

# Naturally Sweetened, Gluten free, Grain free Treats

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