

Bowls

Buddha Bowl 15

Organic steamed quinoa, millet, brown rice, slow-cooked black beans, lemon-marinated kale, shredded carrots, beet spirals, cilantro, topped with avocado, sunflower and sesame seeds, seasonal garnishes and choice of one of our fresh homemade dressings.*

Nature Bowl 15

Organic steamed quinoa, millet, brown rice, lemon-marinated kale, shredded carrot, beet spirals, avocado, sunflower and sesame seeds and choice of one of our fresh homemade dressings.*

Bean & Rice Bowl 13

Organic slow cooked black beans, GABA brown rice, cilantro carrot, topped with avocado choice of one of our fresh homemade dressings.*

Power Bowl 12

Simple, no frills, fuel for your day! Organic slow cooked beans, brown rice, carrots, greens, avocado choice of one of our fresh homemade dressings.*

Organic Seasonal Green Salad with House Made Dressing 15

Organic greens (arugula, baby spinach lemon marinated kale) & seasonal veggies (carrot, beet, celery, cucumber, tomato) sunflower seeds avocado, apple slices choice of homemade dressings. Ingredients vary based on seasonal supply.*

**House Made Dressing Options:* Lemon Tahini, Apple Cider Vinegar & Olive Oil, Sesame Ginger, Lemon & Olive Oil..

Add Extra: Kale 0.75, Avocado 0.50, Tahini 0.50, Sesame Ginger 0.50, Chili Paste 0.10, Cilantro 0.10

Soups

Chilled Turmeric Cauliflower Cup 6 Bowl 8

A healthy and delicious chilled summer soup organic cauliflower coconut milk veggie stock carrot celery onion turmeric

Desserts

Cowgirl Cookies 3.75

Hearty Raw vegan trail cookie. Certified gluten-free oats, raisins, dates, raw cacao, almond milk, shredded coconut, vanilla and a touch of house-made, dehydrated coconut sweetener.

Lemon Cashew Cloud Bite 3.85

Raw organic lemon cashew coconut with fresh strawberry & mint.

Organic Juice Bar

Morning Greens Med 8 Large 9.50

Kale, seasonal greens, apple, lemon and ginger. FRESH! made-to-order. Seasonal, organic & local supply—ingredients may vary

Bunnie's Brew Med 8 Large 9.50

Carrot, apple, lemon and ginger.

Vashon Cleanser Med 8 Large 9.50

Seasonal, all vegetable juice. Way better than V8! FRESH! made-to-order. Seasonal, organic & local supply—ingredients may vary.

Smoothies

Dr.Green 10

Avocado, seasonal greens (kale or spinach), celery, ice and frozen banana. *Choice of: filtered H2O, homemade brown rice milk, OR fresh apple juice.*

Vanilla Shake 10

Organic Cashews, frozen banana and vanilla bean blended with homemade brown rice milk

Strawberry Banana 10

Organic strawberries, banana and homemade brown rice milk.

Cacao Connection 10

Raw Organic~ cacao, cashews and frozen banana, blended with homemade brown rice milk.

Strawberry Kale 10

Organic strawberries, kale and banana. House made rice milk

Pacific Sunset 10

Organic strawberries peaches mango & pineapple chunks blended creamy homemade banana. *Choice of: filtered H2O, homemade brown rice milk, OR fresh apple juice. Optional: quinoa scoop 1.00, rice scoop 1.00, chili paste*

Shots

Wheatgrass 4

Straight grass! A shot of life, Ann Wigmore style.

Grasshopper 4

Wheatgrass, apple, lemon and ginger.

Wellness Shot 4

Old Vermont folk medicine. Lemon, ginger, garlic and cayenne pepper.