

E + R O S E

WELLNESS CAFE

eat well, be kind.

fuel your dreams.

SMOOTHIES

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

Skin Pharm's Best in Glow 13 / 15
cold-pressed pineapple juice, bananas, strawberries, pitaya, avocado, collagen, sea moss, lime, house unsweetened coconut cream

The Matcha by Reformation 13 / 15
house almond milk, ceremonial matcha, coconut oil, pea protein, vanilla bean, local honey, spinach, bananas, house made unsweetened coconut cream

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

Strawberry Shake 9.5 / 11.5
cold-pressed apple juice, strawberries, bananas

Cocoa Butter 10 / 12
cold-pressed apple juice, strawberries, bananas

Orange Dream 13 / 15
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 / 15.5
house oat milk, bananas, pea protein, colostrum, vanilla bean, cashew butter, maca, house unsweetened coconut cream, cacao drizzle

Summer Sun 10 / 12
cold-pressed pineapple juice, peaches, mangos, lemon, mint

Almond Butter & Jelly 10 / 12
cold-pressed pineapple juice, peaches, mangos, lemon, mint

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 / 12.5
house almond milk, bananas, almond butter, peanut butter, cinnamon, hemp + flax seeds, dates

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

Dark Magic 10.5 / 12.5
house almond milk, bananas, dark cherries, cacao powder, almond butter, vanilla, 2x pea protein

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

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

The Athlete 11 / 13
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 / 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

Ginger Green 10.5 / 12.5
coconut water, cold-pressed pineapple juice, mangos, peaches, spinach, kale, pea protein, ginger, mint

Energizing. common adds: +spinach, +collagen

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

Berries + The Bees 11 / 13
house 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, 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 14.5

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

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

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

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.

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

Banaland 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.

COFFEE + TEA

Classic Coffee.

Daily Drip	4.25 / 4.75
Espresso	4.25 / 4.75
Cappuccino	5.5
Americano	4.25 / 4.75
Cold Brew	5.25 / 6.25
Latte	6.5 / 7.5
+scratch prepped house syrups 50¢ vanilla / caramel / mocha	

milks
+house made cashew
+house made oat
+non-homogenized, pasture raised, grass-fed whole milk

Adds (manage stress/restore balance/gut health):
+ashwagandha (1), +guarana (1), +mushroom blend (1)
+collagen (2.5), +colostrum (3)

anything but your average joe. our beans are specialty roasted and responsibly sourced. our organic house cashew milk is made from scratch with cashews, dates, and water. that's it. our items contain no seed oils, no gums, no preservatives, no fake colors, and no fake flavors. it's harder for us, but better for you. because you deserve the best.

Specialty.

Matcha Latte 6.75 / 7.75 ceremonial matcha, house cashew milk, vanilla, local honey	Mushroom Capp 7 / 8 espresso, house vanilla, house cashew milk, mushroom blend
Chai Latte 6.75 / 7.75 chai spice, local honey or maple, house cashew milk (get dirty / add +espresso)	Giddy Up 7.75 cold brew, espresso, house vanilla, house cashew milk, colostrum / served over ice
What's Shakin' 6.75 / 7.75 espresso, coconut sugar, house cashew milk, cinnamon / served over ice	Strawberry Matcha 8 / 9 strawberries, house oat milk, beet powder, house vanilla, coconut cream, ceremonial matcha (sub espresso = shortcake latte)

Loose Leaf Tea.

Green (tart, pomegranate) / **Herbal** (caffeine free, spicy) / **English** (malty, black) / **Happy** (fruity, floral) 4.25

effortless improved well being.

GRAB + GO

check the fridge / options rotate daily

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

our juices and shots are organic, cold-pressed, 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.