



WINTER

ME  
NU

## NOODLES

### KYOTO BOWL GF 13

Japanese Udon Noodles  
Charred Broccoli  
Sautéed Kale  
Avocado  
Garlic Chips  
*Tangy Ginger Sauce*


## RICE

### BALTI CURRY GF 12

Coconut Jasmine Rice  
Local Sweet Potatoes  
Stewed Chick Peas  
Black Eyed Peas Tomatoes

## GREENS

### HOMESTEADER GREENS GF 12


Local Mixed Lettuces  
Roasted Radish | Avocado  
Farm Fresh, Sunny Egg  
Hemp Seed | Sunflower Seed  
 *Herb, Citrus Green Goddess*

### EAT MORE KALE CAESAR GF 10

Local Baby Kale  
Nut Seed Parmesan  
Chickpea Crouton  
*Black Garlic Caesar Dressing*

## HANDS

### REMINGTON RUBEN 10

Smoky Beets  
Kraut | Lettuce Mix  
 Thousand Island  
Fermented Rye Bread

### FUNGHI PHILLY 12

Wild Mushrooms  
Onions | Sweet Peppers  
Cashew Whiz  
Rustic Sourdough Baguette

## BITES

### UGLY CARROT BEAN SMASH 6

Smashed Chickpeas, Black Eyed Peas  
Roasted Carrot  
Cucumber Chimichurri  
Za'tar Spiced Naan

### KOREAN CAULIFLOWER GF 8

Crispy Cauliflower  
Tangy Korean BBQ  
Garlic Chips  
Fresh Cilantro

**\*\*Make it a Rice Bowl\*\* 10**

## ADD-ONS

Avocado 2  
Seasonal Bean Smash 1.5  
Organic, Free Range Egg 1.5

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## SMOOTHIES

8

16 OZ

### EARTH MOTHER GF

Kale | Banana  
Almond Milk | Coconut Yogurt

### CALIFORNIAN GF

Banana | Medjool Date  
Cardamom | Cinnamon  
Almond Milk | Coconut Yogurt

### THE RAVEN GF

Beet Root | Banana  
Blueberry | Raspberry  
Almond Milk | Coconut Yogurt

## FRESH PRESSED 7

12 OZ

## JUICE

### KALE'N IT GF

Kale | Cucumber | Lemon  
Granny Smith Apple

### DROP THE BEET GF

Beet Root | Orange | Cucumber  
Granny Smith Apple

### FIRESIDE GF

Carrot | Ginger  
Cinnamon | Cayenne  
Granny Smith Apple

## SMOOTHIE BOWL

### SELECT YOUR BASE

10

- Earth Mother
- Californian
- The Raven

Granola | Chia Seed  
Sunflower Seed | Coconut Flake  
Sliced Banana

## ELIXIR SHOT

4 OZ

### GINGER ROOT

4

Fresh Ginger | Orange Wedge

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## Ⓟ BAKERY

### FUNKY MUFFINS 4

Blue Berry  
Coconut Raspberry

### FARMHOUSE COOKIES 1.5

Dark Chocolate | Oat  
Coconut | Carrot

### MAPLE BANANA BREAD 4

Maple | Oat | Bananas

### COCO-BEETROOT BROWNIES 5

Dark Chocolate | Beet Root

## Ⓟ GRAB N' GROW

### SEASONAL BEAN SMASH 4

Smashed Chickpeas,  
Black Eyed Peas  
Roasted Seasonal Veg

### BROCCOLI SALAD 4

Broccoli | Raisins |  
Cashews | Aqua Fava  
Lemon Juice

### KOREAN BBQ SAUCE 4

Ginger | Garlic  
Gojuchang | Hoisin

### CASHEW WHIZ 10

Cashew | Garlic  
Pepper | Onion

### RICE PUDDING 4

Jasmine Rice  
Coconut Milk  
Almond Milk  
Agave | Cinnamon

### CHIA PUDDING 4

Chia Seeds  
Almond Milk  
Mixed Berries

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## BRUNCH SPECIALS

### SURFER SCRAMBLE GF 10

2 Farm Eggs Scrambled  
Kale | Broccoli | Shitake  
Crimini | Avocado | Lime

### QUINOA JOHNNY CAKES ①GF 10

2 Quinoa Cakes  
Banana | Coconut Flake | Pepitas  
Maple Cinnamon Drizzle

## ①BAKERY

### MEL'S DELICIOUS DOUGHNUTS 3

- Cinnamon Sugar
- Chocolate Chip
- Weekly Special

### FRESH PRESSED 7 12OZ JUICE

#### SUNRISE

Orange | Carrot

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