

# Naturally Sweetened, Gluten free, Grain free Treats

<b>Chocolate Chip Cookies</b> Almond flour based cookies with homemade honey sweetened chocolate chunks	\$2.25	<b>Paleo Granola (Per Scoop)</b> Almond meal, shredded coconut, raw honey, coconut oil, vanilla, almonds, pecans, walnuts, and pumpkin seeds	\$3
<b>Blueberry Muffins</b> Our version of the classic muffin. Made with Sunbutter and pumpkin seeds. Honey sweetened. Coconut and almond-free.	\$3.75	<b>Survival Bars</b> Coconut, dates, dried apples, pecans, almonds, spices	\$2.25
<b>Brownies</b> Almond butter based with natural cocoa and Honey sweetened chocolate chunks	\$2.95	<b>Paleo Mexican Chocolate Syrup</b> Raw honey sweetened and wonderful on everything	\$9.50
<b>Raw Chocolate Macaroons</b> Made with coconut flakes, maple syrup, and cocoa	\$1.25	<b>Apple Flower</b> Organic apple slices, almond butter, and cinnamon	\$3
<b>Nut Free Love Muffins</b> Hand milled pumpkin seeds, Sunbutter, Coconut, and home-made chocolate chunks. Honey sweetened.	\$3.75	<b>Fresh Fruit</b> Organic apples, bananas, and oranges	\$2
<b>Chocolate Chunk Punkin' bars</b> Honey sweetened with our house made chocolate chunks	\$2.95	<b>Organic Whole Fruit Smoothies</b> \$5.75, \$6.75, \$7.75 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 \$2 Add Kale, Chia seeds, MCT Oil, Butter, Heavy Cream, Avocado, Almond Butter, or Sunflower Butter \$1	



## Salads

Kale Apple Salad \$7.50  
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 \$9  
Baby kale, chard, and spinach in our balsamic vinaigrette topped with red onions, pecans, cranberries, avocado and turkey bacon

Salmon or Sardines on Greens \$11  
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. \$4.50/\$6.50/\$8.50

## 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 \$4.75  
Oven baked chicken legs \$2.75  
Organic chicken baked with paprika, salt, and sage

Stuffed bacon wrapped dates \$4.75  
Organic chicken breast slow roasted in our paleo enchilada sauce, stuffed into dates, and wrapped in nitrate-free turkey bacon

# Barista crafted drinks

	Single	Double	Triple
Espresso 30 mL extraction from 7g of premium coffee	\$2	\$2.50	\$3
Americano espresso + Hot Water	\$2.25	\$2.75	\$3.25
Espresso Con Panna espresso + Whip Cream	\$2.25	\$2.75	\$3.25
Espresso Macchiato espresso marked with milk foam	\$2.25	\$2.75	\$3.25
Cortado equal parts espresso + steamed milk	\$2.25	\$2.75	\$3.25
Cappuccino espresso + steamed milk + milk foam	\$3	\$3.50	\$4
Latte espresso + steamed milk	\$3	\$3.50	\$4
Latte Macchiato steamed milk marked with espresso	\$3	\$3.50	\$4
Mocha Latte espresso + steamed chocolate milk	\$3.50	\$4	\$4.50
mmm...BulletCoffee! 2 TBSP grass-fed butter + 1 TBSP MCT oil blended with a double Americano		\$5.75	

## Additions and Substitutions

Almond milk			
Coconut milk			
Half and Half			
Extra shot of Espresso			
Flavored syrup			add 50¢
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Hot Chocolate	\$2.75	\$3	\$3.50
Chai (Hot or Iced)	\$3.25	\$3.75	\$4.25
Dirty Chai add 50¢ per shot			
Drip Coffee	\$1.50	\$2.25	\$2.75
SPORTEA™			\$2.75
Café au lait	\$1.75	\$2.50	\$3
Steeped Tea	\$1.50	\$2.25	\$2.75
Italian Soda			\$2.75

## Bottled Drinks

Izze	\$2	Sparkling Water	\$2.50
San Pellegrino	\$2.25	Flat Water	\$2.50
Lemonade	\$2.50	InJoyCha Kombucha	\$7