

## BOWLS

### MIGHTY BOWL

brown rice, black beans, cheddar cheese, sour cream, avocado, salsa, olives, cilantro, choice of sauce 8.5

### CASHEW BROCCOLI

brown rice, roasted broccoli, sautéed cremini mushrooms, soy curls, cilantro, toasted cashews, green onion, house-made cashew cream, mighty sauce 9.5 /sub chicken thigh 1.5

### PESTO CHICKEN

shredded kale, red cabbage, roasted sweet potato, avocado, parmesan, house-made cashew pesto, cilantro, toasted almonds, (6oz portion) chicken thigh, mighty sauce 11.5

### COCONUT CURRY

a rich, medium spicy, coconut-based curry, made in-house with cauliflower, carrot, and red onion. served with brown rice, red cabbage, pickled vegetables, cilantro and toasted cashews 9

### BYO BOWL 8.5

1.CHOOSE ONE: brown rice, red quinoa, shredded kale, baby spring mix, baby spinach, romaine

2.CHOOSE TWO: black beans, red cabbage, roasted broccoli, sautéed cremini mushrooms

3.CHOOSE SAUCE: mighty, peanut, kiggins, or cilantro lime

4.TOP IT OFF:

#### FREE ADD-INS: (UP TO 5)

cheddar  
parmesan  
sour cream  
salsa  
olives  
cilantro  
green onion  
red onion  
jalapeno  
cucumber  
pepitas

#### .75 ADD-INS:

toasted cashews  
toasted almonds  
candied cashews  
pickled vegetables  
pickled daikon/  
carrot  
house croutons  
parmesan crisp

#### PREMIUM ADD-INS:

cashew pesto 1  
cashew cream 1  
chicken thigh 2.5  
chipotle soy curls 2  
add avocado .75



## SALADS

### KALE CAESAR

shredded kale and romaine, house croutons, parmesan crisp, red onion, fresh parmesan, house-made caesar dressing 8.5/add chicken 2.5

### APPLE GINGER

shredded kale, baby spinach, roasted sweet potatoes, red quinoa, candied cashews, pepitas, fuji apple, avocado, house-made apple ginger dressing 8

### BAHN MI

baby spring mix, jalapeno, english cucumber, red onion, pickled daikon and carrot, house croutons, toasted almonds, red cabbage, cilantro, spicy peanut dressing 8.5

## ADD-INS AND MODS

make any bowl or salad a burrito 1

add chipotle soy curls 2

add chicken thigh 2.5

extra topping .5 to 2/topping

extra avocado .75

pickled vegetables .75

house-made cashew cream (add/sub) 1

## KIDSTUFF

### QUESADILLA

white flour tortilla, cheddar cheese, choice of dipping sauce 4

### LIL' COUVER BOWL

brown rice, black beans, cheddar cheese, choice of sauce 4.5

### LIL' COUVER BURRITO

white flour tortilla, brown rice, black beans, cheddar cheese, choice of sauce 4.5

### LIL' DEBBIE

blueberry, banana, peanut butter, rice milk, sea salt, date 4.5

### LIL' SMOOTHIE BOWL

açaí, blueberry, strawberry, banana. topped with house-made granola, fresh strawberries, and banana 4.5

### LIL' JUICE

apple, orange, pineapple, carrot 4.5

### TINY TOAST

choice of Deda's multigrain or New Cascadia GF bread, peanut butter, banana, choice of house made chia jam or honey or agave 4.5

## SMOOTHIES 6.5

### ARNADA

pineapple, mango, rice milk, orange juice

### CARTER PARK

strawberry, banana, orange juice, date

### HOUGH

banana, cacao powder, cacao nibs, hemp seed, almond butter, date, rice milk, sea salt

### THE PAT

mango, pineapple, banana, kale, spinach, orange juice, rice milk, date

### THE TERRY

banana, almond butter, maca, rice milk, sea salt, cinnamon

### THE DEBBIE

blueberry, banana, house-made cashew butter, rice milk, sea salt, date

### THE MARILYN

dragonfruit, banana, pineapple, mango, orange juice, rice milk, coconut, date

### THE SHARON

banana, coconut oil, spinach, kale, almond butter, super greens powder, rice milk

## JUICES 6.5

### BE ILLIN'

celery, cucumber, apple, kale, lemon, ginger, spinach

### PURPLE RAIN

beet, apple, carrot, ginger

### GIN-GER & JUICE

carrot, orange, lemon, ginger, pineapple, apple

### GREEN QUEEN

apple, cucumber, lime, mint, pineapple

## TRACTOR SODA

16oz (with one free refill). these craft sodas are organic, non-gmo, and are free of any artificial preservatives, artificial flavors, or sweeteners. 2.5

blood orange

lemongrass

ginger beer

root beer

cherry cream

coconut

## TOASTS

Toasts are available on your choice of Deda's multigrain, or on New Cascadia GF bread

### BASIC TOAST

avocado, sea salt, black pepper, red pepper flakes, green onion, lime wedge 5 per slice/2 for 9

### DELUXE TOAST

basic toast+ roma tomato, hard boiled egg, microgreens, parmesan 7

### NUT BUTTER TOAST

almond butter, banana, house-made granola, Shane's seedy mix-up, honey or agave drizzle 6 sub house-made cashew butter .5 /add house-made blueberry chia jam 1

## SMOOTHIE BOWLS

### Açaí BOWL

açaí purée, strawberry, blueberry, banana, rice milk. topped with house-made granola, banana, Shane's seedy mix-up, coconut, fresh strawberry, blueberry 8/add house-made cashew butter 1

### DRAGON BOWL

dragonfruit purée, pineapple, banana, rice milk. topped with house-made granola, blueberry, kiwi, coconut, bee pollen 8.5

### THE JOE BROWN

banana, almond butter, dark cacao powder, sea salt, rice milk. topped with house-made granola, banana, strawberry, cacao nibs, Shane's seedy mix-up, coconut, almond butter. 8.75

## ADD-INS AND MODS

sub house-made cashew butter 1

add bee pollen .5

add vanilla protein powder .5

add chocolate protein powder .5

add kale or spinach 1

add avocado .75

add hemp seed .5

## SHOTS

### SURE SHOT

lemon, ginger, apple cider vinegar, honey or agave 3.5

### ONE DROP

wheatgrass shot 4

### ROOT DOWN

ginger shot. spicier than your last relationship. 3

### E3LIVE

bluegreen algae that supports energy, vitality, mood stabilization, and endurance 3