

# plant

WE PROUDLY SERVE A PLANT-BASED AND GLUTEN-FREE MENU AVOIDING COMMON ALLERGENS SUCH AS EGGS, SOY, REFINED SUGARS, AND PEANUTS.



## coffee, tea & more

AMERICANO 3.5    CAPPUCCINO 5    LATTE 6    COLD BREW 6

<ul style="list-style-type: none"> <li> <span style="color: green;">✔</span> <b>matcha latte</b> ..... 8                      House-made almond milk, matcha green tea, maple                 </li> <li> <b>coconut date shaken iced latte</b> ..... 7                      house-made cashew milk, espresso, date syrup, coconut sugar                 </li> <li> <b>golden milk latte</b> ..... 7                      house-made almond milk, golden milk superfood blend, raw honey                 </li> <li> <b>super-human</b> ..... 8                      house-made almond milk, cacao, chaga, ashwagandha, maple                 </li> <li> <b>maca maple latte</b> ..... 8.5                      house-made cashew milk, espresso maca, maple                 </li> <li> <b>peppermint mocha</b> ..... 8.5                      house-made almond milk, espresso, cacao, peppermint essential oil, maple                 </li> <li> <b>hot cocoa</b> ..... 7.5                      house made almond milk, cacao, maple, topped with house coco whip                 </li> <li> <b>chai latte</b> ..... 7.5                      house-made almond milk, chai spices, maple                 </li> <li> <span style="color: green;">✔</span> <b>london fog</b> ..... 7                      house-made almond milk, earl grey cream tea, vanilla, raw honey                 </li> <li> <b>sweet almond latte</b> ..... 7                      house-made almond milk, sweet almond tea, raw honey                 </li> <li> <span style="color: green;">✔</span> <b>fresh mint tea</b> ..... 4                      fresh mint, local honey                 </li> <li> <b>the healer</b> ..... 4.5                      lemon, ginger, raw honey                      • elderberry +1                 </li> <li> <b>urban tea house</b> ..... 3                      select one: pitta, thai mint fusion, sweet almond, lavender earl grey, earl grey cream                 </li> </ul>	<p><b>SWEETENERS</b>                      coconut sugar                      date syrup                      maple                      local honey                      stevia</p> <p><b>MILK OPTIONS</b>                      almond milk                      cashew milk</p> <p><b>ADD-ONS</b>                      coconut whip +1.5</p>
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## fresh & fruity

<ul style="list-style-type: none"> <li> <b>fresh oj</b> ..... 7                      thats right, we squeeze it                 </li> <li> <span style="color: green;">✔</span> <b>blueberry lemonade</b> ..... 8                      fresh blueberries, lemon, raw honey, sparkling water                 </li> </ul>
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## mocktails

<ul style="list-style-type: none"> <li> <span style="color: green;">✔</span> <b>lemon + basil</b> ..... 6                      basil, lemon, raw honey, sparkling water                 </li> <li> <b>ginger + mint</b> ..... 6                      ginger, mint, lime, honey, sparkling water                 </li> </ul>
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## boozy & bubbly

<ul style="list-style-type: none"> <li> <span style="color: green;">✔</span> <b>seasonal sangria</b> ..... 12                      always fresh, always worth it                 </li> <li> <b>mimosa</b> ..... 8                      bubbles + fresh squeezed OJ                 </li> <li> <b>angeline sauvignon blanc</b> ..... 18                      1/2 bottle, california                 </li> <li> <b>angeline chardonnay</b> ..... 18                      1/2 bottle, california                 </li> <li> <b>angeline pinot noir</b> ..... 18                      1/2 bottle, california                 </li> <li> <b>neff apollo blonde</b> ..... 6.5                      local, gluten-free blonde ale                 </li> <li> <b>neff ignition switch</b> ..... 6.5                      local, gluten-free bargain pale-ale                 </li> <li> <b>neff spacecerverza</b> ..... 6.5                      local, gluten-free Mexican lager                 </li> <li> <b>neff raspberry pride</b> ..... 6.5                      local, gluten-free kettle sour                 </li> <li> <b>neff astronaut cookies</b> ..... 6.5                      local, gluten-free oatmeal stout                 </li> </ul>
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we're mint to be

✔ \*indicates house favorite item

planning your next meal?

TRY OUR NEW GRAB & GO MENU

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## smoothie bowls

LIKE A SMOOTHIE, BUT BETTER.

- cherry bomb smoothie bowl** ..... 14  
house-made cashew milk, cherries, banana, organic pea protein, vanilla, topped with house-made buckwheat granola, fresh strawberries, and coconut flakes
- golden milk smoothie bowl** ..... 13  
house-made almond milk, fresh squeezed OJ, pineapple, banana, and a golden milk superfood blend, topped with fresh banana, coconut flakes, and pumpkin seeds
- heart beet smoothie** ..... 13  
house-made almond milk, strawberry, mango, banana, beet root, almond butter, topped with coconut flakes, cacao nibs, hemp seeds, and banana

all you need  
is love and  
superfoods.

## superfood smoothies

NO ICE. 100% REAL FOOD, ALWAYS.

- the best f\*cking smoothie** ..... 12  
trust us & try it
- clean green** ..... 12  
house-made almond milk, spinach, kale, celery, cucumber, mango, ginger, lemon, chlorella
- maca picchu** ..... 13  
house-made almond milk, blueberries, banana, maca, cacao nibs, almond butter, hemp seeds
- mint chip** ..... 12  
house-made almond milk, banana, fresh mint, chlorophyll, cacao nibs, dates
- the ultra** ..... 11  
house-made cold brew, banana, pea protein, cashew butter, dates, vanilla
- no nana** ..... 13  
coconut water, mango, blueberry, pea protein, flaxseed, dates
- the athlete** ..... 13  
house-made almond milk, coconut water, banana, hemp seeds, chia seeds, flaxseeds, chlorella, maca, almond butter
- the immortal** ..... 16  
house-made almond milk, banana, spinach, chlorella, cacao nibs, maca, reishi, chaga, ashwagandha, dates
- simply strawberry** ..... 11  
house-made almond milk, strawberries, banana, flaxseeds, dates, vanilla
- sweet greens** ..... 12  
coconut water, pineapple, banana, spinach, kale

## smoothie add-ins

- house-made sweet treat**
  - nut-tella +2.50
  - cashew caramel +3.50
  - buckwheat granola +2
- energy & stamina**
  - cacao nibs +1
  - cacao powder +.50
  - chlorophyll +.50
  - dates +1
  - green adaptogen +1
  - lion's mane +3
  - maca powder +1.5
- protein**
  - almond butter +2
  - cashew butter +2
  - chlorella +1
  - hemp protein +1.25
  - hemp seeds +1
  - pea protein +1.75
- immunity & longevity**
  - astragalus +3
  - bee pollen +1
  - blue majik +1
  - chaga +1
  - goji berries +1
  - kale +1
  - pine pollen +3
  - reishi +1
  - spinach +1
- digestion**
  - chia seeds +1
  - flaxseed +.50
  - ginger root +.50
  - triphalala +2
- mood & wellness**
  - ashwagandha +2
  - cordyceps +2
- skin & beauty**
  - he shou wu +2
  - moringa +1

## food add-ons

- avocado +2
- extra dressing +2
- hemp seeds +1
- house-made croutons +2.5
- nutritional yeast +.50
- pickled onions +1
- pumpkin seeds +1
- quinoa +1
- raw veggies +1.5
- red potato +1.5
- shaved almonds +1
- spiced black beans +1
- spiced chickpeas +1
- sunflower seeds +1
- sweet potato +1.5
- toast +2
- hummus +1.5

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## breakfast

SERVED ALL DAY

<b>oatmeal</b> .....8	
hot oatmeal topped with almond butter, house-made wild berry & date jam, blueberries, & maple	
<b>breakfast burrito</b> .....16	
cassava flour tortilla, quinoa chorizo, roasted red potato, spiced black beans, cashew queso, pico, fresh parsley	
✓ <b>breakfast hash</b> .....12	
roasted sweet potato, red potato, bell pepper, onion, a seasonal vegetable, topped with house-made southwest dressing & parsley	
<b>waffles</b> .....12	
two house waffles served with farm fresh maple and a sprinkle of cinnamon	
• banana +1	• nut-tella +2.5
• strawberries +2.5	• coconut whip +1.5
• almond butter +2	• date syrup +1
• chocolate chips +2	
• cashew caramel +3.5	

## salads

<b>that good salad</b> .....15	
mixed greens, cabbage, carrot, green onion, nutritional yeast, house-made cashew ranch	
<b>cashew ceasar salad</b> .....13	
massaged kale, spiced chickpeas, cabbage, carrot, house-made cashew ceasar, black pepper	
<b>autumn harvest salad</b> .....14	
kale and brussels salad mix, red onion, apple, walnut, raisins, maple-mustard vinaigrette	

## toasts

✓ <b>apple + fig</b> .....8	
gluten-free oat bread, almond butter, fresh apple, dried figs, local honey	
<b>almond + jam</b> .....8	
gluten-free oat bread, almond butter, house-made wild berry & date jam, hemp seeds	
<b>caramel + apple</b> .....10	
gluten-free oat bread, almond butter, fresh apple, house-made cashew caramel & cinnamon	
<b>banana + almond</b> .....8	
gluten-free oat bread, almond butter, banana, local honey drizzle	
<b>pear + pecan</b> .....9.5	
gluten-free oat bread, pecan butter, sliced pear, pecans, cinnamon	
<b>avo + toast</b> .....11	
gluten-free oat bread, avocado, house-made cashew ranch, green onion, cilantro, smoked paprika	
<b>hummus + toast</b> .....8	
gluten-free oat bread, house-made roasted garlic + green pepper hummus, olive oil, spiced chickpeas, fresh parsley, smoked papriks	
✓ <b>hummus + pesto</b> .....8.5	
gluten-free oat bread, house-made roasted garlic + green pepper hummus, fresh basil pesto, hemp seeds	

## lunch bites

ONLY AVAILABLE ON WEEKDAYS

<b>chickpea salad sandwich</b> .....10	
gluten free vegan oat bread, house-made chickpea salad, spinach, cucumber, tomato, black pepper, cashew crema	
<b>chickpea salad bagel</b> .....15	
gluten free vegan oat bagel, house-made chickpea salad, spinach, cucumber, tomato, black pepper, cashew crema	
<b>black bean &amp; sweet potato tacos</b> ....14	
two cassava tortillas with spiced sweet potato, black beans, onion, topped with cabbage, green onion, cilantro, house-made cashew ranch	
✓ <b>grampy's burger</b> .....14	
gluten free oat bun, house-made black bean & sweet potato burger patty, spinach, carrot, cilantro, cashew crema	

## bowls

ONLY AVAILABLE ON WEEKDAYS

<b>quinoa pesto</b> .....15	
organic quinoa, roasted brussels sprouts and sweet potato, house-made basil pesto & nutritional yeast	
✓ <b>roasted roots</b> .....14	
organic quinoa, roasted onion, carrot, butternut squash, & beets, cashew miso dressing, parsley	
<b>golden glow bowl</b> .....15	
sautéed kale and brussels, roasted cauliflower & carrot, raisins, pumpkin seeds, olive oil, tahini	

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## brunch specials

ONLY AVAILABLE ON WEEKENDS

**banana pancakes** .....12  
three house pancakes served with farm fresh maple, and a sprinkle of cinnamon

- banana +1
- blueberries +2
- almond butter +2
- chocolate chips +2
- cashew caramel +3.5
- nut-tella +2.5
- coconut whip +1.5
- date syrup +1

**quinoa chorizo tacos** .....14  
two-cassava tortillas, quinoa chorizo, red potato, pickled onion, cashew crema, cilantro

**brunch sampler** .....15  
single banana pancake, single quinoa chorizo taco, side of breakfast hash

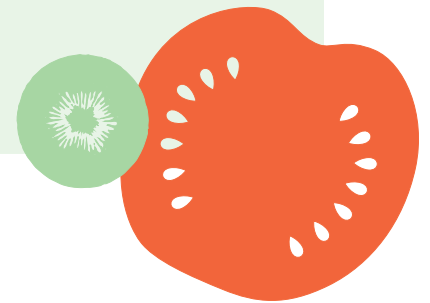
## 7-Day Plant Reset

JOIN US FOR 7 DAYS THAT MIGHT JUST CHANGE YOUR LIFE.

You can choose to follow our recipes and cook in the comfort of your own home, or you can choose to have us make your meals for you.

We take the guesswork out of it by supplying 3 meals and 2 snacks per day. After 7 days of ultimate plant-based nutrition and three coaching calls to ensure your success, you'll be feeling reset and energized to continue on your own.

VISIT [EATATPLANT.COM](http://EATATPLANT.COM) TO REGISTER TODAY



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