

FRESH & LOCAL

ALL DAY CAFE

# plant

FOOD THAT  
LOVES YOU BACK

We believe that a healthy diet doesn't have to be something you dread. In fact, we've found that a diet full of real, plant-based foods can do amazing things like calm the mind, supply boundless energy, clear skin, soothe digestion, and increase longevity, just to name a few. It's all but magic and we want to share it with you. Plant gives you access to real, delicious, and nutritious food—yes, even on a Monday.



# our food

100% PLANT BASED, DAIRY FREE, GLUTEN FREE, SOY FREE, AND PEANUT FREE.

## acai

Brazilian superfood known for its anti-aging properties, immune support, heart-health, and muscle recovery.

## bee pollen

Also called the “perfect food.” Bee pollen contains more than 96 nutrients needed for life, and it’s made of 40 percent protein. Locally sourced bee pollen can help improve immunity, seasonal allergies, and increase endurance.

## blue majik

A blue-green algae known for its ability to relieve discomfort, inflammation, and support overall bone and joint health.

## cacao nibs

Antioxidant rich, boosts mood, and supports brain and heart function.

## cacao powder

Similar to cocoa powder, but in a purer form which supplies essential nutrients such as calcium, iron, and magnesium.

## chia seeds

Full of omega 3’s, protein, and fiber. Great for digestive health and sustained energy.

## chlorophyll

Chlorophyll is what makes plants green - it contains minerals which support oxygenation of the body, healthy bones, increased energy, and overall vitality.

## coconut meat

We use coconut meat that is fresh from the coconut - unpasteurized and not found in stores. It’s known for its healthy fat content - which benefits the brain, digestive system, and skin.

## coconut water

We use coconut water that is fresh from the coconut - unpasteurized and not found in stores. It provides an extensive amount of electrolytes, helping keep the body stable and hydrated.

## dragon fruit

Also known as pitaya, it’s rich in antioxidants, essential fatty acids, as well as, vitamins A and C.

## elderberry

Used in ancient folk medicinal practices, elderberry is known for boosting the immune system, decreasing mucous production, and fighting disease.

## flax seeds

Full of omega 3’s, fiber, protein, and magnesium. Great for heart health.

## goji berries

Antioxidant rich, high protein fruit used in ancient Chinese medicine practices for vitality and longevity.

## golden milk

Traditional Indian beverage made from turmeric and known for its anti-inflammatory effect.

## hemp seeds

Full of omega 3’s, protein, iron, and zinc.

## local honey

Used as an allergy protectant, immunity booster, cough suppressant, and digestive aid.

## maca powder

Root powder which replenishes your adrenal glands and balances hormones. Great for post-workout fuel or coffee-addicts.

## matcha tea

Matcha is the only green tea of which we can consume the entire leaf, so it is ground into a fine powder which supplies a large dose of antioxidants and caffeine, but without the crash that we get from coffee.

## millet

A naturally gluten free grain that is used throughout the world for its high content of B vitamins.

## quinoa

A seed that cooks like a grain, quinoa is a complete protein and supplies an ample amount of fiber.

# superfoods

FOR RETAIL OR AS AN ADD-IN TO YOUR SMOOTHIE

## BRAIN FOOD

### lion's mane

Mushroom powder which supports the brain, memory, mood, and nervous system.

### mucuna pruriens

Supports mood, brain function, and overall well-being.

### yin powder

Herbal tonic that nourishes feminine energy and harmonizes the whole system from the inside out.

## SKIN & BEAUTY

### he shou wu

Nourishes the hair, skin, nails, nervous system, and feminine energy.

### moringa

Rich in minerals and bio-available vitamins. Promotes sound sleep, digestion, and overall nutrition.

### pearl powder

Rich in minerals and amino acids to support clear skin, strong bones, balanced sleep, and inner + outer radiance.

### tocos

Made from rice bran solubles, it's a bio-available source of Vitamin E supporting healthy skin and connective tissue.

## IMMUNITY & LONGEVITY

### ashwagandha

Ayurvedic root powder excellent for immune health, sexual vitality, and harmonizing mood.

### astragalus

Known as the "Great Protector," it supports longevity, circulation of energy, digestion, and immunity.

### chaga

Healing mushroom powder with a rich source of Betulinic Acid, B vitamins, Melanin, and Zinc which supports the immune system and protects DNA.

### pine pollen

Supports immunity, metabolism, sexual energy, creativity, and hormone balance.

### reishi

Healing mushroom powder which supports longevity, immune resilience, stress relief, mental clarity, and cultivation of energy.

## BODY & STRENGTH

### ashitaba

Known as a "Vegan Blood Builder." It's a rich source of B vitamins supporting skin, digestion, nervous system, and spirit.

### chlorella

Chlorophyll and protein rich algae providing complete amino acid chains and essential fatty acids.

### cordyceps

Mushroom powder supporting yang energy, oxygenation of the whole body, mental power, muscle tone, sexual energy, and immune function.

### green adaptogen

Containing suma, chlorella, and maca, this superfood blend is designed to harmonize and activate the whole system. Great for hormone balance and adrenal support.

### eucommia bark

Bio-available nutrients supporting connective tissue, joints, lower body, and physical function.

### triphala

Ayurvedic herbal formula for gently cleansing and harmonizing the digestive system.



ALL SUPERFOODS ARE MADE BY SUN POTION TRANSFORMATIONAL FOODS.

# our truths

## EAT PLANTS.

We are on a mission to find ways to pack more nutritious plants into food people want to eat.

## FEEL BETTER.

We believe plants are the secret to feeling energized, vibrant, and alive. Plant-based foods nourish the body inside and out.

## LIVE MORE.

We believe health and positivity have a way of spreading. We find that a balanced diet is often the first step in finding balance in your life.

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We pride ourselves on sourcing organic produce from local farms as much as possible. More than anything, we promise to serve the highest quality food, no matter what. We make everything in house - strictly from plants. We won't ice down your smoothie or put fillers in your milk - because we believe food is meant to fuel lives and heal bodies. If you don't know what something is, ask us!

**WE MAKE FOOD THAT LOVES YOU BACK.**

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# how we got here

To most of us, diet is as good as a curse word. Nutritious sounds anything but delicious, and healthy has "hell" right there in the first syllable. We've grown up with little to no experience with "plant-based" diets and less knowledge of their positive effects. Vegetarian and vegan sounded a lot like a list of foods you couldn't eat. Very little focus has been placed on the positive effects of a plant-based diet, in large part because options were hard-to-come-by, and often felt restrictive.

Today, plant-based diets are no longer pigeon-holed in the realm of the bland and tasteless, but becoming a viable way to eat—or better yet a viable way of life. By whatever means you come to the discussion, there is little denying that, quite simply, eating real foods makes you feel better.

Our founder, Emma Ryan, has been through various health-related problems, and in her fight, she's tried it all: diets, cleanses, supplements, fitness programs, retreats,

medicines, you-name-it. But with every frustration and challenge, she kept finding her way back to health and vitality. And with each bump along the road, she was coming closer and closer to finding answers.

As is often the case, the best answers are the simplest. After switching to an entirely plant-based diet, she was shocked at the amount of energy and life she experienced. It was a discovery she felt she had to share. And with that, she launched her vitality coaching business, helping people harness the power of plants to give them the energy and motivation to change their lives.

Coaching people across Oklahoma City led her to realize that the city was lacking in healthy restaurants - and Plant is the first step in changing that. Plant exists to provide whole food, plant-based options to the community and to plant the idea that you can live better, no matter what that looks like for you. Health and vitality are yours to have.