# Signature Smoothies

Sweet & Simple // Superfood // Creamy & Dreamy

## Liquid Breakfast

Choice of banana or blueberry base – blended with almond milk, hemp seed, honey, rolled oats, cinnamon & Medjool dates \$8.50

#### Blue Buzz

Blueberry, banana, flax, almond milk, date, honey \$7.50

## The Usual

Strawberry, banana, milk, honey, coconut flakes \$6.85

## Honey Bee

Strawberry banana organic honey, hemp seeds, almond milk, bee pollen \$8.25

## Cozy Date

Banana, almond butter, almond milk, cinnamon, dates, vanilla \$7.50

## Fly Girl

pitaya, banana, honey, hemp seed, coconut flakes almond milk \$8

## Berried Alive

Mixed berries, almond butter, banana, honey, almond milk \$8

## So Peachy

Peach, banana, strawberry, apple juice \$6.75

## Peachy Greens

Spinach, peach, mango, apple juice \$6.75

#### Princess Peach

Apple, almond milk, banana, peach, flax seeds, honey \$7.25

## The Amazon

Acai, mixed berries, banana, apple juice, honey \$8.50

## Berry Acai

Almond milk, blueberry, strawberry, banana, acai, agave, topped with coconut flakes and goji berries \$8.95

## Aloha

Banana, mango, pineapple, coconut milk \$7.50

## Happy Green

Spinach, Mango, Banana, Apple \$6.75

## Cleanse Me

Kale, spinach, orange juice, mango, banana, turmeric, honey \$8 (add ginger \$0.75)

## Rise and Shine

Spinach, kale, banana, mango, apple juice \$7 (add ginger \$0.75)

## Herb Me Up

Cilantro, mango, lemon, pineapple, spinach, apple juice \$7.50

## Kaling Me Softly

Kale, spinach, mango, banana, lemon, apple juice \$7

## Chocolate PB Cup

Milk, banana, PB, cacao, topped with cacao nibs \$7.75

## Silky Smooth

Cacao, banana, almond milk, peanut butter, hemp seed, maca, cacao nibs \$8.25

## Wake Up Call

Espresso, almond butter, banana, cacao, dates, vanilla, cinnamon, almond milk \$8.75

## Golden Goddess

Milk, turmeric, date, banana, hemp seed, honey \$8.50

## Make Me Glow

Turmeric, mango, pineapple, orange juice, lemon dates \$8

## Liquid Gold

Banana, almond milk, chia, flax seed, date, oatmeal, honey, & hemp \$8

## The Health Nut

Almond butter, coconut milk, honey, banana, spinach, oats \$7.75

Creamy Dreamy bananas, almond milk, chia seeds, flax seeds, dates, oats, honey, hemp seeds \$8.00

Protein Shake \$5.95 Add Berries \$1 Add PB \$0.25

## "Build Your Own Smoothie"

Pick Base (milk, apple juice, orange juice, almond milk)

Pick 2 fruit (strawberry, banana, mango, peach, pineapple, blueberry, blackberry mixed berries) Diele Cua ana

PICK Greens (kale, spinach)		Ť			Almond Milk \$0.75	
Add ons:	Spirulina Chia Seed		Ginger Almond Butter		Hemp Seed Peanut Butter	
	Maca	\$0.50	Bee Pollen	\$0.85	Flax Seed	\$0.25
	Raw Cacao			•	Coconut	\$0.50
	Oats	\$0.25	Whey Protein	\$1.00	Vegan Protein	\$1.50

## Cold Pressed Juices

- Organic cold pressed anti-inflammatory immunity booster (4 oz. shot)
- Raw Organic Sprouted Almond Milks w/chia & hemp assorted daily flavors \$9.90

## House organic white chia iced tea Flavors change weekly \$4.50

# Organic Superfood Jars

Made with all organic oats, chia, honey, almond milk and assorted superfood toppings \$8.75

# Breakfast (available all day) Add avocado \$0.75 Add turkey bacon / salami \$1.25

## Liquid Breakfast

Choice of banana or blueberry base – blended with almond milk, hemp seed, honey, rolled oats, cinnamon & Medjool dates \$8.50

## Bagel / Croissant

Butter \$2.50 / Cream Cheese \$3.50

## The Typical AM

Croissant / bagel - with egg & cheese \$4.95

## Boss Bagel

Choice of bagel w/egg, white American, cream cheese, tomato, red onion, spinach, sprouts, & Rawsome sauce \$6.50

## Egg Luvin

Turkey bacon, egg, spinach and cheese in hoagie roll \$7.75

## Cozylicious Oatmeal

Organic rolled oats, topped with banana, seasonal fruit, chia, toasted coconut, hemp seeds, slivered almonds, milk and honey \$6.50

## Ultimate Avocado Toast

Egg, avocado, crumbled queso blanco, tomato, sprouts, rawsome sauce on multi-grain \$7.95 (sandwich style \$8.95)

## Oh My Greens (O.M.G.)

All green herb omelette, avocado, spinach, sprouts, provolone, queso blanco crumbles Rawsome sauce on multi-grain toast \$8.90

## Lumberjack

Belgian waffle sandwich packed with egg, white American, genoa salami & organic maple syrup \$8.25

## The Greek Breakfast

Omelette filled with spinach, feta, red peppers, kalamata olives, red onions topped with tomato & mozzarella plate (salad and toast \$9.75) (Sandwich style with veggies and cheese \$8.95)

## Hungry Man

3 Egg scramble with salami, mozzarella, cream cheese toast, and spinach \$9.25

## Lazy Tortilla

Eggs any style on open faced toasted tortilla, topped with greens, corn, salsa, red onion, cheese crumble, avocado, house sauce \$7.95

## Burrito My Eggs

Spinach, provolone, avocado, cilantro, sprouts, crumbled cheese, scrambled eggs served in whole wheat wrap \$8

## Breakfast in Cabo

Herbed eggs, salsa, red onion, corn, cilantro, and crumbled cheese in a toasted tortilla \$7.25 (Double tortillas \$12.95)

## The "Munchies"

Belgian waffle sandwich, nutella, honey, banana & crushed salted almonds \$7.25

## Rawsome Avocado

Open faced bagel, melted provolone, avocado, tomato, chili flakes & organic sprouts \$7.95

## Build your own omelette

Choice of 3 toppings Plate (with toast & salad) \$9.50 Baguette (with veggies & cheese) \$8.95

Salads

Add Protein: turkey breast \$2.95, house made tuna \$3.25, grilled chicken breast \$3.50

Caesar Romaine, spinach, croutons, shaved parmesan \$8

- Rawsome Mixed greens, romaine, sprouts, walnuts, raisins, sunflower seeds, pumpkin seeds, walnuts, cucumber, avocado, shredded carrots, shredded mozzarella, tomato & cilantro served with our signature "Rawsome" dressing \$9.50
- Greek Romaine, feta, kalamata olives, tomato, cucumber, red onion, red bell peppers served with Greek dressing \$8.95
- Asian Sesame mixed Greens, cilantro, scallions, cucumber, mandarin oranges, slivered almonds, toasted sesame seeds & crunchy noodles served with our house Asian vinaigrette \$9.50
- Living Green Salad mixed greens, spinach, kale, sprouts, cucumber, garbanzo beans, avocado, scallions, pumpkin seeds, hemp seeds & cilantro served with house rawsome tehini vinaigrette \$9.75

# Sandwiches \*Bread Choice- wraps, hoagie, multi-grain, white, assorted bagels Add avocado \$0.75

Tuna Addict toasted thick multi-grain bread, Swiss cheese, tomato, onion, sprouts, spinach, banana Peppers, pickles, Rawsome sauce \$9.25

Rawsome Turkey toasted bagel, cheese, omelette, roasted turkey breast, tomato, onion, sprouts, spinach, "Rawsome" sauce \$9.50

Cutie Melts two half bagels with house tuna salad, melted provolone cheese, tomato, sprouts, and house side salad \$8.50

Turkey Salami multi-grain bread, Swiss cheese, spinach, onion, tomato, sprouts, banana peppers \$9.25

Chicken Caesar Wrap romaine, spinach, grilled chicken, shaved parmesan, croutons \$8.25

Little Italy white hoagie, sliced mozzarella, tomato, pesto, spinach, sun dried tomato, balsamic glaze \$8 The Stacked Bean Burger black bean veggie burger, cheese, sprouts, tomato, onion, spinach,

The Bomb.com / Turkey Avocado spinach, provolone, avocado, turkey, onion, lettuce, sprouts, crumbled queso blanco, rawsome sauce \$8.50

The Bomb.org / Tuna Avocado spinach, provolone, avocado, sprouts, onion, crumbled queso blanco, rawsome sauce \$8.95

The Bomb.net / Chicken Avocado teriyaki, Asian style, or pesto chicken, lettuce, tomato, spinach, mozzarella, onion, crumbled queso blanco, rawsome sauce \$8.95

The Veggie Lovers hoagie or wrap with all the veggies, hummus, veggie spread & choice of cheese \$7.95

NotYo'Mamma's PB&J served on whole grain w/banana, cinnamon & granola sprinkle \$8.25

Tostada pressed hoagie w/cheese \$3.25 add salami/turkey bacon \$0.50

rawsome sauces on toasted bagel \$9.25

Coal Fired Cheese Pizza – (pepperoni \$0.50) (veggies \$0.20) \$8.99

# Contract Barrelle Bar

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Espresso 2 shots 4 Shots	\$2.00
Colada	\$2.00
Macchiato	\$3.25
Cortado	\$2.50
American	\$3.75
*BulletProof	
Cappuccino	\$3.95
Latte	\$3.95
Café con Leche	\$3.95
Chai Latte	\$4.75
Mocha Latte	\$4.25
Hot Chocolate	\$3.75
Matcha Latte	\$4.75
Turmeric Latte	\$4.95
Large extra	\$0.75
Add espresso- extra	\$0.90

## COLD

	Cold Brew	\$4.25
\$4.00	Iced Latte	\$4.50
	Iced Mocha Latte	\$5.25
	Iced Caramel Latte	\$5.25
	Iced Hazelnut Latte	\$5.25
	Iced Vanilla Latte	\$5.25
	Coffee Frappe	\$5.25
	Vanilla Frappe	\$5.25
	Mocha Frappe	\$5.25
	Caramel Frappé	\$5.25
	Hazelnut Frappe	\$5.25
	Oreo Frappé	\$5.50
	Coffee Frappé	\$5.25
	Peanut Butter Frappe	\$5.25
	Chocolate Hazelnut Frappé	\$5.25
	White Chocolate Frappe	\$5.25
	Chai Latte Frappe	\$5.50
	Add: vanilla, caramel, hazelnut	\$0.50