

## FALL/WINTER MENU

### BREAKFAST *Weekdays until 10:30 am*

#### Farm Fresh Breakfast Sandwich 10

GF Housemade Bread, Fried Egg, Bansley's Bacon, Tomato, Avocado Mash, Cholula Hot Sauce  
*GF NF DF*



#### Ham It Up Breakfast Sandwich 10

GF Housemade Bread, Fried Egg, Ham, Avocado, Spinach, Lemon Vinaigrette  
*GF NF DF*

#### Quinoa Power Bowl 9

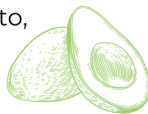
Quinoa Power Mix (Quinoa, Banana, Chia Seeds, Almond Milk, Vanilla), Banana, Blueberries, Almonds, Raw Honey, Hemp Seeds  
*GF DF B Veg*

#### Huevos Rancheros Bowl 9

Quinoa, Scrambled Eggs, Black Beans, Goat Cheese, Avocado, Cilantro Lime Rice, Mild Salsa  
*GF NF Veg*

#### Sausage Scramble Bowl 10

Sausage Scramble Mix (Local Sausage, Red Potato, Onion, Bell Pepper, Mushrooms, Spinach), Scrambled Eggs, Avocado, Mild Salsa  
*GF NF DF*



#### Veggie Scramble Bowl 9

Veggie Scramble Mix (Red Potato, Onion, Bell Pepper, Mushrooms, Spinach), Tofu, Avocado, Mild Salsa  
*GF NF DF V Veg*

#### Berry Thankful Toast 9

GF Housemade Bread, Strawberries, Blackberries, Goat Cheese, Honey, Balsamic Vinegar  
*GF NF*

#### The Classic Toast 9

GF Housemade Bread, Avocado, Tomato, Fried Egg  
Optional: Cholula Hot Sauce  
*GF NF DF Veg*

#### Simple Start Toast 9

GF Housemade Bread, Avocado, Pickled Onion, Extra Virgin Olive Oil | Optional: Red Pepper Flakes  
*GF NF DF V Veg*

Flip me over for smoothies  
& drinks



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## LUNCH

*Weekdays 10:30-2:30*

#### TexMexas 11

Choice of Base, Black Beans, Rosemary Sweet Potatoes, Onion + Bell Pepper Mix, Cheddar Cheese, Avocado, TexMexas Sauce  
*GF NF Veg*

#### Harvest Crisp 11

Choice of Base, Rosemary Sweet Potatoes, Maple Brussels Sprouts, Apple, Walnuts, Feta Cheese, Balsamic Vinaigrette  
*GF Veg*



#### Earthgrain 11

Choice of Base, Rosemary Sweet Potato, Maple Brussels Sprouts, Carrots/Mushrooms/Snow Peas Mix, Kale, Almonds, Earthgrain Sauce  
*GF DF V Veg*

#### Chicken Teriyaki Stirfry 14

Choice of Base, StirFry Mix (Chicken, Red Onion, Basil, Lime), Green Beans + Onion, Spicy Broccoli, Carrots/Mushrooms/Snow Peas, Green Onion, Almonds, Healthy Teriyaki Sauce  
*GF DF*



#### Salmon Risotto 14

Local Mixed Lettuce, Sustainably-Raised Salmon, Garlic Risotto, Spicy Slaw, Riced Beets, Rosemary Sweet Potatoes, Diced Tomatoes, Lemon Vinaigrette  
*GF NF DF*

#### Chicken Caesar Salad 13.5

Local Mixed Lettuce, Farm-Raised Chicken, Local Bacon, Hard-Boiled Egg, Avocado, Green Onion, Parmesan Cheese, GF Croutons, Healthy Caesar Dressing  
*GF NF*

#### Burger Bowl 13.5

Base of Choice, Grass-Fed Burger Sliders, Bacon, Pickled Onion, Marinated Cucumbers, Diced Tomato, Avocado, Cheddar Cheese, Burger Sauce  
*GF*

#### Creamy Mediterranean 11

Base of Choice, Baked Falafel, Creamy Cucumber Mix (Avocado, Cucumber, Quinoa, Jalapeno, Parsley, Dill), Red Bell Pepper, Seasonal Veggies, Tahini Dressing  
*GF NF DF V Veg*

#### Shroomami 11

Base of Choice, Rosemary Sweet Potatoes, Basil Mushrooms, Maple Brussels Sprouts, Riced Beets, Pepitas, Miso Sauce  
*GF NF DF V Veg*



#### Taco 'Bout It 11

Base of Choice, Roasted Taco Veggies, Grilled Corn, Black Beans, Spicy Slaw, Lime, Avocado, Cilantro Lime Vinaigrette  
*GF NF DF V Veg*

#### Daily Soup 4.5/6.5

Rotating House-made Meat & Vegan Soups  
*GF NF*

CUSTOMIZE

**Base Choices:** Brown Rice + Quinoa

Riced Cauliflower | Local Mixed Lettuce

**Protein Add-On's:** Grilled Chicken +2 | Baked Tofu +2

Grass-Fed Steak +4 | Salmon +5 | Baked Falafel +2

**Add Some Extra:** Side of Avocado +1.5

Spicy Slaw +1.5 | Extra Veggies +1.5 | Extra Sauce +.5

Hot Sauce +.5 | Jalapenos +1

## FALL/WINTER MENU

### DRINKS

All Day, Every Day

#### Onyx Drip Coffee

Fresh-brewed Onyx Southern Weather  
GF NF DF V Veg



3/3.5

#### Onyx Organic Hot Tea

Choice of: Earl Gray or Lavender Rooibos  
GF NF DF V Veg

4.25

#### Pumpkin Chai Latte

Chai Tea, Oat Milk, Pure Maple Syrup, Pumpkin Pie Spice, Pumpkin, Vanilla  
GF NF DF B Veg

5

#### MUD/WTR Oat Latte

MUD/WTR Rise, Oat Milk, Maple Syrup  
A great low-caffeine alternative to coffee!  
GF NF DF V Veg

6

#### Iced Maple Cold Brew Coffee

Onyx Cold Brew Coffee, Milk of Choice, Maple Syrup, Vanilla  
GF NF

5

#### Chai Latte

Housemade Chai, Pure Maple Syrup, Milk of Choice  
Available Hot or Iced  
GF DF NF B Veg

5

#### Matcha Latte

Matcha, Milk of Choice, Pure Maple Syrup, Vanilla  
Available Hot or Iced  
GF NF DF V Veg

5

### SMOOTHIE BOWLS

#### Red White & Blue Açai Bowl

Açai Base: Organic Açai, Strawberries, Blueberries, Banana, Almond Milk  
Toppings: SL Granola, Strawberries, Banana, Blueberries  
GF DF V Veg

11

#### PB&B Açai Bowl

Açai Base: Organic Açai, Strawberries, Blueberries, Banana, Almond Milk  
Toppings: Peanut Butter, Banana, Almonds, Raw Honey  
GF DF B Veg

11

#### Superpower Açai Bowl

Açai Base: Organic Açai, Strawberries, Blueberries, Banana, Almond Milk  
Toppings: Blueberries, Banana, Cacao Nibs, Chia Seeds, Unsweet Coconut Flakes  
GF DF V Veg

11



### SMOOTHIES

All Day, Every Day

#### Pumpkin Spice

Almond Milk, Pecans, Cinnamon, Pure Maple Syrup, Pumpkin Pie Spice, Bananas, Pumpkin  
GF DF V Veg

6.5/8



#### Apple Pie

Almond Milk, Banana, Apple, Pure Maple Syrup, Vanilla, Nutmeg, Apple Pie Spice, Cinnamon  
GF DF V Veg

6.5/8

#### Banana Bread

Almond Milk, Banana, GF Oats, Cashew Yogurt, Vanilla, Cinnamon, Nutmeg, Pure Maple Syrup  
GF DF V Veg

6.5/8

#### Vitamin Sea

Almond Milk, Spinach, Mango, Banana, Seaweed for the People Cinnamon Smoothie Blast, Maca Powder  
GF DF V Veg

6.5/8

#### Cold Brew

Almond Milk, Onyx Cold Brew Coffee, Banana, Cacao Powder, Vanilla, Raw Honey, Pecans  
GF DF B Veg

6.5/8

#### Berry Power

Almond Milk, Blueberries, Strawberries, Mango, Pineapple, Banana, Spinach, Maca  
GF DF V Veg

6.5/8



#### Purple Rain

Almond Milk, Açai, Banana, Strawberries, Blueberries, Peaches, Pecans, Chia Seeds  
GF DF V Veg

6.5/8

#### Tropical Kale

Coconut Milk, Pineapple, Mango, Banana, Kale, Unsweet Coconut Flakes  
GF NF DF V Veg

6.5/8

#### Green Detox

Coconut Water, Spinach, Mango, Cucumber, Mint, Lime, Jalapeno  
GF NF DF V Veg

6.5/8

#### Mean Green

Almond Milk, Spinach, Banana, Ginger, Flax Seeds, Pecans, Maca  
GF DF V Veg

6.5/8



### SHAKES

#### Peanut Butter Cup Shake

Banana, Teddie Peanut Butter, Spinach, Almond Milk, Chia Seeds, Cacao, Vanilla, Pure Maple Syrup  
GF DF V Veg

9

#### Maca Mint Chip Shake

Cashews, Spinach, Almond Milk, Banana, Mint, Vanilla, Maca, Pure Maple Syrup, Cacao Nibs  
GF DF V Veg

9

### C U S T O M I Z E

**Add-On's:** Vegan Plant Protein +1.5

Grass-Fed Whey +1.5 | Fruit + 1

Teddie's Peanut Butter +1 | Maple Granola +1