

coffees

Fresh Brewed Columbian Coffee 5

Regular or Decaf

Espresso / Americano 5/7

Single or Double

Café Latte / Mocha Latte 5/7

Single or Double

Cappuccino 5/7

Single or Double

Macchiato 5/7

Single or Double

Hot Chocolate 5

Organic Cacao and Agave, Choice of Milk

teas

Chai Tea Latte 5

White Lion Loose Leaf Tea 5

Sedona Sun (Red) Naturally Caffeine Free

Kachina Moon (Hibiscus) Naturally Caffeine Free

White Cloud (White) Naturally Low in Caffeine

Desert Passion (Green) Naturally Low in Caffeine

Enchanting Journey (Oolong)

Classic English Blend (Black)

Earl Grey (Black)

Additions:

Matcha Power or Fresh Turmeric 3

Baileys 10

Shots of Baileys Served on the Side

Milk Options

Skim, 2%, Whole, Unsweetened Vanilla Almond, Soy, Unsweetened Coconut or Oat

toasts

Choice of 9-Grain, Sourdough, Marble Rye, or Gluten-Free. Vegan, Gluten-Free Bread is Available by Request

Avocado Toast 15

Goat Cheese, Over-Easy Egg, Za'atar and Harissa

CALORIES 390 • FAT 27G • CARBS 36G • PROTEIN 15G

Peanut Butter Toast 12

Coconut Yogurt, Fresh Banana, Cacao Nibs

CALORIES 410 • FAT 29G • CARBS 30G • PROTEIN 13G

Smoked Salmon Bagel 18

Onion, Tomato, Cucumber, Cream Cheese, Capers, Toasted Bagel

CALORIES 380 • FAT 9G • CARBS 52G • PROTEIN 22G

grains

Steelcut Irish Oatmeal or Gluten-Free

Oatmeal 12


Choice of Milk, Brown Sugar, Raisins and Berries

CALORIES 250 • FAT 5G • CARBS 42G • PROTEIN 9G

Multi-Grain Porridge 11 *veg*

Oats, Quinoa, Millet, Buckwheat, Almond Milk, Raspberry, Hemp Hearts and Nuts

CALORIES 240 • FAT 5G • CARBS 39G • PROTEIN 8G

 - Can be prepared Gluten-Free *veg* - Vegetarian *vegan* - Vegan
Please alert your server to any food allergies.

*Available cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

griddle

Buckwheat Banana Pancake 16 *veg*

Sliced Banana, Walnuts, 100% Pure Maple or Prickly Pear Syrup

CALORIES 100 • FAT 4G • CARBS 15G • PROTEIN 2G
ADD BERRIES: \$2

Berry Lemon French Toast 16

Challah Bread with Berry Compote, Lemon Lavender Ricotta, 100% Pure Maple or Prickly Pear Syrup

CALORIES 270 • FAT 9G • CARBS 31G • PROTEIN 15G
ADD BERRIES: \$2

skillet

House Hash and Organic Eggs 19

Two Eggs Any Style Over Seasoned Turkey Potatoes, Choice of Toast

CALORIES 350 • FAT 13G • CARBS 36G • PROTEIN 32G

Greens & Sausage Skillet 17

One Egg Any Style, Braised Greens, Chicken Apple Sausage, Caramelized Onion, Turmeric, Garlic, Choice of Toast

CALORIES 250 • FAT 16G • CARBS 8G • PROTEIN 20G

fruit

Seasonal Fruit Cup 6 *veg*

Coconut-Chia Seed Pudding

VARIES

Fresh Berry Parfait 10

Plain, Strawberry and Blueberry Yogurt, Mixed Berries, Housemade Granola

CALORIES 410 • FAT 18G • CARBS 53G • PROTEIN 11G

Acai Bowl 12 *veg*

Mixed Banana, Layered Fruit, Housemade Granola

Plain: **CALORIES 250 • FAT 9G • CARBS 40G • PROTEIN 4G**

Peanut Butter: **CALORIES 310 • FAT 13G • CARBS 44G • PROTEIN 7G**

Peanut Butter & Cacao:

CALORIES 320 • FAT 14G • CARBS 45G • PROTEIN 7G

 - Can be prepared Gluten-Free *veg* - Vegetarian *vegan* - Vegan
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eggs

Two Organic Eggs 18

Any Style Breakfast Potatoes, Turkey Bacon or Chicken Sausage, Choice of Toast

CALORIES 430 • FAT 19G • CARBS 37G • PROTEIN 21G

Organic Egg White Frittata 18

Caramelized Onion, Roasted Peppers, Spinach, Goat Cheese, Side of Housemade Salsa, Choice of Toast

CALORIES 290 • FAT 6G • CARBS 25G • PROTEIN 32G

Three Sisters Tofu Scramble 17

Squash, Black Beans, Corn, Tofu, Choice of Toast

CALORIES 340 • FAT 18G • CARBS 27G • PROTEIN 23G

Huevo Ranchero 16

Black Beans, Over Easy Eggs, Turkey Chorizo, Housemade Chile Verde, Crema on a Corn Tortilla

CALORIES 460 • FAT 22G • CARBS 36G • PROTEIN 29G

Breakfast Burrito 17

Scramble Eggs, Turkey Bacon, White Cheddar, Hatch Green Chile, Whole Wheat Tortilla, Side of Breakfast Potatoes

CALORIES 760 • FAT 33G • CARBS 67G • PROTEIN 38G

sides

One Organic Egg 4

CALORIES 70 • FAT 5G
CARBS 0G • PROTEIN 6G

Chicken Sausage 4

CALORIES 300 • FAT 20G
CARBS 6G • PROTEIN 26G

Turkey Bacon 4

CALORIES 80 • FAT 3G
CARBS 0G • PROTEIN 10G

Potatoes 5

CALORIES 170 • FAT 6G
CARBS 22G • PROTEIN 3G

Smoked Salmon 6

CALORIES 100 • FAT 3.5G
CARBS 0G • PROTEIN 16G

Avocado 3

CALORIES 60 • FAT 5G
CARBS 3G • PROTEIN 1G

Gluten-Free Pastry 6

Banana Nut Bread, Cinnamon Raisin Bread, Blueberry Muffin, Carrot Apple Nut Muffin

VARIES

Berries 5

CALORIES 80 • FAT 1G
CARBS 15G • PROTEIN 2G

Granola 5

CALORIES 220 • FAT 14G
CARBS 20G • PROTEIN 4G

Yogurt 5

Plain, Strawberry, Blueberry
Coconut

VARIES

Chia Pudding 3

CALORIES 50 • FAT 2.5G
CARBS 6G • PROTEIN 2G

juices

Purify - Hydrating, Cleansing 8.50

Kale, Spinach, Cucumber, Celery, Apple, Lemon, Ginger

Spring - Anti-Inflammation, Improves Digestion 8.50

Snap Pea, Carrot, Fennel, Watercress

Energize - High in Vitamins C, A, K, Energizing & Reverse Low Blood Sugar 8.50

Orange, Grapefruit, Cranberry, Pinch of Cayenne

Renew - Include All Vitamins and Mineral, Anti- Inflammatory, High in Antioxidants 8.50

Beet, Carrot, Apple, Ginger

Balance - Post Workout, Hydrating, Reverses Low Blood Sugar 8.50

Pineapple, Apple, Carrot, Ginger, Orange

Hydrate - Hydrating With Electrolytes 8.50

Strawberry, Rhubarb, Snap Pea, Lemon Juice, Mint

cocktails

Bloody Mary (Mild or Spicy) 17

Garnished With Celery, Pepper, Olive and Turkey Bacon

Champagne Mule 16

Vodka, Ginger Beer, Lime and Mint, Topped With Champagne

Mimosa 14

Prosecco, Orange Juice, Add Berries Optional

smoothies

Wake Up Call 11

Strawberry, Mango, Banana, Orange Juice, Turmeric
CALORIES 140 • FAT 1g • CARBS 36g • PROTEIN 2g

Vitality 11

Kale, Papaya , Mango, Acai
CALORIES 280 • FAT 1g • CARBS 70g • PROTEIN 2g

Maca Shake 11

Organic Cacao , Banana, Maca Powder, Coconut
CALORIES 350 • FAT 14g • CARBS 58g • PROTEIN 5g

Avocado Surprise 11

Pineapple, Avocado, Coconut, Lime Juice, Agave, Vanilla
CALORIES 380 • FAT 21g • CARBS 36g • PROTEIN 3g

Breakfast Cereal 11

Strawberry, Banana, Chia Seeds, Oatmilk, Almond Butter, Pinole
CALORIES 340 • FAT 14g • CARBS 51g • PROTEIN 10g

Green Protein 11

Kale, Spinach, Banana, Apple, Almond Milk, Almond Butter, Spirulina
CALORIES 220 • FAT 10g • CARBS 29g • PROTEIN 8g

shots

Wheatgrass - Detoxifying, Oxygenating 4.50

Ginger Juice - Decreases Congestion, Improves Digestion 4.50

juice and smoothie supplements // 2.50 each

Acai Berry

High in Antioxidants, Immune Boosting Benefits, Increases Joint Mobility and Flexibility

Aloe Juice

Contains Vitamins, Minerals, Enzymes, Amino Acids, Polysaccharides and Is Particularly Useful for Aiding Indigestion

Local Bee Pollen

Helps Alleviate Allergy Symptoms

Carnu Carnu Berry Powder

Antioxidant, High in Vitamin C

Chia Seed

Protects Against Inflammation, High in Fiber, Nutrient Dense

Echinacea

Boosts Immune System

Eleuthero (Siberian Ginseng)

Help Minimize Cold and Flu Symptoms and Severity, Helps Avoid Mental Fatigue

Flax Seed

High in Most Vitamin B, Magnesium, Fiber, Omega-3 Fatty Acids and Lignans

Ginkgo

Improve Blood Flow to the Brain

Kava

For PMS Symptoms, Stress and Digestion

Maca

Increases Energy, Endurance and Stamina, Alleviating Depression

Raw Protein Powder

Source of Protein, Almost 18 Grams per Serving. Raw/Vegan/Gluten and Dairy Free

Spirulina

Vitamin A, B Complex, Iron and Essential Trace Minerals, High in Protein and One of the Most Nutrient Dense Food Sources on the Planet

Matcha

High in Antioxidants, Boost Metabolism

Turmeric

Anti-Inflammation, Reduce Heartburn and Stomach Aches, Aides With Sleep

tonics // 5 each

water

Wellness - Turmeric, Ginger, Citrus, Mint

Sleep - Tart Cherry Juice, Chamomile Syrup

Energy - Matcha, Cucumber, Green Apple, Mint

Pellegrino Sparkling 750ml bottle, Oxygenating 8

Panna Still 750ml bottle 8

Pellegrino Sparkling 250ml bottle 5

Coconut Water (8oz glass) 6