

# bowls

REPLACE  
BASE

almond-wild rice  
quinoa  
turmeric rice  
cauliflower rice +2.50

REPLACE  
PROTEIN

Chicken  
Organic Tofu  
Falafel  
Tri - Tip +2.50  
Salmon +3

an Aubergine favorite

Ask our cashier how to  
create your own bowl.

Do you have any allergies?  
Please let us know.

## Mango Salmon <sup>[has nuts]</sup> GF|DF

seasoned kale, quinoa, wild salmon, red cabbage, pesto mushroom, roasted cauliflower, mango salsa microgreens, **cashew** cilantro jalapeno dressing <sup>[has nuts]</sup>. 17.45



nuts

## Rio GF|DF <sup>[has nuts]</sup>

chicken, tomato vinaigrette, black beans, kale, turmeric rice, roasted onions & bell peppers, avocado, microgreens, **cashew** cilantro jalapeno dressing. 13.95



nuts

## Teri Chicken GF|DF <sup>[has nuts]</sup>

chicken or organic tofu, turmeric rice, kale, broccoli, carrot salad, roasted onion with red bell pepper, **cashew**, teri sauce [organic soy], sesame, microgreens. 14.45



nuts

## Mediterranean GF|V <sup>[has nuts]</sup>

baked falafel, seasoned kale, quinoa, hummus or baba ghanoush, aubergine salad, carrot salad, red cabbage, hemp tabouli and muhammara dip, microgreens, tahini dressing. <sup>[has nuts]</sup> 13.45



nuts

## Chicken Harvest <sup>[has nuts]</sup> GF|DF

chicken, kale, almond wild rice, broccoli, cauliflower, tomato vinaigrette, baked sweet potato bites, microgreens, **cashew** cilantro jalapeno dressing <sup>[has nuts]</sup> 13.95



nuts

## Peanut Tofu GF|V <sup>[has peanuts & nuts]</sup>

seasoned kale, almond wild-rice, organic tofu, red cabbage, roasted broccoli, pesto mushroom, mango salsa, microgreens, **peanut** dressing. 14.95



nuts

## Better Earth GF|V <sup>[has nuts]</sup>

seasoned kale, quinoa, pesto mushroom, broccoli, roasted onion, carrot salad, red cabbage salad, avocado, cilantro, microgreens, mango dressing (mixed). 14.45



nuts

## Vitality Bowl GF|DF

Created by Dr. Josh Redd: sweet potatoes, seasoned kale, Brussels sprout, cauliflower rice, chicken, red cabbage salad, microgreens, and mango sauce. 15.45



## Spicy Coconut Curry GF|DF

chicken, seasoned kale, turmeric rice, coconut curry simmered with carrots, green pea, sweet potato, cauliflower & chickpeas, microgreens. 13.45



## Tri-Tip Madeira GF

tri-tip steak, seasoned kale, turmeric rice, brussels sprouts, baked sweet potato bites, mushroom & peppercorn madeira sauce, microgreens. 15.95



*olive oil lemon cake*

GF, DF, No added sugar

extra virgin olive oil,  
almond flour, pasture  
raised eggs, dates,  
allulose (contains nuts)



Mon - Fri 7:30am - 11am

# breakfast

Sat 7:30am - 12:00pm

## Veggie Omelette

Pasture raised eggs, spinach, mozzarella, red bell pepper, green onion, avocado smash, mesclun, signature sesame dressing, local organic multiseed whole wheat sourdough. 12.95



## Egg Sandwich [has nuts]

Local organic multiseed whole wheat sourdough, avocado smash, spinach, mozzarella, grape tomatoes, red bell pepper, pasture raised eggs, cashew cilantro jalapeño dressing. GF option +2 12.95



## Egg Avocado Bowl

Pasture raised eggs, tomatoes, red pepper, red onions, kale, goat cheese, avocado smash, microgreens with local organic multiseed whole wheat sourdough. 13.45



## Avocado Cashew Melt v [has nuts]

Pita bread, avocado, spinach, grilled onions, pesto mushroom, avocado cilantro dressing, basil, mesclun and carrots on the side. Cheese option +1 12.45



## Avocado Smash Toast v [has nuts]

Local organic multiseed whole wheat sourdough, housemade cashew cream, avocado smash, cucumber, grape tomatoes, hemp seeds, red pepper, olive oil & microgreens. Pasture raised eggs +2 GF option +2 9.95



## Almond Berry Toast v [has nuts]

Local organic multiseed whole wheat sourdough, almond butter, chia seeds, cinnamon, strawberry, blueberry, unsweetened coconut chips, raw honey (optional) GF option +2 10.95



## Mushroom Avocado Toast

sourdough bread, avocado smash, arugula, pesto mushroom, goat cheese, microgreens. 12.95 [has nuts]



## Shakshuka

tomato sauce, pasture raised eggs, feta cheese, cilantro, sourdough bread. 12.95



## Cheesebread GF

warning: be ready to order many, many, many more.

- 2 3.25 12 16.95
- 6 8.95 24 33.95



## Overnight Oats [nuts] GF,V

wholegrain oats, coconut milk, vanilla, dates, granola, chia seeds unsweetened coconut chips, strawberry, blueberry, green apple, almond butter, raw honey (optional). 11.95 [has nuts]



## Hi-Vibe [nuts] GF,V

housemade cashew milk, apple, banana, spinach, kale, turmeric, ginger, cucumber, broccoli, celery, lemon, parsley, spirulina, flax & hemp seeds. [has nuts] 11.95



## Wake Up Call GF,V

Spinach, kale, turmeric, ginger, cucumber, celery, broccolis, lemon, flax and hemp seeds, parsley, spirulina, coconut water. 9.95



## Chocolate Nut Milk GF,V [has nuts]

Dates, housemade cashew milk, cocoa, almond butter and vanilla. 6.95



# cold & hot drinks

# sides & plates

## Hot Chocolate v

housemade cocoa sauce, housemade cashew milk, housemade coconut whipped cream. 6.75



nuts

[no caffeine]

## Artisan Organic Herbal Tea GF,V

supreme quality of organic tea. chamomile or mint, by Art of Tea. 3.95



nuts

[no caffeine]

## Chai Tea

made hot or iced housemade cashew milk, chai, stevia, cinnamon, ice. 7.25



nuts

[no caffeine]

## Hibiscus Raspberry Tea

wild raspberry hibiscus tea. 3.95



nuts

## Cucumber Mint Lemonade

fresh squeezed lemon juice, mintleaves, stevia. 3.95



nuts

## Cevaccino v

a delicious Italian recipe: housemade cashew milk, stevia, cevada (barley), cocoa powder. 6.95



nuts

[no caffeine]

## Cold Sweet

## Cevada v

housemade cashew milk, barley, coconut, pure vanilla, monk fruit extract/allulose, stevia. 6.95



nuts

NEW

[no caffeine]

## Strawberry Lemonade

squeezed lemon juice, strawberry, stevia. 3.95



nuts

## Butterfly Tea

passion fruit, butterfly pea flowers with a lemon on top. 6.75



nuts

## Pineapple Ginger Juice

fresh ginger, spirulina, stevia, pineapple. 3.95



nuts

## Cheesebread

warning: be ready to order many, many, many more.

2 3.25 12 16.95

6 8.95 24 33.95



## Baked Sweet [nuts]

## Potato Bites GF, DF

a heavenly, non-fried sweet potato variety with cashew cilantro jalapeño dressing [has nuts]. 4.99



## Baked Chicken Bites [nuts]

six bites with cashew cilantro jalapeño dressing [has nuts]. 8.95



## Chicken Bites

## Combo [nuts]

6 chicken bites, eight sweet potato bites with cashew cilantro jalapeño dressing [has nuts]. +1 juice 14.45



## Cashew Mac'n Cheese

## Tri-Tip Plate



option with cheese +1

nuts

16.95

gluten free cashew mac 'n cheese, tri-tip, broccolis & signature dressing drizzle.

## Exotic Dip Plate vegan

falafel, hummus, baba ghanoush muhammara, pita bread toppings: chick peas, paprika, microgreens, pomegranate, olives, olive oil.



nuts

12.95 [has nuts]

## GF Cashew Mac'n Cheese GF,V

Italian rotini pasta, with bread crumbs. 12oz [has nuts] 9.95

option with cheese available +1



nuts

# melts & sandwiches salads

add sweet potato bites to any meal for +2.00 All salads will be tossed with dressing. Ask our cashier for dressing on the side.

REPLACE  
PROTEIN

Chicken  
Organic Tofu  
Falafel

Tri - Tip +2.50  
Salmon +3

Ask our cashier how to  
create your own salad.

an Aubergine favorite

## Avocado Cashew Melt v

whole wheat pita bread, cashew cream, spicy cashew dressing, avocado, spinach, grilled onions, housemade pesto mushrooms, lime tomato vinaigrette, basil, avocado jalapeño dressing. cheese option available +1

12.45 [has nuts]



nuts

## Hot Steak Melt

grilled tri-tip steak, mozzarella, pita bread, tomato vinaigrette, cashew cilantro jalapeno dressing. [has nuts]

15.45



nuts

## Chicken Caprese Melt

grilled chicken, mozzarella, fresh basil, tomato vinaigrette, pita bread, housemade pesto, cashew cilantro jalapeno dressing. [has nuts]

13.45



nuts

## Chicken Muhammara

chicken, muhammara, goat cheese, mesclun on local, organic multiseed whole wheat sourdough. [has nuts]

13.45



nuts

## Garden Delight GFv

arugula, kale, radish, cucumber, chickpeas, pomegranate, pumpkin seeds, grape tomato, avocado, red onions, basil, walnut balsamic dressing, by Dr. Joel Fuhrman. [has nuts] 13.45



nuts

## Dream GF

chicken, romaine, walnuts, baby spinach, red onions, green apples, parmesan, grape tomatoes, bell peppers, basil, cilantro cashew jalapeno dressing. [has nuts] 13.45



nuts

## Very Berry Salad GF

kale, romaine, chicken, goat cheese, organic quinoa, strawberry, blueberry, basil, green apple, sweet spicy mango dressing. 13.95



## Protein Avocado

Crisp [has nuts] GF mesclun, kale, chicken, egg avocado, parmesan crisp, grape tomato, red onion, cilantro cashew jalapeno dressing. [has nuts] 14.45



nuts

## Mango Goat

Cheese [has nuts] GF arugula, red cabbage, mango, grape tomato, goat cheese, slivered almond, chicken, basil, peanut dressing. 14.45



nuts

## Wild Salmon GF, DF

arugula, red cabbage, mesclun, wild salmon, carrots, cucumber, cashew, cilantro, fresh squeezed lemon, spicy cashew dressing. [has nuts] 16.45



nuts

## Tri-Tip Salad GF

tri-tip steak, romaine, baby spinach, green apples, red onions, walnuts, parmesan, grape tomatoes, bell peppers, cilantro cashew jalapeno dressing, basil. [has nuts] 15.45



nuts

## Greek with Greens GF

baked falafel or chicken, romaine, kale, kalamata olives, grape tomatoes, cucumbers, red onions, feta cheese, bell peppers, radish, basil, signature dressing. 12.95



# nice cream

naturally sweetened

# açaí

naturally sweetened

there is absolutely no refined sugar in anything

# superfood smoothies

naturally sweetened

replace housemade cashew milk with coconut milk at no cost

**mix-ins**  
hemp seeds +2  
spirulina +2  
chia seeds +1  
flax seeds +1  
plant based protein +2  
whey protein +2

almond butter +2  
blue spirulina +2  
peanut butter +2  
vegan protein +2  
collagen +2  
sea moss +3

## Nice Cream GF|V

vanilla or cocoa, pure vanilla, coconut milk, dates.  
Add 2 toppings +1  
small - 5.75 large - 6.95 pint - 10.95



## Sundae GF|V [nuts]

vanilla and chocolate nice cream, coconut whipped cream, strawberry, banana, almond butter, cocoasauce. [has nuts]



## Brownie Layers GF|V

brownie, vanilla nice cream, coconut whipped cream, cocoa sauce, strawberry on top. [has nuts]



## Nice Milkshake

nice cream, coconut milk, housemade whipped cream, cocoa sauce, strawberry on top  
**flavors:**

cocoa,  
vanilla,  
strawberry



## Nice-ookie GF|DF

cookie, vanilla nice cream, whipped cream, cocoa sauce, strawberry [has nuts]



## Sunrise Acai GF|V

mango, strawberry, peanut Butter, blueberry, banana, chia seeds, housemade granola.

[has nuts] 14.45



## Ocean Magic GF|DF

blue wave base, blueberry, coconut chips, almond butter, hemp seed, housemade granola. 14.95 [has nuts]



## Brazilian Acai GF|V

organic unsweetened acai, berries, banana, dates, toppings: [has nuts] granola, strawberry, blueberry, banana, coconut flakes. 13.45



## Almond Lover GF|V

organic unsweetened acai, berries, banana, dates, toppings: [has nuts] granola, banana, strawberry, coconut, almond butter. 13.45



## Nice Acai Cup GF|V

vanilla nice cream, housemade granola, acai, coconut whipped cream, strawberry. [has nuts]



## Passion Fruit GF, V

passion fruit, fresh strawberry, monk fruit/allulose, mango, banana, housemade strawberry sauce.



## Blue Wave GF|DF

coconut milk, coconut, blue spirulina, dates, almond butter, vanilla collagen, coconut chips, cinnamon, avocado. 12.95 [has nuts]



## Peanut Butter Bomb GF

housemade cashew milk, banana, "just ingredients" vanilla whey protein, peanut butter, cocoa powder, maca, cocoa sauce. 10.95 [contains dairy & nuts]



## Banana Monkey GF|V

almond butter, banana, cinnamon, dates, flax seeds, housemade cashew milk. [has nuts]



## Strawberry Glow GF|DF [has nuts]

housemade cashew milk, sea moss, vanilla collagen, avocado, banana, dates, strawberries, housemade coconut whip cream, housemade strawberry sauce. 12.95



## Super Protein Berry GF|V [has nuts]

housemade cashew milk, banana, avocado, blueberry, almond butter, plant based protein. 9.95



## Cocoa Mint GF [has dairy & nuts]

housemade cashew milk, "Just Ingredients" mint chocolate whey protein, cocoa powder, avocado, vanilla, dates, coconut whipped cream, cocoa sauce, mint, chocolate toppings. 10.95



## Hi-Vibe GF|V

housemade cashew milk, apple, banana, spinach, kale, turmeric, ginger, cucumber, broccoli, celery, lemon, parsley, spirulina, flax & hemp seeds. 11.95 [has nuts]

