

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

Soup of the Day

Cup 6 Bowl 8

Desserts

GF V Cacao girl Cookies 3.85

Organic Hearty Dark chocolate GF Raw Vegan Oat cookie! made with raw cacao nibs & dark chocolate chips, lightly sweetened with organic dates, raisins, vanilla, unsweetened shredded coconut.

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

Green Mango 9.5

Organic Mangoes, baby Spinach leaves blended up Cold & Creamy with Frozen Banana and house-made Brown Rice milk. Simple and Nutritious.

Blueberry 9.5

Organic Blueberries blended with house-made brown rice milk and frozen banana

Berry Banana Heaven 10.00

Super nutrition-dense wholefood smoothie. Premium Mixed Organic Berries (Blackberry, Blueberry, Raspberry, Strawberry) blended up with frozen banana chunks & and house-made rice milk. A classic!

Shots

Wheatgrass 4

Straight up wheatgrass, high in nutrition and antioxidants!

Grasshopper 4

Wheatgrass, apple, lemon and ginger.

Wellness Shot 4

Lemon and ginger juice topped with cayenne. Great for kicking out the cold!