

# Naturally Sweetened, Gluten free, Grain free Treats

<p><b>Chocolate Chip Cookies</b> <b>\$2.50</b> Almond flour based cookies with homemade honey sweetened chocolate chunks</p>	<p><b>Paleo Granola (Per 3 oz. Scoop)</b> <b>\$3.30</b> Almond meal, shredded coconut, raw honey, coconut oil, vanilla, almonds, pecans, walnuts, and pumpkin seeds</p>
<p><b>Blueberry Muffins</b> <b>\$4.00</b> Our version of the classic muffin. Made with Sunbutter and pumpkin seeds. Honey sweetened. Coconut and almond-free.</p>	<p><b>Survival Bars</b> <b>\$2.50</b> Coconut, dates, dried apples, pecans, almonds, spices</p>
<p><b>Brownies</b> <b>\$3.25</b> Almond butter based with natural cocoa and Honey sweetened chocolate chunks</p>	<p><b>Paleo Mexican Chocolate Syrup</b> <b>\$10.50</b> Raw honey sweetened and wonderful on everything</p>
<p><b>Raw Chocolate Macaroons</b> <b>\$1.50</b> Made with coconut flakes, maple syrup, and cocoa</p>	<p><b>Apple Flower</b> <b>\$3.30</b> Organic apple slices, almond butter, and cinnamon</p>
<p><b>Nut Free Love Muffins</b> <b>\$4</b> Hand milled pumpkin seeds, Sunbutter, Coconut, and home-made chocolate chunks. Honey sweetened.</p>	<p><b>Fresh Fruit</b> <b>\$2.25</b> Organic apples, bananas, and oranges</p>
<p><b>Chocolate Chunk Punkin' bars</b> <b>\$3.25</b> Honey sweetened with our house made chocolate chunks</p>	<p><b>Organic Whole Fruit Smoothies</b> <b>\$6.25, \$7.50, \$8.75</b> All smoothies are made with: Frozen banana, your choice of fruit (Blueberry, Cherry, Mango, Mixed), your choice of milk (Coconut, Almond, or Dairy) or juice (Apple, Orange, or Acai. Add \$2 for Chai) Add Grass Fed Collagen <b>\$2</b> Add Kale, Chia seeds, MCT Oil, Butter, Heavy Cream, Avocado, Almond Butter, or Sunflower Butter <b>\$1</b></p>



## Salads

Kale Apple Salad \$8.25  
Organic mixed baby kale massaged with olive oil, salt, pepper, and balsamic vinegar, tossed with diced apples and topped with dry roasted sunflower seeds

Paleo Power Salad \$10  
Baby kale, chard, and spinach in our balsamic vinaigrette topped with red onions, pecans, cranberries, avocado and turkey bacon

Salmon or Sardines on Greens \$12  
A bed of greens tossed in our lemon dijon vinaigrette, topped with red onion, capers, and your choice of wild sardines or salmon

## House made soup

Selections change daily. Ask your server about today's offerings. \$4.75/\$7.00/\$9.50

## Add Protein

Wild caught salmon \$3  
Wild caught sardines \$3  
Organic chicken \$3  
Organic eggs (2) \$2  
Organic chia seeds (1 Tbsp.) \$1  
Avocado (1/4) \$1

## Savories

Tuna Wraps \$5.25  
Oven baked chicken legs \$3  
Organic chicken baked with paprika, salt, and sage

Stuffed bacon wrapped dates \$5.25  
Organic chicken breast slow roasted in our paleo enchilada sauce, stuffed into dates, and wrapped in nitrate-free turkey bacon

