

"Let food be thy medicine."—Hippocrates

Bowls

BUDDHA BOWL

Steamed quinoa, millet and GABA brown rice tossed with slow cooked beans, lemon-marinated kale, shredded carrots, cilantro, avocado, beet spirals, sunflower and sesame seeds and choice of dressing.*
Half **\$8.99**, Whole **\$13.50**

NATURE BOWL

Steamed quinoa, millet or GABA brown rice, lemon-marinated kale, shredded carrot, avocado, beet spirals, sunflower and sesame seeds and choice of dressing.* Half **\$8.99**, Whole **\$13.50**

BEAN & RICE BOWL

Slow cooked beans, GABA brown rice tossed with lemon, olive oil, cilantro and carrot, topped with avocado and choice of dressing.* **\$11.00**

POWER BOWL

No frills energy! GABA brown rice, slow cooked beans, carrots, spinach and avocado tossed with choice of dressing.* **\$11.00**

SEASONAL GREEN SALAD

Organic baby arugula or seasonal Vashon farm greens topped with carrots, avocado, seeds, seasonal veggies and garnishes with choice of dressing.* **\$12.50**

*House-Made Dressing Options

Lemon Tahini (divine savory goodness)

Sesame Ginger (a tangy kick)

Apple Cider Vinegar or Pressed Lemon & Olive Oil

Desserts to Live For!

VASHON TRAIL COOKIES

Raw and vegan. Certified gluten-free oats, raisins, dates, raw cacao, almond milk, shredded coconut, vanilla and a touch of house-made, dehydrated coconut sweetener. **\$3.50**

SEASONAL DESSERTS

Plant based, gluten-free, no white sugar desserts including baked pies and heavenly coconut "cheeze" cakes. Ask to see what's in season today.

Juice Bar

100% Organic and Fresh Pressed

MORNING GREENS

Kale, seasonal greens, apple, lemon and ginger. Med **\$8.00**, Lrg **\$9.50**

BUNNIES' BREW

Carrot, apple, lemon and ginger. Med **\$8.00**, Lrg **\$9.50**

VASHON CLEANSER

Seasonal, all vegetable juice. Way better than V8! Med **\$8.00**, Lrg **\$9.50**

Smoothies

Made with whole food. Seasonal and local ingredients may vary.

DR. GREEN

Avocado, seasonal greens, celery, ice and frozen banana, blended with your choice of filtered H₂O, homemade brown rice milk, or fresh apple juice. **\$9.00**

VANILLA SHAKE

Organic Cashews, frozen banana and vanilla bean blended with homemade brown rice. **\$9.00**

STRAWBERRY BANANA

Organic strawberries, banana and homemade brown rice milk. One size (Large) **\$9.00**

CACAO CONNECTION

Raw cacao, cashews and frozen banana, blended with homemade brown rice milk. **\$9.00**

STRAWBERRY KALE

Organic strawberries, kale and banana. House made rice milk **\$9.00**

Shots

WHEATGRASS

Straight grass! A shot of life, Ann Wigmore style. **\$4.00**

GRASSHOPPER

Wheatgrass, apple, lemon and ginger. **\$4.00**

WELLNESS SHOT

Old Vermont folk medicine. Lemon, ginger, garlic and cayenne pepper. **\$4.00**