

S A L A D S

Garden Veggie - Spring mix, red cabbage, carrots, cucumbers, tomatoes

Cranberry-Almond - Spring mix, red cabbage, carrots, cucumbers, tomatoes, quinoa, sliced almonds, dried sweetened cranberries, agave-sweetened "hunny" dijon dressing

Rockin' Ranch - Spring mix, red cabbage, carrots, cucumbers, tomatoes, chickpeas or beans, tvp bac'n bits, sunflower seeds, house made ranch

Roasted Veggie - Spring mix, red cabbage, carrots, cucumbers, tomatoes, roasted nj sweet potatoes, peppers, green beans, sunflower seeds

small 8.50 / medium 12 / large 13

W R A P S

Homestyle Hummus - Spring mix, red cabbage, carrots, cucumbers, tomato, jersey fresh roasted red pepper hummus,, optional dressing

Roasted Veggie - Spring mix, red cabbage, carrots, cucumbers, tomatoes, roasted nj sweet potatoes, green beans, peppers, dressing

Bean Burger - Spring mix, red cabbage, carrots, cucumbers, tomatoes, buffalo black bean burger (contains gluten), choice of dressing

Buffalo Tofu - Spring mix, red cabbage, carrots, cucumbers, tomato, organic buffalo tofu, sauce

Seitan - Spring mix, red cabbage, carrots, cucumbers, tomato, chorizo style seitan (gluten)

Organic Whole Wheat (Large) - 11

Gluten-Free Coconut (Small) - 10.50

S M O O T H I E S

Tropical Thunder - Organic Bananas, Strawberries, Pineapple, Mango, Agave

Triple Berry Bliss - Organic Bananas, Strawberries, Blackberries, Raspberries, Agave

Cherry Blast - Organic Bananas, Cherries, Carrots, Orange Juice

Chocolate-Peanut Butter - Organic Bananas, Peanut Butter, Chocolate Almond Milk

Great Green - Organic Bananas, Apples, Kale, Spinach, Cinnamon, Agave

Choose Your Base: Coconut Milk, Almond Milk, Soy Milk, Orange Juice

16 oz 8.50

Salad & Wrap Add-Ons - Onions, Chickpeas/Beans, Quinoa, Sunflower Seeds, Almonds, Dried Sweetened Cranberries

Premium Add-Ons - Hummus, Roasted Veggies, Bean Burger, Buffalo Tofu, Seitan - 2.00 per scoop or slice

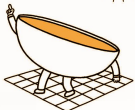
Dressings - Agave-Sweetened "Hunny" Dijon, Herbalicious Ranch, Garlic Aioli, Sriracha Mayo, Chipotle Mayo - extra 1.50

S O U P

Green Lentil Veggie
cup 4 / bowl 6 / pint 8



SOUP OF THE DAY



SOUP OF THE NIGHT



SIDES

Spicy Pasta (GF)
Triple Bean Salad (GF)
half pint - 4.50



HAT SPECIAL

Wildflower Embroidered Baseball Cap (GF) - 20

BEVERAGES

Bottled Spring Water, Seltzer, House Brewed Herbal Caffeine-Free Iced Tea, Hot Coffee, Iced Coffee, Cold Brew, Organic Coconut Water Fair Trade Organic Soda

1.25 to 5.50

D E S S E R T S

Peanut Butter Power Bars
Cookies - Muffins
Cupcakes - Lemon Bars
Fudge - Cashew Cheesecake

3.25 to 9

