

ORGANIC PROTEIN BOWLS

ASIAN VEGETABLE STIR FRY \$16

Fresh vegetables, brown rice, tamari soy sauce topped with sesame seeds, scallions and sprouts.

THE MEDITERRANEAN \$16

Baked falafel, red and white quinoa, cucumbers, tomatoes, mint, cabbage slaw, red onions, chickpeas, lemon tahini dressing.



SOUTH OF THE BORDER \$16

Brown rice, beans, corn, tomatoes, pico de gallo, farro chorizo, guacamole, lime crema.

NOURISH BOWL \$16.75

Red and white quinoa with portobello meatballs, sweet potato, spinach, tomatoes, topped with cashew cheese and basil pesto.

CURRY IN A HURRY \$16

Chickpeas, red pepper, carrots, cauliflower, scallions, garlic, onion, ginger, coconut milk, cilantro, coriander seeds, brown rice.

NIRVANA LENTIL DAL \$16

Lentils with vegetables, brown rice, red onions, parsley, cherry tomatoes.

MACRO BOWL \$16

Lemon basmati rice, shredded carrots, butternut squash, red beans, avocado, pumpkin seeds, kimchi, lemon tahini dressing.

TEMPEH, TOFU, GRILLED SEITAN - add \$2.50
GRILLED CHICK" N" - add \$5

ORGANIC PIZZA

MARGARITA \$13

Tomato sauce, basil, parmesan, mozzarella.

PIZZA SALAD \$15

Light tomato sauce, topped with arugula, red onions, olives, tomatoes, parmesan, extra virgin olive oil.

VEGGIE PIZZA \$16

Mushrooms, spinach, broccoli, mozzarella, peppers, onions, olives. Garlic - add \$1.00



THE ITALIAN \$16.50

Tomato sauce, mozzarella, pepperoni, hot sausage, red onion.

PORTOBELLO \$16

Cashew cheese, parsley, caramelized onions, parmesan.

BUFFALO CAULIFLOWER \$16

Spicy buffalo cauliflower, mozzarella, parmesan cheese, scallions, cashew cheese and tomato sauce.

GLUTEN FREE - add \$3.00

ORGANIC SANDWICHES

KALIFORNIA BURGER \$12.50

Quinoa, sweet potato, black beans patty, lettuce, tomatoes, onions, chipotle sauce, guacamole on organic multigrain bun.

PLANT BURGER \$12.50

Vegetable, beets, lentils, sunflower seed patty, provolone cheese, lettuce, onion, tomato, truffle aioli on organic multigrain bun.

BEYOND BURGER MELT \$13.50

Beyond burger with caramelized onions, provolone cheese on grilled sourdough bread.

ITALIAN MEATBALL SANDWICH \$13

Mushroom meatballs, cashew cheese, pesto, peppers and onions, tomato sauce on multigrain ciabatta bread.

SPICY "CHICK N" \$14

Pickles, lettuce, tomatoes, cajun mayo on organic multigrain bun.

FALAFEL ON PITA \$13

Baked falafel, hummus, tabouli salad, cabbage, chickpeas, lemon tahini on organic whole wheat pocket pita.

BUFFALO CAULIFLOWER WRAP \$13

Roasted buffalo cauliflower, cashew caesar dressing, romaine, parmesan cheese on organic whole wheat wrap.

TUNA WRAP \$13

Chickpeas, carrots, onion, celery, kelp, lettuce, tomato on organic whole wheat wrap.

THE VURITO \$12.50

Brown rice, beans, guacamole, onions, lettuce, pico de gallo, jalapeno lime sauce on whole wheat wrap.

THE REUBEN \$14

Beet-brined seitan with sauerkraut, russian dressing, provolone cheese on organic sourdough bread.



GROWN UP GRILLED CHEESE \$12

Provolone cheese, avocado, tomato on sourdough bread.

MUSHROOM + SPINACH QUESADILLA \$13

with provolone cheese, caramelized onions, pico de gallo on whole wheat wrap. Side of tomatillo sauce.

BUFFALO JACKFRUIT TACOS \$14

Cabbage slaw, guacamole, cashew cheese, buffalo sauce, organic corn tortilla, lime crema.

MUSHROOMS TACOS \$14

Portobello, avocado, cilantro, pico de gallo, jalapeno lime sauce.

VEGGIE WRAP \$13.50

Chickpeas, quinoa, avocado, carrots, tomato, romaine, sprouts, jalapeno lime sauce.

GLUTEN FREE - add \$1.50

GLUTEN FREE PASTA

PENNE TOMATO SAUCE \$13

Tomato sauce, garlic, basil, parmesan cheese, extra virgin olive oil.

FUSILLI WITH BROCCOLI \$15

Sautéed with garlic, olive oil, chili flakes.

FETTUCCINE ALFREDO \$16

Rice noodles, mushrooms, peas, spinach in creamy cashew cheese sauce, parmesan.

TRUFFLE MAC N' CHEESE \$15

Fusilli, mushrooms, truffle oil paste, cashew cheese, parmesan

FUSILLI WITH BUTTERNUT SQUASH \$15

Kale, cashew béchamel cream sauce.

PESTO PASTA \$14

Penne in basil pesto sauce with parmesan and cherry tomatoes.

ANY SUBSTITUTIONS WILL BE CHARGED ACCORDINGLY

ORGANIC BREAKFAST

MORNING STEEL CUT OATS \$9

Banana, blueberry, ground flax, walnuts, maple syrup add ons each (\$1) strawberry, goji berry, coconut flakes, cacao nibs.

SUPER OATS \$11.50

Steel cut oats, ground flax, hemp seed, walnuts, mixed berries, banana, cinnamon.

MULTIGRAIN PANCAKES \$12

Strawberries, bananas, coconut flakes, maple syrup. Add chocolate chips, hemp seeds or blueberries - \$1.50

BUCKWHEAT WAFFLE \$12

Blueberries, banana, maple syrup. Add chocolate chips, hemp seeds or strawberries - \$1.50

ALMOND BUTTER BAGEL \$8.50

Sprouted bagel, almond butter, raw honey, banana slices, almond slices, cinnamon.



ORGANIC TOAST

SLICED AVOCADO TOAST \$11.25

Ezekiel bread, cayenne, sea salt, black & white sesame seeds.

SMASHED AVOCADO \$12.50

Arugula, Scallions, cherry tomatoes, radish, za'atar spice on ezeziel bread.



BAGELS & SHMEAR \$7.00

Sprouted bagel with cream cheese shmear.

TOFU SCRAMBLE \$11

Sautéed peppers, onions, spinach, tomato avocado, mozzarella, whole wheat wrap (GF wrap - add \$1.5 - Over quinoa - add \$2)

CARROT LOX AND CREAM CHEESE BAGEL \$12

Violife cream cheese, carrot dill lox, cucumber, red onions, capers chive on a sprouted bagel.

SAUSAGE EGG N' CHEESE \$11

Beyond sausage, "just egg", provolone cheese on sourdough.

BREAKFAST BURRITO \$12

Just egg, black beans, rice, avocado, sautéed onions, peppers, chipotle sauce on a whole wheat wrap.

GLUTEN FREE WRAP - add \$1.50

THE FANCY GREEN \$12.50

Ezekiel bread, avocado, tomato, cucumber, hummus and broccoli sprouts.

PLANT BASED RAWTELLA \$12.50

Raspberry compote, hemp seeds, cinnamon, granola on ezeziel bread.

GLUTEN FREE - add \$1.50

ORGANIC SALADS

KALE CAESAR \$13

Kale, romaine, parmesan, tomatoes, chickpea croutons, cashew caesar dressing.

TACO SALAD \$14

Romaine, avocado, sweet corn, tomato, farro chorizo, black beans, toasted tortilla strips, lime crema dressing.

FALAFEL TABOULI SALAD \$14

Kale, romaine, baked falafels, onion, cucumber, tomato, parsley, chickpeas, radishes, quinoa tabouli, lemon tahini dressing.

ASIAN SALAD \$14

Arugula, kale, edamame, green & red cabbage slaw, carrots, sesame seeds, scallions, radishes, broccoli, miso vinaigrette.

NICOISE TUNA SALAD \$15

Romaine, chickpea tuna, olives, beets, tomatoes, string beans, sweet potato, hippocrates dressing.

**ADD CHICKEN - \$5, TOFU \$2.50
TEMPEH \$2.50, TUNA \$4, AVOCADO \$2**

GREEK SALAD \$14

Arugula, romaine, tomatoes, cucumber, peppers, radish, olives, feta cheese, oregano, olive oil, apple cider vinegar.

BUDDHA SALAD \$13.50

Arugula, spinach, sweet potatoes, quinoa, lentils, avocado, cabbage slaw, hippocrates dressing.

BUILD YOUR OWN \$11.50

1. Pick your greens (Romaine, Kale, spinach) Arugula add \$0.75
2. Pick four toppings
3. Pick your dressing
4. Additional topping \$.85

ALL OUR INGREDIENTS ARE CERTIFIED ORGANIC OR ORGANIC BY NATURE!

ALLERGY WARNING

Many of our products contain nuts, seeds and herbs. If you have any allergies to nuts, seeds, herbs, vegetables, fruit, grains, seaweed or wheat you should not consume our food or beverages. We are sensitive to the dietary needs and concerns of our guests; however, we cannot guarantee the absence of the items listed above in our food or drinks.

KIDS

MINI CHEESE PIZZA \$10

MAC & CHEESE \$8.50

GRILLED CHEESE \$9.50

CHEESE QUESADILLA \$9

PENNE WITH TOMATO SAUCE \$10

ALMOND BUTTER N' JELLY \$9

on ezeziel bread - add banana \$1

RICE & BEANS \$10

HEALTHY BITES

NACHOS \$13

EMPANADAS \$5.50 EACH

HUMMUS & PITA \$9

GUAC & CHIPS \$9

SWEET POTATO FRIES WITH CHIPOTLE SAUCE \$6

SOUP OF THE DAY SM \$6.75 LG \$7.50

SAUTEED BROCCOLI \$10

with garlic and oil

ORGANIC ACAI BOWLS

ALMOND CRUNCH BOWL \$12.75

Banana, blueberry, acai, almond mylk blended together and topped with strawberry, banana, granola, almond slices, almond butter, raw honey.

OGK BOWL \$13

Banana, mango, acai, almond mylk blended together and topped with pineapple, strawberry, goji berry, granola, coconut flakes, raw honey.

DRAGON BOWL \$13

Banana, mango, pineapple, dragon fruit, coconut water blended together and topped with blueberry, pineapple, coconut flakes, raw honey.



SUPERFOOD BOWL \$14

Spinach, kale, banana, pineapple, coconut water blended together and topped with banana, blueberry, granola, coconut flakes, chia seeds, flax seed, raw honey, hemp seeds.

RAWTELLA BOWL \$14

Banana, blueberry, mango, almond mylk blended together and topped with granola, hazelnut rawtella, strawberry and coconut flakes.

HAWAIIAN BOWL \$14

Blue majik spirulina, banana pineapple, mango, coconut water blended together and topped with granola, coconut flakes, hemp seeds, almonds slices, blueberries, raw honey.

ORGANIC SMOOTHIES BOMBS

BERRY ACAI BOMB \$11.50

Acai, mango, pineapple, raspberry, coconut water, topped with strawberry, blueberry and goji berries.

DRAGON BOMB \$11

Mango, pineapple, banana, dragon fruit, coconut water, topped with pineapple, granola, coconut flakes, raw honey.

GREEN MACHINE \$11

Banana, spinach, kale, almond mylk, almond butter, topped with granola, coconut flakes, chia seeds and banana.

OCEAN BLUE \$12

Pineapple, banana, blue spirulina and coconut mylk topped with pineapple, coconut flakes, chia seeds, raw honey.

SHOTS

WHEATGRASS SHOT 2oz \$4 4oz \$7.50

GINGER SHOOT 2oz \$4

TURMERIC SHOT 2oz \$4

REBOOT SHOT \$7.50

Ginger, turmeric, lemon, cayenne, black pepper, apple cider vinegar.

ORGANIC SMOOTHIES 16 OZ

SUPER GREEN \$9.95

Banana, mango, kale, spinach, coconut water.

BERRYLICIOUS \$9.95

Strawberry, raspberry, mango, banana, raw honey, coconut water.

TROPICAL TWIST \$9.95

Banana, mango, pineapple, basil, mint, coconut water.

THE CLASSIC \$9.95

Strawberry, banana, raw honey, almond mylk.

AB&J \$9.95

Blueberry, raspberry, banana, almond butter, raw honey, almond mylk.

PROTEIN BOOST \$10.50

Banana, almond butter, cacao powder, cinnamon, rice protein, raw honey, almond mylk.

BLUE MAJIK \$11.50

Banana, pineapple, mango, coconut water, blue spirulina, hemp seed, coconut flakes.



ORGANIC FRESH JUICES

GOOD MORNING \$9.95

Cucumber, celery, lemon and ginger.

BEETS BY O GK \$9.95

Beet, lemon, ginger, apple, celery.

REFRESHER \$9.95

Cucumber, kale, apple, lemon.

KAILED IT \$9.95

Sunshine cucumber, celery, apple, pineapple, mint.



EMERGEN-CY \$11

Banana, blueberry, lemon, maca, raw honey, flax and coconut water.

COOL MINT \$9.95

Banana, spinach, maple syrup, mint, salt, almond mylk, cacao nibs.

EXPRESS-0 \$11

Banana, cacao, vanilla, maple syrup, almond mylk, shot of espresso.

CHOCOLATE AVOCADO MYLK SHAKE \$11

Banana, avocado, raw honey, cacao, almond mylk.

LIQUID GOLD \$11.50

Banana, mango, turmeric, ginger, cardamon, coconut oil, maple syrup, oat mylk.

GREEN GURU \$11

Banana, pineapple, spinach, spirulina and coconut water.



HIPPOCRATES \$9.95

Celery, cucumber.

GREEN GINGER \$9.95

Celery, kale, lemon, ginger.

THE TRIO \$9.95

Carrot, apple, ginger, lemon.

JUST CELERY \$9.95

ORGANIC COFFEE BAR

COFFEE SM \$3.5 LG \$4

ESPRESSO \$3.75

AMERICANO \$3.75

CAPPUCINO \$5.50

ICED COFFEE \$4

LATTE 12OZ \$5 - 16OZ \$6

HOT TEA 16OZ \$4

ICED TEA 16OZ \$4

MATCHA LATTE

12OZ \$6.50 - 16OZ \$6.95

Ceremonial grade matcha, raw honey, oat mylk.

GOLDEN LATTE

12OZ \$6.25 - 16OZ \$6.95

Turmeric, cinnamon, black pepper, raw honey, oat mylk.

CINNAMON LATTE

12OZ \$6 - 16OZ \$6.75

Oat mylk with cinnamon, honey.

CHAI LATTE

12OZ \$6 - 16OZ \$6.75

Choice of mylk.

PUMPKIN SPICE LATTE

12OZ \$6 - 16OZ \$6.75

Choice of mylk.

RAW HOT CHOCOLATE

12OZ \$6 - 16OZ \$6.75

Choice of mylk.

SPICY HOT CHOCOLATE

12OZ \$6.25 - 16OZ \$6.95

Oatmilk, cacao, cinnamon, nutmeg, vanilla, cayenne.