

# Naturally Sweetened, Gluten free, Grain free Treats

## Chocolate Chip Cookies

Almond flour based cookies with homemade honey sweetened chocolate chunks

**\$2.50**

## Paleo Granola (Per 3 oz. Scoop)

Almond meal, shredded coconut, raw honey, coconut oil, vanilla, almonds, pecans, walnuts, and pumpkin seeds

**\$3.30**

## Blueberry Muffins

Our version of the classic muffin. Made with Sunbutter and pumpkin seeds. Honey sweetened. Coconut and almond-free.

**\$4.00**

## Survival Bars

Coconut, dates, dried apples, pecans, almonds, spices

**\$2.50**

## Brownies

Almond butter based with natural cocoa and Honey sweetened chocolate chunks

**\$3.25**

## Paleo Mexican Chocolate Syrup

Raw honey sweetened and wonderful on everything

**\$10.50**

## Raw Chocolate Macaroons

Made with coconut flakes, maple syrup, and cocoa

**\$1.50**

## Apple Flower

Organic apple slices, almond butter, and cinnamon

**\$3.30**

## Nut Free Love Muffins

Hand milled pumpkin seeds, Sunbutter, Coconut, and home-made chocolate chunks. Honey sweetened.

**\$4**

## Fresh Fruit

Organic apples, bananas, and oranges

**\$2.25**

## Chocolate Chunk Punkin' bars

Honey sweetened with our house made chocolate chunks

**\$3.25**

## Organic Whole Fruit Smoothies \$6.25, \$7.50, \$8.75

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 \$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

# Barista crafted drinks

	Single	Double	Triple
Espresso 30 mL extraction from 7g of premium coffee	\$2.25	\$3.00	\$3.75
Americano espresso + Hot Water	\$2.50	\$3.25	\$4.00
Espresso Con Panna espresso + Whip Cream	\$2.50	\$3.25	\$4.00
Espresso Macchiato espresso marked with milk foam	\$2.50	\$3.25	\$4.00
Cortado equal parts espresso + steamed milk	\$2.50	\$3.25	\$4.00
Cappuccino espresso + steamed milk + milk foam	\$3.25	\$4.00	\$4.75
Latte espresso + steamed milk	\$3.25	\$4.00	\$4.75
Latte Macchiato steamed milk marked with espresso	\$3.25	\$4.00	\$4.75
Mocha Latte espresso + steamed chocolate milk	\$3.75	\$4.50	\$5.25
mmm...BulletCoffee! 2 TBSP grass-fed butter + 1 TBSP MCT oil blended with a double Americano		\$6.25	

## Additions and Substitutions

Almond milk			
Coconut milk			
Half and Half			
Extra shot of Espresso			
Flavored syrup			add 75¢
	S	M	L
Hot Chocolate	\$2.75	\$3.25	\$3.75
Chai (Hot or Iced)	\$3.25	\$3.75	\$4.25
Dirty Chai	add 75¢ per shot		
Drip Coffee	\$1.75	\$2.50	\$3.00
SPORTEA™			\$3.00
Café au lait	\$2.00	\$2.75	\$3.25
Steeped Tea	\$1.75	\$2.50	\$3.00
Golden Milk	\$3.25	\$3.75	\$4.25

## Bottled Drinks

Izze	\$2	Sparkling Water	\$2.50
San Pellegrino	\$2.25	Flat Water	\$2.50
Lemonade	\$2.75	InJoyCha Kombucha	\$7.50