

E + ROSE

eat well, be kind.

a plant forward wellness cafe + micro market

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

SMOOTHIES

Signature. common adds: +flax seed, +creatine, +pumpkin seeds

Skin Pharm's Best in Glow 12 | 14
cold-pressed pineapple juice, bananas, strawberries, pitaya, avocado, plant-based collagen boost (or sub bovine), sea moss, lime, house made unsweetened coconut cream

Orange Dream 12.5 | 14.5
house almond milk, mangos, bananas, pea protein, turmeric, goji berries, vanilla bean, orange zest, 1,000mg of Cymbiotika Vitamin C, house made unsweetened coconut cream

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

Strawberry Shake 9.5 | 11
cold-pressed apple juice, strawberries, bananas

Cocoa Butter 10 | 11.5
house almond milk, bananas, cacao powder, peanut butter

Summer Sun 10 | 11.5
cold-pressed pineapple juice, peaches, mangos, lemon, mint

Almond Butter + Jelly 10 | 11.5
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 bovine), +creatine, +hemp seeds

Banana Butter 10.5 | 12.5
house almond milk, bananas, almond butter, peanut butter, cinnamon, hemp + flax seeds, dates

Superseed 11 | 13
cold-pressed apple juice, strawberries, dark cherries, beets, peanut butter, flax, chia, pumpkin + hemp seeds, pea protein

No Bread 10.5 | 12.5
cold-pressed apple juice, strawberries, blueberries, bananas, 2x pea protein, peanut butter, flax seeds

Shredder 11 | 13
house oat milk, dark cherries, avocado, blackberries, beets, bananas, 2x cacao nibs, 2x pea protein, peanut butter

Dark Magic 10.5 | 12.5
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

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

Berries + The Bees 11 | 13
house almond milk, blackberries, strawberries, cherries, maca, almond + peanut butters, ginseng, bee pollen, honey

Liquid Lightning 11 | 13
house oat milk, bananas, blue spirulina, dates, cashew butter, maca root, guarana

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

Goddess 10.5 | 12.5
coconut water, bananas, almond butter, cacao nibs, chia seeds, vanilla, spinach, kale

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

Benjamin Button 10.5 | 12.5
cold-pressed pineapple juice, coconut water, mangos, bananas, matcha, spinach, coconut oil, lemon, plant-based collagen boost (or sub bovine)

Ginger Green 10.5 | 12.5
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 14

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

Hanalei 14

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

Aloha 14

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 14

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

BC 14

blended: house 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 13

blended: house 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 14

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

Nomad 13

blended: house 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 13

blended: house 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

Fire Flour 11

local organic West Coast style sourdough, sliced thick and baked golden, layered with mashed avocado, local honey, local amaranth sprouts, red pepper, black sesame, cayenne

Avocado 10.5

local organic West Coast style sourdough, sliced thick and baked golden, topped with mashed avocado, Himalayan salt, black pepper, red pepper flakes, crushed cashews and local sprouts

Fig 11

local organic West Coast style sourdough, sliced thick and baked golden, layered with coconut oil, almond butter, sliced strawberries, dried figs, hemp seeds and local honey

Bananaland 10

local organic West Coast style sourdough, sliced thick and baked golden, layered with peanut butter, bananas, cinnamon, cacao nibs, chia seeds and local honey

Make it gluten-free +2.50

a brag about our bread from our local baker, Sourdough Co:
made fresh with organic flour and a 36 hour fermentation process for
easier digestion and a probiotic boost. Just 3 simple ingredients:
flour, water, and salt. no preservatives. no seed oils. no gums.

fuel your dreams.

COFFEE + TEA

Classic Coffee.

Daily Drip	12 oz - 4 16 oz - 4.25
Espresso	2 oz - 4 4 oz - 4.25
Cappuccino	8 oz - 5.5
Americano	8 or 12 oz - 4 16 oz - 4.25
Cold Brew	16 oz - 5 24 oz - 6

Loose Leaf Tea. 12 oz or 16 oz - 4

Green Pomegranate	/ sweet, tart, green
Bright Eyed	/ caffeine-free, spicy, herbal
English	/ breakfast style / 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	/ 8oz - 5.75 12oz - 6.5 16oz - 7.5	espresso, organic house cashew milk
Caramel	/ 8oz - 6 12oz - 6.75 16oz - 7.75	espresso, organic house cashew milk + scratch made caramel
Vanilla	/ 8oz - 6 12oz - 6.75 16oz - 7.75	espresso, organic house cashew milk + scratch made vanilla
Mocha	/ 8oz - 6 12oz - 6.75 16oz - 7.75	espresso, organic house cashew milk + scratch reishi mocha
Mushroom Capp	/ 8oz - 6.25 12oz - 7 16oz - 8	our vanilla latte + superfood mushroom blend

Signature.

Matcha Latte	/ 8oz - 6 12oz - 6.75 16oz - 7.75	matcha, organic house cashew milk, vanilla, local honey
Chai Latte	/ 8oz - 6 12oz - 6.75 16oz - 7.75	chai spice blend, local honey or maple, organic house cashew milk (make it dirty and add a shot of espresso)
What's Shakin'	/ 12 oz - 6.75 16 oz - 7.75	iced espresso, coconut sugar, organic house cashew milk, cinnamon (iced only)
Giddy Up	/ 16 oz - 7.75	cold brew, espresso shot, house vanilla, and colostrum served over ice <i>**(this item is not dairy free)**</i>

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

effortless improved well being.

GRAB + GO

Our Wraps.		Our Salads.		Our Grains.		Etc.	
Katalina	12.5	Super Caesar	13	Quinoa Tabouli	9	Organic Juices	11
Hot Kale	11.5	West x SW	13.5	Pesto Farro	9	Organic Shots	6.5
Falafel Hummus	11.5	Falafel Tzatziki	12.5	Breakfast Quinoa	9	Nut-Based Blends	9
Rainbow	11.5	Curried Lentil	12.5	The Good Bowl	11	Booster Bites	6.25
Spring Rolls	11	Hot Kale	12				
RawCos	11	Buddha Bowl	13				

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.