

# E + ROSE

## WELLNESS CAFE

eat well, be kind.

A Dietitian developed superfood wellness cafe + micro market

fuel your dreams.

# SMOOTHIES

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

**Skin Pharm's Best in Glow** 13 / 15.5  
cold-pressed pineapple juice, bananas, strawberries, pitaya, avocado, collagen, sea moss, lime, house unsweetened coconut cream

**The Matcha by Reformation** 13 / 15.5  
house almond milk, ceremonial matcha, coconut oil, pea protein, vanilla bean, local honey, spinach, bananas, house made unsweetened coconut cream

**Orange Dream** 13 / 15.5  
house almond milk, mangos, bananas, pea protein, turmeric, goji berries, vanilla bean, orange zest, 1,000mg of Cymbiotika Vitamin C, house unsweetened coconut cream

**Cowboy Cloud** 13.5 / 16  
house oat milk, bananas, pea protein, colostrum, vanilla bean, cashew butter, maca, house unsweetened coconut cream, cacao drizzle

Simple. common adds: +flax seed, +pea protein, +peanut butter, +almond butter, +hemp seeds

**Strawberry Shake** 9.5 / 12  
cold-pressed apple juice, strawberries, bananas

**Cocoa Butter** 10 / 12.5  
house almond milk, bananas, cacao, peanut butter

**Summer Sun** 10 / 12.5  
cold-pressed pineapple juice, peaches, mangos, lemon, mint

**Almond Butter & Jelly** 10 / 12.5  
cold-pressed apple juice, bananas, strawberries, blueberries, almond butter

our juice is cold-pressed. our plant-based milks are made by us.  
our fruits are what they should be: just fruit, nothing else.

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

**Banana Butter** 10.5 / 13  
house almond milk, bananas, almond butter, peanut butter, cinnamon, hemp + flax seeds, dates

**No Bread** 10.5 / 13  
cold-pressed apple juice, strawberries, blueberries, bananas, 2x pea protein, peanut butter, flax seeds

**Dark Magic** 10.5 / 13  
house almond milk, bananas, dark cherries, cacao powder, almond butter, vanilla, 2x pea protein

**Superseed** 11 / 13.5  
cold-pressed apple juice, strawberries, dark cherries, beets, peanut butter, flax, chia, pumpkin + hemp seeds, pea protein

**Shredder** 11 / 13.5  
house oat milk, dark cherries, avocado, blackberries, beets, bananas, 2x cacao nibs, 2x pea protein, peanut butter

**The Athlete** 11.5 / 14  
cold-pressed apple juice, mangos, peaches, creatine, collagen, pea protein, hemp protein, hemp seeds, spinach, coconut oil

Greens. common adds: +pea protein, +creatine

**Goddess** 10.5 / 13  
coconut water, bananas, almond butter, cacao nibs, chia seeds, vanilla, spinach, kale

**The Bu** 11 / 13.5  
house almond milk, bananas, cacao nibs, hemp protein, chia seeds, spirulina, dates, maca, cinnamon, cashew butter

**Ginger Green** 11 / 13.5  
coconut water, cold-pressed pineapple juice, mangos, peaches, spinach, kale, pea protein, ginger, mint

Energizing. common adds: +spinach, +collagen

**Bulletproof** 10.5 / 13  
cold-brew coffee, bananas, cacao nibs, coconut oil, hemp seeds, walnuts, cinnamon, vanilla

**Berries + The Bees** 11 / 13.5  
house almond milk, blackberries, strawberries, cherries, maca, almond + peanut butters, ginseng, bee pollen, honey

**Supernova** 12.5 / 15  
cold-pressed pineapple juice, mangos, peaches, pitaya, maca, flax, collagen, turmeric, lemon, lime

we desire to inspire wellness.

you are what you repeat.

# BOWLS

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

**The Pro** 14.5

*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** 15

*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** 15

*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

**BC** 15

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

**Pre-Game** 14.5

*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

no dairy. no soy. no ice. no gluten.  
no seed oils. no carrageenan or gums.  
nutrient rich + superfood laden.  
made to order, ingredient x ingredient.  
just for you.

we serve foods for longevity.

Specialty. common adds: +hemp seeds, +almond butter

**BeTrue Performance** 15

*blended:* house almond milk, açaî, double pea protein, creatine, collagen, maca, bananas, blueberries, strawberries, blackberries  
*on top:* house coconut cream, macadamia nuts, hemp seeds, strawberries, cashew butter, cacao nubs, local honey

**SoBro** 14

*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** 14.5

*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** 14

*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** 14

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

**Dark Heart** 14

*Blended:* almond milk, bananas, dark cherries, cacao almond butter, Maca root, beet powder  
*On Top:* cacao nibs, granola, coconut flakes, local honey, almond butter, strawberries

# TOAST

## Fire Flour

12

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

## Avocado

11

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

## Fig

12

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

11

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 micro-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. delicious + better for you.

effortless improved well being.

# GRAB + GO

check the fridge / options rotate daily

## Our Wraps.

Katalina	12.5
Hot Kale	12
Falafel Hummus	12
Rainbow	12
Spring Rolls	11.5
RawCos	11.5

## Our Salads.

Super Caesar	13
West x SW	14
Falafel Tzatziki	13
Curried Lentil	13
Hot Kale	12.5

## Our Grains.

Quinoa Tabouli	9
Pesto Farro	9
Breakfast Quinoa	9
The Good Bowl	11
Buddha Bowl	13.5

## Etc.

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

our juices are organic, cold-pressed by us, and loaded with nutrients. our food is made from scratch, vegan, and filled with flavor. our bites are simple and nutritious. check the fridge for today's selections, seasonal adds + partner items. let us know what you love so we can add more.