

juices

resilience & immunity 8.5

pineapple, orange, ginger

heart strong 8.5

carrot, beet, apple, spinach

skin toner 8.5

spinach, cucumber, apple, kale, celery

detox 8.5

red pepper, celery, orange, cilantro, cucumber, lemon & gingner

keto greens 8.5

spinach, cilantro, celery, cucumber & lime



shots

immunity shot 5

lemon, ginger, dash of cayenne, orange wedge

for the love of joints 5

turmeric, ginger, pineapple, carrot, cinnamon, coconut oil, black pepper

cardiovascular - spicy blood tonic 5

carrot, ginger, turnip, apple, celery, dash of cayenne



smoothies

hot date 8.5

banana, dates, pecans, almond milk, cinnamon, dash of cayenne

-- for a berry hot date... add blueberries & marionberries +1



green dream 8.5

avocado, spinach, kale, mango, almond butter, dates, oranges, almond milk

maca mocha 8.5

raw cacao, maca, coffee beans, dates, almond butter, banana, almond milk, cacao nibs

matcha queen for improved concentration 8.5

matcha, spinach, avocado, banana, dates, coconut milk

very berry antioxidant 8.5

goji berries, marionberries, blueberries, banana, almond butter, oranges, coconut milk

golden goddess for joint & muscle inflammation 9

turmeric, carrot, ginger, banana, pineapple, avocado, coconut milk, cinnamon, cardamom

sunshine 8.5

pineapple, banana, orange juice, pinch of cinnamon

-- for a super green sunshine... add kale, ginger & spirulina +1.5

add a boost

spirulina +1 protein powder +1

hemp seed +1 chia seed +1

root cafe



japanese breakfast

15 GF

shiitake mushrooms, wakame, house pickles, fermented cabbage, GF grain blend, furikake, sambal, scallions, complete with farm egg, smoked salmon & cup of mushroom-miso dashi

...vegan version w/ kale & edamame 11

roasted cauliflower bowl

14 GF SF

tandoori-spiced cauliflower over spinach, roasted peppers carrots, pickled onions, almonds & hemp seed chimichurri

asparagus & chevre

14 GF SF

arugula, avocado, fermented cabbage, farm egg, hemp seed, mustard vinaigrette, goat's milk chèvre or vegan chèvre

shiitake mushroom wrap

14 GF

shiitake mushrooms, avocado, spinach, pickled onions & carrots, GF grain blend, hemp seed chimichurri, goat's milk chèvre or vegan chèvre, in a whole wheat tortilla wrap



...GF version - unwrapped or over steamed kale

immunity broth bowl

14 GF

mushroom-miso dashi, kelp noodles, spinach, goji berries, ginger, garlic, asparagus, farm egg, scallions, furikake

chickpea masala coconut curry

14 GF

spinach, carrots, red peppers, GF grain blend, scallions, hemp seed chimichurri

roasted vegetables & chevre

14 GF SF

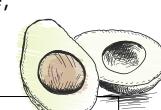
asparagus, mushrooms, red peppers & carrots over arugula, spinach, hemp seed chimichurri, mustard vinaigrette, toasted pepitas, goat's milk chèvre or vegan chèvre



8 greens bowl

14 GF

kale, arugula, spinach, avocado, edamame, wakame, cucumber, GF grain blend, fermented cabbage, furikake, creamy jalapeño-date dressing



add a protein

soft 7 minute farm egg +2 avocado +2

goat's milk chèvre +2 vegan chèvre +2

smoked coho salmon +5 hemp seed +1

Note: All menu items can be made vegan.

Everything on the menu is soy-free and sugar-free.

Lorem ipsum
* consuming raw or undercooked eggs can increase your risk of food-borne illness