

..... S A V O R .....

# SPRING

..... F L A V O R S .....

..... HANDCRAFTED BEVERAGES .....

### KALE TONIC

Kale, Fuji apple, English cucumber and lemon. **3.99**

### NEW! AÇAI SQUEEZE (AH-SIGH-EE)

Açai, beet, orange, lemon and organic ginger. **3.99**

### MORNING MEDITATION

Orange, lemon, turmeric, organic ginger, agave nectar and beet. **3.99**

### MILLION DOLLAR BACON

Four slices of our signature hardwood smoked bacon baked with brown sugar, black pepper, cayenne and a maple syrup drizzle. **4.99**

### ANCIENT GRAINS PROTEIN BOWL

Quinoa, farro and brown rice topped with two poached cage-free eggs, all-natural chicken breast, fresh avocado, lemon white balsamic vinaigrette and super seed crunch. Served with a kale, watermelon radish and house-pickled onion salad. **10.49**

### MATCHA LATTE PANCAKES

We add matcha green tea to our multigrain pancake batter. Served as three mid-sized pancakes topped with non-fat vanilla Greek yogurt, housemade granola, fresh blueberries and warm berry compote. **9.29**

### CHICKEN CHIMICHURRI HASH

Two cage-free eggs any style atop fresh, seasoned potatoes tossed in chimichurri sauce with all-natural chicken breast, Monterey Jack, house-roasted onions and kale. Served with whole grain artisan toast, all-natural preserves and fresh fruit. **10.99**

## Açaí Squeeze

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Amount Per Serving

**Calories** 170      Calories from Fat 10

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**Total Fat** 1g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 10mg

**Total Carbohydrate** 39g

Dietary Fiber 1g

Sugars 32g

**Protein** 2g

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## Kale Tonic

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Amount Per Serving

**Calories** 140      Calories from Fat 0

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**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 22mg

**Total Carbohydrate** 30g

Dietary Fiber 2g

Sugars 30g

**Protein** 1g

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## Morning Meditation

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Amount Per Serving

**Calories** 160      Calories from Fat 5

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**Total Fat** 0.5g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 15mg

**Total Carbohydrate** 42g

Dietary Fiber 1g

Sugars 34g

**Protein** 1g

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### Million Dollar Bacon

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**Amount Per Serving****Calories** 560      **Calories from Fat** 130

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**Total Fat** 14g

Saturated Fat 5g

Trans Fat 0g

**Cholesterol** 25mg**Sodium** 430mg**Total Carbohydrate** 34g

Dietary Fiber 0g

Sugars 24g

**Protein** 6g

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### Ancient Grains Protein Bowl

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**Amount Per Serving****Calories** 1010      **Calories from Fat** 500

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**Total Fat** 55g

Saturated Fat 9g

Trans Fat 0g

**Cholesterol** 400mg**Sodium** 810mg**Total Carbohydrate** 91g

Dietary Fiber 12g

Sugars 7g

**Protein** 37g

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### Chicken Chimichurri Hash

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**Amount Per Serving****Calories** 960      **Calories from Fat** 240

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**Total Fat** 30g

Saturated Fat 14g

Trans Fat 0g

**Cholesterol** 430mg**Sodium** 1790mg**Total Carbohydrate** 103g

Dietary Fiber 11g

Sugars 20g

**Protein** 47g

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### Matcha Latte Pancakes

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**Amount Per Serving****Calories** 690      **Calories from Fat** 220

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**Total Fat** 29g

Saturated Fat 14g

Trans Fat 0g

**Cholesterol** 125mg**Sodium** 320mg**Total Carbohydrate** 101g

Dietary Fiber 6g

Sugars 49g

**Protein** 17g

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