

do
what
comes
naturally.

Seed

breakfast

entrees

Dream State Granola Bowl GF 8
a breakfast bowl as dreamy as last night's sleep. featuring our house made hempseed + chia granola, bee pollen, organic berries, and coconut yogurt. this breakfast bowl is packed with body-loving nutrition (and a little bit of magic).

Dragonfruit & Acai Bowl V NF GF 10
blended with pitaya, acai, hemp seeds, berries and coconut, topped with shaved coconut, almond butter, bananas, strawberries, & hemp-chia granola.

Good Day Chia Pudding GF 8
a creamy coconut-chia seed pudding steeped in vanilla oat milk, infused with cinnamon, and topped with toasted coconut and anti-oxidant rich berries.

Don't Wake Me Oats GF 8
rolled oats mixed with whole flax seeds and organic chia seeds, drizzled with honey, and soaked overnight in oat milk, topped with fiber rich dried fruits & candied nuts.

Veg Out V 8
everything sourdough bagel toasted and topped with almond cream cheese, organic tomato, cucumber, radish, capers, and scallions.

Seed Breakfast Bowl NF GF 16
with eggs any style, braised kale, sweet potato hash, herbed quinoa, & spicy kraut.

Tree Hugger Toast 10
you'll thank mother nature for this one. almond butter, arizona honey, & goji strawberry jam, topped with toasted almonds on noble bakery sourdough.

Perfectly Paired Toast V NF gluten free bread available 12
nothing goes together better than avocado and toast. our take on the classic is topped with nutrient dense sprouts, tiny tomatoes, & radish on sourdough. + smoked salmon* (6), egg* (3) or grilled tofu (6)

Breakfast Burrito NF gluten free tortilla & tofu scramble available 14
with scrambled eggs*, chorizo mushrooms, avocado, herbed potatoes, & salsa verde.

Mezze Frittata GF tofu scramble available 14
with scrambled and baked eggs, wild arugula, roasted delicata squash, heirloom cherry tomatoes, chick peas, pickled red onion, olives, & green tahini.

Sourdough Spelt Waffle V 12
with honey crisp apples, berries, whipped coconut, & spiced maple.

smoothies

Hemp Cacao 8
oat milk, hemp seeds, maple syrup, avocado, cacao & banana

Greenvana 8
green apple, lime, ginger spirulina, spinach, kale leaves, cilantro, banana & kiwi

Glow Getter 8
oat milk, strawberry, raspberry, blueberry, banana, dates, hemp seeds, flax seeds & vanilla

Add into any smoothie

FRUITS pineapple, watermelon, banana, green apple, dates, cherries, blueberries, mango +2

VEGETABLES spinach, avocado, kale +2

SEEDS chia, hemp, sunflower, sesame, flax, pumpkin +1

NUTS almonds, cashews +2

BUTTERS almond butter, peanut butter +1

SUPERFOODS spirulina, maca, ashwagandha, lion's main mushroom +2

PROTEIN vegan protein powder +2

bevies

PRESSED

Juice 7
orange or grapefruit

COLD

Botanicals 6
lemon lavender, caffeine free

Iced Tea 6
raspberry lemon, caffeine included

Iced Americano 7

HOT

Coffee small / large 4 / 6

Latte or Cappuccino small / large 5 / 7

Espresso single / double 4 / 7

Hot Tea 4

Chai Tea Latte small / large 5 / 7

SPIKED

Mimosa with classic or hibiscus pamplemousse 12

Bloody Mary with arizona distilling company mission vodka or commerce gin 12

*These items may be cooked to order and may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of a food borne illness.

GF Gluten Free NF Nut Free V Vegan

All GF items listed above are prepared with gluten-free ingredients. However, our kitchen is not completely gluten free. Please let us know if you have a food allergy or sensitivity.