

Cold Bowls

turn any salad into a wrap for \$1

Fajita Bowl | 11

flank steak, pico de gallo, avocado, wild rice, bell pepper

***chipotle honey vinaigrette**

Buddha Bowl | 10

roasted chickpeas, cucumber, orzo, green onion, parsley, avocado, micro greens

***lemon parsley vinaigrette**

Caribbean Bowl | 10

cilantro lime brown rice, plantains, black beans, pineapple pico, micro greens

***green goddess**

Poke Bowl | 12

black rice, tuna poke, edamame, cilantro, shishito pepper, sesame seed, cabbage, crispy wontons

***wasabi vinaigrette**

Curry Cauliflower Bowl | 10

curried cauliflower, garlic, shallot, quinoa, cilantro, chickpeas

***cilantro chutney vinaigrette**

Taco Bowl | 10

chicken salpicon, wild rice, cabbage, avocado, tomato, house-pickled jalapeño, lime wedge

***sriracha vinaigrette**

Spring Roll Bowl | 10

carrots, avocado, cilantro, purple cabbage, green onion, sesame seeds

superfood vinaigrette, almond sauce

Caveman Cobb | 10

turkey bacon, squash, sweet potato, hardboiled egg, avocado, tomato

***house ranch**

Cesar Chavez | 10

mixed greens, pepitas, parmesan, cilantro, jalapeño

***house caesar**

Warm Bowls

Alpha Bowl | 10

grilled chicken, brown rice, sweet potato, daily vegetables

Beta Bowl | 11

flank steak, brown rice, sweet potato, daily vegetables

Omega Bowl | 11

grilled salmon, walnuts, spinach, daily vegetables

Veggie Bowl | 10

chickpeas, cauliflower, cilantro, carrot, tomato, mushroom, in a yellow curry sauce

Penne Alfredo | 10

whole wheat penne and house cream cheese sauce, choice of protein

Vegan Posole | 10

choose your protein

Shake It Up

Piña Colada | 7.5

pineapple, coconut, honey, bee pollen, dairy-free milk blend

Roger Rabbit | 7.5

carrot, mango, pineapple, turmeric, dairy-free milk blend

Passion for Purpose | 7.5

mango, greek yogurt, vanilla, honey, passion fruit, dairy-free milk blend

Chocolate Affair | 7.5

cacao, dates, vanilla, walnuts, cinnamon, greek yogurt, dairy-free milk blend

Morning Fuel | 7.5

oats, banana, cinnamon, sugar in the raw, dairy-free milk blend

Beetle Juice | 7.5

beets, apple, strawberries, lemon, agave, dairy-free milk blend

Mango Avocado | 7.5

mango, avocado, vanilla, lime juice, agave, dairy free milk blend

The Kitchen Sink | 10

spinach, berries, pea protein, maca, matcha, spirulina, vitamin c, coconut shreds, agave, dairy-free milk blend

Cowgirl Coffee | 7.5

cold brew, organic protein, vanilla extract, banana, dairy-free milk blend

Build Your Own | 5

+ .50 per ingredient

House Drinks

Morning Fuel | 7.5

coffee, MCT oil, grassfed butter, blended, and served warm.

Protein Chai Blend | 8

chocolate protein, dairy-free milk blend, cardamom, cold brew, banana, dates, cinnamon, ginger

PUR Cold-Pressed Juice | 8.5

assorted flavors

Breakfast

Protein Waffles | 7

gluten-free protein waffles, fresh fruit, your choice of agave or maple syrup

Granola Bowl | 5

house granola, strawberries, blueberries, banana, greek yogurt, milk

Chia Pudding | 5

chia, almond milk, coconut milk, vanilla, cinnamon, berries

Quinoa Bowl | 6

cinnamon, raisins, assorted nuts

Egg Sammy | 8

house wheat roll, over medium egg, pesto aioli, mozzarella, tomato

Breakfast Burrito | 5

bacon and egg or vegetarian (whole wheat tortilla)



Toast

+ **daily fruit** | **make it gluten-free \$1**

PB&J | 6

your choice of peanut butter, almond butter, sun butter and house chia jam

Chuco | 7

melted mozzarella + one poached egg, pico de gallo, micro greens

Gahlic | 8

roasted garlic spread, avocado topped w/ one poached egg

Avocado Toast | 8

avocado, tomato, micro greens, sesame seeds

Kosher | 11

cream cheese shmeer, smoked salmon and tomato, capers, shaved onions

*** sub cream cheese for almond sauce + 1**

Eggs and Bacon | 8

green goddess dressing, two poached eggs, turkey bacon

Sandwiches

+ **simple salad or daily fruit, served on a house bun**

Chicken Pesto | 12

chicken breast, house pesto, chives, roasted tomato, paleo mayo

Vegan | 12

squash, roasted tomato, portobello, almond sauce

Flank Steak | 14

marinated flank steak, asian slaw, paleo mayo, sesame seeds, jalapeño, cilantro

NOSH Burger | 12

almond sauce, avocado, pickled onion, cilantro

Tacos

+ **black beans and rice**

Ahi | 13

tuna poke, purple cabbage, cilantro, pickled red onion, paleo mayo

Chicken | 10

chicken salpicon, tomato, cilantro, almond sauce

Flank Steak | 12

flank steak, asian slaw, feta

Shrimp | 12

shrimp, pineapple pico, red onion, paleo mayo

Veggie | 12

grilled tofu, black beans, green onion, cilantro

Shrimp Cocktail | 10

5 shrimp, cucumber, sriracha, cilantro, pico de gallo, lemon