (N)

marinated smoky tempeh bacon, tomato, herbed cashew cheese, greens, roasted tomato aioli, on focaccia 14.99

HUMMUS + VEGGIE (V)

lemon hummus, cucumber, carrot, red bell pepper, tomato, greens, pickled red onion, lemon tahini dressing, on focaccia 13.99

TURKEY BACON CHEDDAR

turkey breast (roasted in house), local bacon, cheddar, tomato, greens, roasted tomato aioli, on focaccia 14.99

TURKEY PESTO

turkey breast (roasted in house), cheddar, tomato, greens, hempseed basil pesto dressing, on focaccia 14.99

ROAST BEEF

ABF choice roast beef, cheddar, pickled red onion, greens, horseradish mayonnaise, on focaccia 14.99

CLASSIC BLT

local bacon, tomato, cheddar, greens, roasted tomato aioli, on focaccia 14.99

FOOD MENU ADD-ONS

fried egg 1.75
hard boiled egg 1.75
herbed cashew cheese 2.25
lemon hummus 1.75
avocado 2.50
herbed mushrooms 2.25
tempeh bacon 2.25
local bacon 2.25
local sausage patty 2.25
turkey breast 4.00
gluten free toast 1.75