

Naturally Sweetened, Gluten free, Grain free Treats

<p>Chocolate Chip Cookies Almond flour based cookies with homemade honey sweetened chocolate chunks</p>	<p>\$2</p>	<p>Paleo Granola (Per Scoop) Almond meal, shredded coconut, raw honey, coconut oil, vanilla, almonds, pecans, walnuts, and pumpkin seeds</p>	<p>\$2.50</p>
<p>Blueberry Muffins Our version of the classic muffin. Made with Sunbutter and pumpkin seeds. Honey sweet. Coconut and almond-free.</p>	<p>\$3.15</p>	<p>Survival Bars Coconut, dates, dried apples, pecans, almonds, spices</p>	<p>\$2</p>
<p>Brownies Almond butter based with natural cocoa and Honey sweetened chocolate chunks</p>	<p>\$2.50</p>	<p>Paleo Mexican Chocolate Syrup Raw honey sweetened and wonderful on everything</p>	<p>\$9.50</p>
<p>Raw Chocolate Macaroons Made with coconut flakes, maple syrup, and cocoa</p>	<p>\$1.25</p>	<p>Apple Flower Organic apple slices, almond butter, and cinnamon</p>	<p>\$3</p>
<p>Nut Free Love Muffins Hand milled pumpkin seeds, Sunbutter, Coconut, and home-made chocolate chunks. Honey sweetened.</p>	<p>\$3.15</p>	<p>Fresh Fruit - Whole or Juiced Organic apples, bananas, and oranges</p>	<p>\$2</p>
<p>Chocolate Chunk Punkin' bars Honey sweetened with our house made chocolate chunks</p>	<p>\$2.50</p>	<p>Organic Whole Fruit Smoothies \$5.50, \$6.50, \$7.50 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 Grass Fed Collegen \$2 Add Kale \$1 Add MCT Oil \$1</p>	



Salads

Kale Apple Salad \$6.50
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 \$8
Baby kale, chard, and spinach in our balsamic vinaigrette topped with red onions, pecans, cranberries, avocado and turkey bacon

Salmon or Sardines on Greens \$9
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/\$6/\$8

Add Protein

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

Savories

Tuna Wraps \$4.50
Oven baked chicken legs \$2.75
Organic chicken baked with paprika, salt, and sage

Stuffed bacon wrapped dates \$4.50
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	\$3.25	\$3.75	\$4.25
mmm...BulletCoffee 2 TBSP grassfed butter + 1 TBSP MCT oil blended with a double Americano		\$5	

Additions and Substitutions

	S	M	L
Almond milk			
Coconut milk			
Half and Half			
Extra shot of Espresso			
Flavored syrup	add 50¢		
Hot Chocolate	\$2.25	\$2.75	\$3.25
Chai (Hot or Iced)☐	\$3	\$3.50	\$4
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