



Trilogy Sanctuary

Menu Prices — August 21, 2026

Restaurant & Food Industry Reports



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Earthly Entrees

ITEM	PRICE
Adorabowl Spiced red and green lentil dahl over brown rice with rich coconut yoghurt tzatziki, beets, red cabbage sauerkraut, and...	\$12.00
Can't Stop the Beet Burger Our mouthwatering patty made from beets, black beans, quinoa, roasted red peppers, and grilled with cheeze. Topped with...	\$14.90
Enchiladas House tortillas filled with portobello mushroom and red bell pepper topped with pumpkin seed mole on fiesta rice with av...	\$15.00
Enticing Eggplant Garlic roasted portobello mushrooms in rolls of grilled basil eggplant. Baked with grilled cheeze and served over maple...	\$16.00
Falafel Tacos Baked falafel bites in our house baked buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, and lemo...	\$14.90
Gaia Bowl Mango mint quinoa served over mixed greens with turmeric hummus, cucumber, roasted red peppers, and avocado. Served with...	\$15.00
Mac n' Cheeze Brown rice elbow macaroni smothered in our rosemary cashew cheeze sauce. Baked and served in a cast iron skillet topped...	\$15.90
Miso Bowl Ginger garbanzo bean miso sauce served with brown rice, roasted peppers, broccolini, cabbage, spinach, and fresh basil...	\$13.00
Nourish Green Bowl Broccolini, kale, spinach, avocado, coconut cashews, collard greens, and sunflower sprouts sauteed in pesto. All served...	\$13.00
Quinoa Love Bowl Quinoa steamed with onion, carrot, and celery sautéed with spinach, broccolini and butternut squash. Cooked warm and topp...	\$13.00
Quinoa Peanut Sauce Bowl (broccolini currently unavailable) Quinoa steamed with onion, carrot, and celery sautéed with spinach, broccolini and butternut squash. Cooked warm and top...	\$13.00
Radical Ravioli Tasty garlic portobello mushroom and cauliflower ricotta raviolis. Served over a white bean ragu with a good drizzle of...	\$16.00
Spaghetti Squash and Meatballs Roasted spaghetti squash with our delicious fennel marinara sauce , topped with "meatballs," roasted roma tomatoes, and...	\$15.90
Sunset Tacos House made corn tortillas, mole marinated jackfruit, roasted red peppers, chopped kale, chipotle roasted corn, drizzled...	\$14.90
Trilogy Cheeze Burger Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	\$13.90
Two Perfect Tacos Our house made corn tortilla stuffed full with spicy quinoa chorizo, avocado, pico and spicy almond love sauce. When we...	\$14.90

Nibble, Taste, & Share

ITEM	PRICE
Avocado Toast Toasted gluten free bun (millet, buckwheat, amaranth, and quinoa) with avocado, pesto, hemp seeds, bruschetta, and sprou...	\$12.50
Vegan - Nachos Organic blue corn chips covered in quinoa chili, cashew cheezy sauce, cashew sour cream, pico de gallo, hemp seeds, and...	\$15.00
Seared Spring Rolls Quinoa, carrots, mango, and mint with a tangy ginger sauce. Wrapped in brown rice paper, served gently seared with the b...	\$13.00

Salads, Soup, Wraps, & Rolls

ITEM	PRICE
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Green Goddess Salad	\$13.50
Raw. Fresh spring greens and kale, chopped cucumber, grated beet, and carrot. Topped with avocado and eggplant bacon bit...	
Raw Wrap	\$14.50
Raw coconut wrap filled avocado, kale, peppers, beets, red cabbage sauerkraut and coconut yoghurt tzatziki, with a heal...	
Tantalizing Kale Salad	\$14.50
Chopped kale, purple cabbage, and celery, with a sprinkle of sunflower seeds, and maca spiced walnuts. Tossed in a cream...	
Wild West Salad (New Spring Menu Item!!!)	\$14.90
Fresh spinach and arugula tossed in our creamy cilantro dressing. Chipotle roasted corn, black beans, red peppers, and c...	
Holy Sage Wrap	\$14.50
Raw coconut wrap bursting with sage hummus, roasted butternut squash, avocado, caramelized onions, rosemary, spinach, re...	
Sides	
ITEM	PRICE
Burger Patty	\$5.00
Veggie patty made with brown rice, rolled oats, black beans, and portabello mushrooms.	
Pita and Hummus	\$6.50
Two buckwheat pitas with our delicious tumeric hummus on the side.	
Rosemary Potato Wedges	\$4.00
Sauteed Broccolini	\$4.00
Side Brown Rice	\$3.00
Side Maple Mashed Yams	\$4.00
Side Salad	\$5.00
mixed greens, shredded carrot and beet, sliced cucumber with tomato vinaigrette dressing.	
Side Sweet Potato Wedges	\$4.00
Side of Avocado	\$3.00
Seasonal Specials	
ITEM	PRICE
Chili Yam Bowl (Back by popular demand!!!)	\$13.50
Baked yam loaded with our three bean quinoa chili, pico, and a generous drizzle of sour cream. Perfect for those winter...	
Roasted Lemon Garlic Zucchini	\$7.00
Lemon garlic marinated zucchini, drizzled with our lemon tahini sauce and a dash of poppy.	
Acai & Pitaya Bowls	
ITEM	PRICE
Chocoholic	\$12.50
Blended with almond milk, cacao, banana, peanut butter, & strawberry. Topped with peanut butter, cacao nibs, granola, he...	
Low Carb	\$12.50
Blended with almond milk, strawberry, avocado, blueberries, vanilla, Trilogy protein, and Stevia. Topped with almonds, w...	
Superfood	\$12.50
Blended with almond milk, blueberry, banana, goji berries, spinach, and coconut butter. Topped with hemp seeds, chia see...	
Traditional	\$12.00
Sorbet style acai topped with home made granola, banana, strawberries, blueberries, and edible flowers.	

ITEM	PRICE
Zingy Blended with almond milk, a hint of ginger, blueberries and banana, Topped with fresh strawberries, banana, coconut flak...	\$12.00
Desserts and Baked Goods	
ITEM	PRICE
Decadence Dark chocolate avocado mousse layered with creamy cashew chocolate mousse and enticing vanilla cream topped with fresh s...	\$12.00
Ice Cream Cookie Sandwich Choose two of today's yummy cookies and have our amazing creamy vanilla coconut ice cream sandwiched between them.	\$9.00
Indulgent Raw Cheesecake Rotating flavors	\$11.00
Lavish Crepe Buckwheat crepe filled with chocolate hazelnut spread and sliced banana drizzled with walnut date caramel sauce. Topped...	\$14.00
Majestic Raw. Amazing raw carrot cake, teasing the tastebuds with glorious hints of cinnamon, spices, and nuts, with a thick and...	\$11.00
Transcendent This amazing brownie is rich, moist, and chocolaty. Served warm with a gloriously creamy vegan vanilla ice cream and sal...	\$12.00
Kids' Menu - Meals & Snacks	
ITEM	PRICE
Mini Rice Bowl Rice, beans, and broccolini with peanut or cheezy sauce.	\$9.00
Quesadilla Buckwheat crepe filed with cheezy sauce and pico de gallo, with cashew sour cream drizzled on top.	\$9.00
Fruit and Veg Plate Apple, banana, celery, strawberry slices with nut butter dip.	\$9.00
Tacos Two tacos with potatoes, avocado, and cheezy sauce on a white corn tortilla.	\$8.00
Kids' Menu - Smoothies	
ITEM	PRICE
Tropical Smoothie Coconut water, blueberry, mango, and pineapple.	\$7.00
Chocolate PB Smoothie Almond milk, banana, peanut butter, and cacao.	\$7.00
Strawberry Smoothie Almond milk, banana, and strawberry.	\$7.00
Super Smoothies	
ITEM	PRICE
Blissful Refresh, Anti-inflammatory Coconut water, pineapple, mango, avocado, turmeric, topped with chia seeds.	\$10.00
Detoxify (New Item!!!) Removes Toxins, Healthy Skin. Coconut water, aloe vera, lemon, mango, pineapple, bluebery, and activated charcoal.	\$11.00

ITEM	PRICE
Lust Almond milk, banana, cacao, dates, cashews, maca, a sprinkle of cayenne, and topped with cacao nibs.	\$10.50
Refresh Anti-inflammatory, Cleansing, Digestion Coconut water, cucumber, spinach, pineapple, celery, parsley, mint, avocado, al...	\$11.00
Goddess Immunity, nutrient rice, low gi. Almond milk, blueberries, peanut butter, goji berries, chia seeds, hemp seeds. Boost: c...	\$10.50
Love Post workout, energize, hydrate, calcium. Almond milk, coconut water, banana, kale, Trilogy protein, coconut butter, dat...	\$10.50
Magic Matcha Energy, detox, anti-aging, weigh loss. Matcha green tea, spinach, lime, banana, mango. Boost: spirulina.	\$10.00
Nature Fiber, detox, alkalize, immunity. Spinach, celery, avocado, parsley, kale, cucumber, apple, lemon, lime juice, ginger. B...	\$11.00
Pleasure Pre workout, endurance, nourish. Almond milk, cinnamon, vanilla, cacao, peanut butter, banana, hemp seeds. Boost: goji b...	\$10.00
Serenity Antioxidant, healthy skin, anti-aging. Acai, blueberry, banana, almond milk, Trilogy protein, goji berries. Boost: cocon...	\$10.50
Tropical Pitaya Refresh, digestion, immunity. Coconut water, coconut butter, pitaya, pineapple, and mango. Boost: ginger.	\$10.00
Heavenly Almond milk, coconut milk, pitaya, banana, strawberry, date, protein, almond butter.	\$11.00

Cold Drinks

ITEM	PRICE
Cold Brew (16 oz)	\$6.25
Kefir Soda Kefir Soda is a Probiotic Cold Pressed Juice with Water Kefir, and bursting with flavor! It is naturally non-alcoholic,...	\$5.50
Kombucha on Tap Fermented probiotic drink. New flavors weekly.	\$6.75

Hot Drinks

ITEM	PRICE
Hot Coconut Chai Our homemade chai made with pu erh black tea, star anise, peppercorns, cinnamon, coconut milk, and lightly sweetened wit...	\$4.00
Hot Herbal Tea - Caffeinated Green Sencha White Pineapple Papaya	\$3.00
Hot Herbal Tea - Caffeine Free *(Teas are subject to availability) Chamomile Peppermint Ginger Spice Roobios Lemon Balm Vanilla Peach Roobios Luminous...	\$3.00

Kids' Menu - Sweet Things

ITEM	PRICE
Mini Acai Bowl Acai with granola, strawberries, bananas, and blueberries.	\$8.00
PB and J Crepe Buckwheat crepe with peanut butter and jelly, served with a side of banana and strawberries.	\$8.00

Breakfast	
ITEM	PRICE
Avocado Toast Toasted gluten free bun (millet, buckwheat, amaranth, and quinoa) with avocado, pesto, hemp seeds, bruschetta, and sprou...	\$12.50
Eggz Benedict Toasted buckwheat pita with avocado and tomato, topped with our very own cauliflower 'eggz' , hollandaise sauce, and egg...	\$13.50
Trilogy Breakfast Sandwich (Eggplant Bacon) Gluten free bun loaded with our sweet potato hash, spinach, cheezy sauce, portabello mushrooms, eggplant bacon, and toma...	\$15.00
Trilogy Breakfast Sandwich (Extra Aioli Sauce) Gluten free bun loaded with our sweet potato hash, spinach, cheezy sauce, portabello mushrooms, eggplant bacon, and toma...	\$15.00
Trilogy Breakfast Sandwich (Extra Avocado) Gluten free bun loaded with our sweet potato hash, spinach, cheezy sauce, portabello mushrooms, eggplant bacon, and toma...	\$16.00
Trilogy Breakfast Sandwich (Hot Sauce) Gluten free bun loaded with our sweet potato hash, spinach, cheezy sauce, portabello mushrooms, eggplant bacon, and toma...	\$14.00
Trilogy Breakfast Sandwich (Sub Wedges for Salad) Gluten free bun loaded with our sweet potato hash, spinach, cheezy sauce, portabello mushrooms, eggplant bacon, and toma...	\$15.00
Savory Breakfast Crepe Gluten-free buckwheat crepe filled with sweet potato hash, spinach, cheesy sauce, avocado, heirloom tomato, and a hint o...	\$11.50
Trilogy Breakfast Sandwich Gluten free buckwheat crepe filled with spinach, cheezy sauce, sweet potato hash, avocado, and tomatoes.	\$13.90
Quinrizo con Huevos Our quinoa 'chorizo' with cauliflower eggz, served with pico, avocado, sour cream with warm house tortillas and a side s...	\$12.90
Trilogy Pancakes A trio of pancakes: topped with strawberries, banana, peanut butter, maple syrup, coconut flakes, and cacao nibs. You wo...	\$13.50
Breakfast Burrito (Cashew Sour Cream) A gluten-free buckwheat wrap loaded with quinoa chorizo, cauliflower eggz, cheezy sauce, portobello mushrooms, fresh sp...	\$14.90
Breakfast Burrito (Cheezy Sauce) A gluten-free buckwheat wrap loaded with quinoa chorizo, cauliflower eggz, cheezy sauce, portobello mushrooms, fresh sp...	\$14.90
Breakfast Burrito (Hot Sauce) A gluten-free buckwheat wrap loaded with quinoa chorizo, cauliflower eggz, cheezy sauce, portobello mushrooms, fresh sp...	\$13.90
Breakfast Burrito (Love Sauce) A gluten-free buckwheat wrap loaded with quinoa chorizo, cauliflower eggz, cheezy sauce, portobello mushrooms, fresh sp...	\$14.90
Trilaquilles (Cashew Sour Cream) Our homemade cauliflower 'eggz' over handmade tortillas, pumpkin seed mole, and quinoa bean chili. Topped with avocado,...	\$14.90
Trilaquilles (Cheezy Sauce) Our homemade cauliflower 'eggz' over handmade tortillas, pumpkin seed mole, and quinoa bean chili. Topped with avocado,...	\$14.90
Trilaquilles (Hot Sauce) Our homemade cauliflower 'eggz' over handmade tortillas, pumpkin seed mole, and quinoa bean chili. Topped with avocado,...	\$13.90
Trilaquilles (Love Sauce) Our homemade cauliflower 'eggz' over handmade tortillas, pumpkin seed mole, and quinoa bean chili. Topped with avocado,...	\$14.90
Veggie Scramble Cauliflower eggz sautéed with grilled onions, portobello mushrooms, roasted peppers, black beans & garlic potatoes. Topp...	\$13.50
Nutella and Banana Crepe Gluten-free buckwheat crepe filled with our healthy homemade nutella and sliced banana. Topped with cream and a drizzle...	\$11.00
Amazing Acai Bowls We use unsweetened acai so our bowls are healthier than most.	\$11.00

ITEM	PRICE
Chia Bowl Delicious coconut chia bowl, served with seasonal fresh fruit toppings. Ask server for today's yummy option.	\$6.90
Coconut Yogurt Parfait Creamy, probiotic rich coconut yogurt served in a glass layered with homemade granola, berry compote and almond butter.	\$9.00
Nibble, Taste, & Share	
ITEM	PRICE
VegaNachos These are the yummiest nachos you will ever try! Organic blue corn chips covered in quinoa chili, cashew cheezy sauce, c...	\$15.00
Earthly Entrées	
ITEM	PRICE
Adorabowl Spiced red and green lentil dahl over brown rice with rich coconut yoghurt tzatziki, beets, red cabbage sauerkraut, and...	\$12.00
Miso Bowl Ginger garbanzo bean miso sauce served with brown rice, roasted peppers, broccolini, cabbage, spinach, and fresh basil....	\$13.00
Quinoa Bowl Quinoa steamed with onion, carrot, and celery sautéed with spinach, broccolini and butternut squash. Cooked warm and topp...	\$13.00
Falafel Tacos (Eggplant Bacon) Baked falafel bites inside a warm gluten-free buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, a...	\$16.90
Falafel Tacos (Extra Aioli Sauce) Baked falafel bites inside a warm gluten-free buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, a...	\$16.90
Falafel Tacos (Extra Avocado) Baked falafel bites inside a warm gluten-free buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, a...	\$17.90
Falafel Tacos (Hot Sauce) Baked falafel bites inside a warm gluten-free buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, a...	\$15.90
Falafel Tacos (Sub Wedges for Salad) Baked falafel bites inside a warm gluten-free buckwheat pita with olive tapenade, chopped spinach, tomato basil salsa, a...	\$16.90
Two Perfect Tacos (Cashew Sour Cream) Our housemade corn tortilla stuffed full with spicy quinoa chorizo, avocado, pico, and spicy almond love sauce. When we...	\$16.90
Two Perfect Tacos (Cheezy Sauce) Our housemade corn tortilla stuffed full with spicy quinoa chorizo, avocado, pico, and spicy almond love sauce. When we...	\$16.90
Two Perfect Tacos (Hot Sauce) Our housemade corn tortilla stuffed full with spicy quinoa chorizo, avocado, pico, and spicy almond love sauce. When we...	\$15.90
Two Perfect Tacos (Love Sauce) Our housemade corn tortilla stuffed full with spicy quinoa chorizo, avocado, pico, and spicy almond love sauce. When we...	\$16.90
Enchiladas Corn tortillas filled with portobello mushrooms, sautéed onions, and red bell pepper over brown rice. Covered in pumpkin...	\$15.00
Enticing Eggplant Garlic roasted portobello mushrooms in rolls of grilled basil eggplant. Grilled with cheeze, served over maple mashed y...	\$16.00
Radical Ravioli Tasty portobello mushroom and cauliflower ricotta raviolis served over a garlic white bean ragu, topped with our pine nu...	\$16.00
Spaghetti Squash and 'meatballs' Warm roasted spaghetti squash with our tasty fennel marinara sauce. Topped with meatballs, chopped garlic tomatoes, and...	\$15.90
Nourish Green Bowl Broccolini, kale, spinach, avocado, coconut cashews, collard greens, and sunflower sprouts sauteed in pesto. All served...	\$13.00

ITEM	PRICE
Gaia Bowl Mango mint quinoa over mixed greens with turmeric hummus, cucumber, roasted red peppers, and avocado. Served with a warm...	\$15.00
Trilogy Cheezeburger (Cashew Sour Cream) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	\$15.90
Trilogy Cheezeburger (Cheezy Sauce) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	\$15.90
Trilogy Cheezeburger (Hot Sauce) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	\$14.90
Trilogy Cheezeburger (Love Sauce) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	\$15.90
Trilogy Cheezeburger (Avocado) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	\$15.90
Trilogy Cheezeburger (Eggplant Bacon) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	\$15.90
Trilogy Cheezeburger (Portobello Mushrooms) Tasty vegan burger made from brown rice, beans, and portobello mushrooms. Topped with grilled cheeze and caramalized oni...	\$15.90

Salads, Soup, Wraps & Rolls

ITEM	PRICE
Green Goddess Salad (eggplant bacon currently not available) Raw. Fresh spring greens and kale, chopped cucumber, grated beet, and carrot. Topped with avocado and eggplant bacon bit...	\$13.00
Raw Wrap Raw coconut wrap filled avocado, kale, peppers, beets, red cabbage sauerkraut and coconut yoghurt tzatziki, with a heal...	\$14.50
Tantalizing Kale Salad Chopped kale, purple cabbage, and celery, with a sprinkle of sunflower seeds, and maca spiced walnuts. Tossed in a cream...	\$14.50
Wild West Salad (New Spring Menu Item!!!) Fresh spinach and arugula tossed in our creamy cilantro dressing. Chipotle roasted corn, black beans, red peppers, and c...	\$14.90
Holy Sage Wrap Raw coconut wrap bursting with sage hummus, roasted butternut squash, avocado, caramelized onions, rosemary, spinach, re...	\$14.50

Acai & Pitaya Bowls

ITEM	PRICE
Chocoholic A little bit naughty, but oh so nice! Blended with cacao and banana. Topped with peanut butter, granola, and banana.	\$12.00
Low Carb Blended with avocado, blueberries, protein, and stevia. Topped with nuts, hemp seeds, and coconut flakes. Low carb, high...	\$12.00
Superfood Blended with banana, goji berries, spinach, coconut oil, and almond milk. Topped with hemp seeds, almonds, strawberries,...	\$12.00
Traditional Blended with coconut water, banana, blueberry, and apple. Topped with homemade granola, banana, and strawberries.	\$11.00
Zingy Blended with a hint of ginger, blueberries, and banana, topped with strawberries, banana, coconut flake, and our homemad...	\$11.00

Desserts and Baked Goods

ITEM	PRICE
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Decadence	\$12.00
Dark chocolate avocado mousse layered with creamy cashew chocolate mousse and enticing vanilla cream topped with fresh s...	
Lavish Crepe	\$14.00
Buckwheat crepe filled with chocolate hazelnut spread and sliced banana drizzled with walnut date caramel sauce. Topped...	
Transcendent Brownie	\$12.00
This amazing brownie is rich, moist and chocolatey. Served warm with a gloriously creamy vegan vanilla ice cream and sal...	
Indulgence Raw Cheezecake	\$11.00
Raw. Exquisite raw vegam cheesecake. Crunchy nut crust, topped with a luxuriously smooth and creamy filling. Check out o...	
Majestic	\$11.00
Raw. Amazing raw carrot cake, teasing the tastebuds with glorious hints of cinnamon, spices, and nuts, with a thick and...	
Transcendent	\$11.00
This amazing brownie is rich, moist, and chocolaty. Served warm with a gloriously creamy vegan vanilla ice cream and sal...	

Kids' Menu - Meals & Snacks

ITEM	PRICE
Crepe Quesadilla	\$8.00
Cheezy sauce with pico inside a warm buckwheat crepe.	
Fruit and Veg Plate	\$8.00
Apple, banana, celery, strawberry slices with nut butter dip.	
Taco	\$8.00
Single taco with avocado, sweet potato hash, and sour cream.	

Kids' Menu - Smoothies

ITEM	PRICE
Banana Smoothie	\$6.00
Almond milk, banana, vanilla, and cinnamon.	
Chocolate PB Smoothie	\$6.00
Almond milk, banana, peanut butter, and cacao.	
Strawberry Smoothie	\$6.00
Almond milk, banana, and strawberry.	

Super Smoothies

ITEM	PRICE
Blissful	\$10.50
Refresh, nourish, cleanse. Mango, avocado, orange, lemon, ginger. Boost: chia seeds.	
Lust	\$10.50
Almond milk, banana, cacao, dates, cashews, maca, a sprinkle of cayenne, and topped with cacao nibs.	
Refresh	\$11.00
Anti-inflammatory, Cleansing, Digestion Coconut water, cucumber, spinach, pineapple, celery, parsley, mint, avocado, al...	
Goddess	\$10.50
Immunity, nutrient rice, low gi. Almond milk, blueberries, peanut butter, goji berries, chia seeds, hemp seeds. Boost: c...	
Love	\$10.50
Post Workout, Energize, Hydrate, Calcium. Almond milk, coconut water, banana, kale, Trilogy protein, coconut butter, da...	
Magic Match	\$10.00
Energy, detox, anti-aging, weigh loss. Matcha green tea, spinach, lime, banana, mango. Boost: spirulina	
Nature	\$11.00
Fiber, detox, alkalize, immunity. Spinach, celery, avocado, parsley, kale, cucumber, apple, lemon, lime juice, ginger. B...	

ITEM	PRICE
Pleasure Pre-workout, endurance, nourish. Almond milk, cinnamon, vanilla, cacao, peanut butter, banana, hemp seeds. Boost: goji b...	\$10.00
Serenity Antioxidant, healthy skin, anti-aging. Acai, blueberry, banana, almond milk, Trilogy protein, goji berries. Boost: cocon...	\$10.50
Tropical Pitaya Refresh, Digestion, Immunity. Coconut water, coconut butter, pitaya, pineapple and mango. Boost: Ginger	\$10.00
Heavenly Almond milk, coconut milk, pitaya, banana, strawberry, date, protein, almond butter.	\$11.00

Kids' Menu - Sweet Things

ITEM	PRICE
Ice Cream Sundae Two scoops of ice cream with raspberry sauce and pecan cookie crumbles.	\$6.00
PB and J Crepe Buckwheat crepe with peanut butter, banana, and mixed berry sauce.	\$6.00

Cold Drinks

ITEM	PRICE
Cold Brew (16 oz)	\$6.25
Cold Brew (8 oz)	\$4.75
Kombucha on Tap Fermented probiotic drink. New flavors weekly.	\$6.75
Kefir Soda Kefir Soda is a Probiotic Cold Pressed Juice with Water Kefir, and bursting with flavor! It is naturally non-alcoholic,...	\$5.50

Hot Drinks

ITEM	PRICE
Hot Herbal Tea - Caffeinated White Pineapple Papaya Green Sencha	\$3.00
Hot Herbal Tea - Caffeine Free Chamomile Peppermint Ginger Spice Roobios Lemon Balm Vanilla Peach Roobios Luminous Celestial	\$3.00

Body Essentials

ITEM	PRICE
Toilet Paper	\$1.00

Sides

ITEM	PRICE
Brown Rice	\$3.00
Burger Patty Veggie patty made with brown rice, rolled oats, black beans, and portabello mushrooms.	\$5.00
Maple Mashes Yams	\$4.00

ITEM	PRICE
Pita and Hummus Two buckwheat pitas with our delicious turmeric hummus on the side.	\$6.50
Sauteed Broccolini	\$4.00
Side Salad mixed greens, shredded carrot and beet, sliced cucumber with tomato vinaigrette dressing.	\$5.00
Sweet Potato Wedges Baked sweet potato wedges with a side of sun dries tomato aioli sauce.	\$4.00