

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