

E + ROSE

eat well, be kind.

a plant forward superfood cafe + eatery

smoothies p. 1
bowls & toast p. 2
coffee & tea p. 3
grab + go p. 3

SMOOTHIES

Simple. common adds: +flax seed, +pea protein, +PB, +AB, +hemp seeds

Strawberry Shake 9 | 10.5
cold-pressed apple juice, strawberries + bananas

Cocoa Butter 9.5 | 11
almond milk, bananas, cacao powder, peanut butter

Summer Sun 9.5 | 11
cold-pressed pineapple juice, peaches, mangos
lemon + mint

Almond Butter + Jelly 9.5 | 11
cold-pressed apple juice, bananas, blueberries, strawberries
almond butter

our juice is cold-pressed by us. our plant-based milks are made by us. our fruits are what they should be: just fruit. no junk.

High Protein. common adds: +spinach, +pea protein, +collagen (vegan or regular), +creatine, +hemp seeds

Banana Butter 10 | 12
almond milk, bananas, almond butter, peanut butter,
cinnamon, hemp + flax seeds, dates

Superseed 10.5 | 12.5
cold-pressed apple juice, strawberries, dark cherries, beets,
peanut butter, flax, chia, pumpkin + hemp seeds, pea protein

No Bread 10 | 12
cold-pressed apple juice, strawberries, blueberries,
bananas, 2x pea protein, peanut butter, flax seeds

Shredder 10.5 | 12.5
oat milk, dark cherries, avocado, blackberries, beets, bananas,
2x cacao nibs, 2x pea protein, peanut butter

Dark Magic 10 | 12
almond milk, bananas, dark cherries, cacao powder,
almond butter, vanilla, 2x pea protein

The Athlete 11 | 13
cold-pressed apple juice, mangos, peaches, creatine, plant-based
collagen boost (or sub bovine), pea protein, hemp protein,
hemp seeds, spinach, coconut oil

Energizing. common adds: +kale, +spinach, +pea protein, +collagen (vegan or bovine), +creatine

Bulletproof 10 | 12
cold-brew coffee, bananas, cacao nibs, coconut oil
hemp seeds, walnuts, cinnamon, vanilla

Liquid Lightning 10.5 | 12.5
oat milk, bananas, blue spirulina, dates, cashew butter,
maca, guarana

Berries + The Bees 10.5 | 12.5
almond milk, blackberries, strawberries, cherries, maca
almond + peanut butters, ginseng, bee pollen, honey

Supernova 11 | 13
cold-pressed pineapple juice, mangos, peaches, pitaya, maca, flax,
plant-based collagen boost (or sub bovine), turmeric, lemon + lime

Greens. common adds: +pea protein, +maca, +creatine, + hemp seeds

Goddess 10 | 12
coconut water, bananas, almond butter,
cacao nibs, chia seeds, vanilla, spinach + kale

The Bu 11 | 13
almond milk, bananas, cacao nibs, hemp protein, chia seeds,
spirulina, dates, maca, cinnamon, cashew butter

Benjamin Button 10 | 12
cold-pressed pineapple juice, coconut water, mangos,
bananas, matcha, spinach, coconut oil, lemon,
plant-based collagen boost (or sub bovine)

Ginger Green 10 | 12
coconut water, cold-pressed pineapple juice, mangos, peaches,
spinach, kale, pea protein, ginger, mint

we desire to inspire wellness.

**we cold-press the juice used in our smoothies and bowls, and it is not pasteurized in order to retain the maximum amount of nutrients and enzymes. like any fresh fruit or salad, they could potentially contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems. If you are pregnant or breastfeeding, please consult your healthcare provider for guidance on consumption of our offerings.*

BOWLS

Açaî. common adds: +pea protein, +flax, +spinach

The Pro 13

blended: almond milk, açaî, bananas, blueberries
peanut butter, pea protein
on top: gluten-free granola, bananas, cinnamon,
crushed almonds, peanut butter, local honey

Hanalei 13

blended: almond milk, açaî, bananas, blackberries
strawberries, almond butter
on top: gluten-free granola, macadamia nuts, bananas,
puffed brown rice, hemp seeds, local honey, almond butter

Aloha 13

blended: cold-pressed pineapple juice, açaî, bananas,
mangos, pineapples, coconut oil
on top: gluten-free granola, strawberries, bananas,
local honey, coconut flakes, goji berries

Pitaya. common adds: +spinach, +extra granola

Pre-Game 13

blended: almond milk, pitaya, bananas, strawberries,
pea protein, green coffee bean, almond butter
on top: gluten-free granola, strawberries, local honey,
cacao nibs, almond butter

BC 13

blended: oat milk, pitaya, bananas, strawberries, cherries,
almond butter, pea protein, flax seeds, beet, cinnamon
on top: gluten-free granola, bananas, chia seeds,
peanut butter, hemp seeds, local honey, cashews

no dairy. no soy. no ice.

no gluten.

no carrageenan. no nonsense.

nutrient rich. superfood laden.

made to order.

ingredient x ingredient.

just for you.

Signature. common adds: +kale, +hemp seeds, +AB

SoBro 12.5

blended: almond milk, bananas, cacao nibs, peanut butter
on top: gluten-free granola, strawberries, local honey,
chia seeds, cacao nibs, crushed pecans, local bee pollen

Blue Bae 13

blended: oat milk, bananas, blue spirulina,
cashew butter, maca
on top: gluten-free granola, strawberries, black currants,
shredded coconut flakes, hemp seeds, puffed brown rice
cashew butter, local honey

Nomad 12.5

blended: almond milk, bananas, cacao powder, cinnamon,
vanilla, pea protein, peanut butter
on top: gluten-free granola, strawberries, local honey,
puffed rice, peanut butter, cacao nibs, cacao powder

GreenGo 12.5

blended: oat milk, mangos, bananas, spirulina,
moringa, maca
on top: gluten-free granola, avocado, local honey,
cacao nibs, shredded coconut flakes

we serve foods for longevity.

TOAST

Avocado 9.5

local seeded bread baked golden, topped with mashed
avocado, Himalayan salt, black pepper, red pepper flakes,
crushed cashews and local sprouts

Fire Flour 9.5

local sourdough, mashed avo, local honey, local amaranth
sprouts, red pepper, black sesame + cayenne

Fig 10

local seeded bread baked golden, layered with coconut oil,
almond butter, sliced strawberries, dried figs, hemp seeds
and a drizzle of local honey

Banaland 9.5

local seeded bread baked golden, layered with peanut butter,
bananas, cinnamon, cacao nibs, chia seeds + local honey

a brag about our bread: fresh from our local baker. contains organic
fermented ancient grains. no preservatives. no gums. no added gluten.

COFFEE + TEA

Classic Coffee.

Daily Drip	12 oz - 3.75 16 oz - 4
Espresso	2 oz - 3.75 4 oz - 4.5
Cappuccino	8 oz - 5.5
Americano	8 or 12 oz - 3.75 16 oz - 4
Cold Brew	16 oz - 4.75 24 oz - 5.75

Loose Leaf Tea.

12 oz or 16 oz - 4

Green Pomegranate	/ sweet, tart, green
Bright Eyed	/ caffeine-free, spicy, herbal
English	/ Breakfast / smooth, malty, black
Happy	/ berry, fruity, floral, herbal

anything but your average joe. our organic house milk is made from scratch with cashews, dates, and water. that's it. no seed oils, gums, preservatives, or flavorings. harder for us, better for you.

Lattes.

House Caffé	12 oz - 6.5 16 oz - 7.5	espresso, organic house cashew milk
Caramel	12 oz - 6.5 16 oz - 7.5	espresso, organic house cashew milk + scratch made caramel
Vanilla	12 oz - 6.5 16 oz - 7.5	espresso, organic house cashew milk + scratch made vanilla
Mocha	12 oz - 6.5 16 oz - 7.5	espresso, organic house cashew milk + scratch reishi mocha
Mushroom Capp	8 oz - 6 12 oz - 7 16 oz - 8	our vanilla latte + superfood mushroom blend

Signature.

Matcha Latte	12 oz - 6.5 16 oz - 7.5	matcha, organic house cashew milk, vanilla, local honey
Chai Latte	12 oz - 6.5 16 oz - 7.5	chai spice blend, maple, organic house cashew milk (make it dirty and add a shot of espresso)
What's Shakin'	12 oz - 6.5 16 oz - 7.5	iced espresso, coconut sugar, organic house cashew milk, cinnamon (iced only)

Adaptogenic Add-ons (manage stress/restore balance):
+ashwaghandha (2), +cbd (3.5), +guarana (1) +maca (1),
+mushroom blend (1), +pearl (2.5), +collagen (2.5)
Other alt milks: almond or oat

effortless improved well being.

GRAB + GO

Our Wraps.

Katalina	12
Hot Kale	11.5
Falafel Hummus	11.5
Rainbow	11.5
Spring Rolls	10.5
RawCos	10

Our Salads.

Super Caesar	12.5
West x SW	13
Falafel Tzatziki	12.5
Curried Lentil	12.5
Hot Kale	12
Buddha Bowl	12.5

Our Grains.

Quinoa Tabouli	9
Pesto Farro	9
Breakfast Quinoa	9
The Good Bowl	11

Etc.

Organic Juices	11
Organic Shots	6
CBD Shots	6.5
Nut-Based Blends	9
Booster Bites	6

our juices and shots are all organic, cold-pressed, and loaded with nutrients. our food is from scratch, vegan, and filled with flavor. our bites are simple and nutritious. check the fridge for today's selections, seasonal adds, and partner items. eat well, be kind.