

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

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

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



## Avocado Smash Toast v

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

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, walnut pesto mushroom, goat cheese, microgreens. 12.95



## 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 GF,V

wholegrain oats, coconut milk, vanilla, dates, granola, chia seeds unsweetened coconut chips, strawberry, blueberry, green apple, almond butter, pomegranate, raw honey (option). 11.95



## Hi-Vibe GF,V

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



## Wake Up Call GF,V

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



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

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



# 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.

## Chicken Spaghetti Squash

NEW GF|DF

spaghetti squash with european cashew sauce, signature chicken, and a pinch of microgreens. 16.45



nuts

## Mango Salmon

GF|DF

seasoned kale, quinoa, wild salmon, red cabbage salad, walnut pesto mushroom, roasted cauliflower, mango salsa, microgreens, cashew cilantro jalapeno dressing. 17.45



nuts

## Rio

GF|DF

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



nuts

## Mediterranean

GF|V

baked falafel, seasoned kale, quinoa, hummus or baba ghanoush, aubergine salad, carrot salad, red cabbage salad, hemp tabouli and muhammara dip, microgreens, tahini dressing. 13.45



nuts

## Chicken Harvest

GF|DF

chicken, kale, almond wild rice, roasted broccoli & cauliflower, tomato vinaigrette, baked sweet potato bites, microgreens, cashew cilantro jalapeno dressing. 13.95



nuts

## Thai

NEW GF|DF

seasoned kale, turmeric rice, roasted broccolis, roasted onions & bell peppers, carrot salad, signature chicken, thai sauce, cilantro, cashews, microgreens. 14.45



nuts

## Peanut Tofu

GF|V [has peanuts]

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



nuts

## Vitality Bowl

GF|DF

By Dr. Redd, sweet potatoes, seasoned kale, brussels sprout, cauliflower rice, chicken, red cabbage salad, microgreens, and mango sauce. 15.45



## Spicy Coconut

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



## new plates

comes with house salad: mesclun, arugula, radish, carrot, cucumber, roasted slivered almond, feta cheese, pomegranate, green onions, and a pinch of cilantro.

## Steak Plate

tri-tip, choice of base, roasted broccolis, baked sweet potatoes, house salad, basil dressing. 19.95

NEW



nuts

## Roasted Chicken Plate

roasted chicken, choice of base, roasted broccolis, baked sweet potatoes, house salad, basil dressing. 17.45

NEW



nuts

## Wild Salmon Plate

wild salmon, choice of base, roasted broccolis, baked sweet potatoes, house salad, basil dressing. 19.95

NEW



nuts

# cold & hot drinks

# sides & plates

## Hot Chocolate v

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



## Artisan Organic GF,V

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



## Iced Chai

Tea Latte v housemade cashew milk, chai, stevia, cinnamon, ice. 7.25



## Hibiscus Raspberry Tea

wild raspberry hibiscus tea. 3.95



## Cucumber Mint Lemonade

fresh squeezed lemon juice, mintleaves, stevia. 3.95



## Cevaccino v

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



## Hot Chai Tea Latte v

housemade cashew milk, chai, stevia, cinnamon. 7.25



## Strawberry Lemonade

squeezed lemon juice, strawberry, stevia. 3.95



## Chamomile Tea

chamomile tea, ginger tea. 3.95



## Pineapple Ginger Juice

fresh ginger, spirulina, stevia, pineapple. 3.95



## Cheesebread GF

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

- 2 3.25 12 16.95
- 6 8.95 24 33.95



## Baked Sweet Potato Bites GF, DF

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



## Baked Chicken Bites GF, DF

six bites with cashew cilantro cashew jalapeno dressing. 8.95



## Hummus Plate v

made to share hummus, stick carrots, radish, cucumber, pita bread with zaatar. 9.95



## Cashew Mac'n Cheese Tri-Tip Plate GF

gluten free cashew mac 'n cheese, tri-tip, roasted broccolis & signature dressing drizzle. 16.95



## Gluten Free Cashew Mac'n Cheese GF

Italian elbow pasta, with bread crumbs. 12oz 9.95



## Exotic Dip Plate v made to share

muhammara, falafel, baba ghanoush hummus, pita bread with zaatar. 12.95



# melts & sandwiches salads

REPLACE  
PROTEIN

Chicken  
Organic Tofu  
Falafel

Tri - Tip +2.50  
Salmon +3

Ask our cashier how to  
create your own salad.

an Aubergine favorite

## Aubergine Melt **NEW**

whole wheat pita bread, walnut pesto, mozzarella, aubergine salad, parmesan cheese, basil, sriracha dressing on the side. side salad: mesclun, carrots, drizzle of signature sesame dressing. 12.45



## 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 +1. side salad: mesclun, carrots, drizzle of signature sesame dressing. 12.45



## Hot Steak Melt

grilled tri-tip steak, mozzarella, pita bread, tomato vinaigrette, cashew cilantro jalapeno dressing. side salad: mesclun, carrots, drizzle of signature sesame dressing. 15.45



## Chicken Caprese Melt

grilled chicken, mozzarella, fresh basil, tomato vinaigrette, pita bread, housemade pesto, cashew cilantro jalapeno dressing. side salad: mesclun, carrots, drizzle of signature sesame dressing. 13.45



## Chicken Muhammara

chicken, muhammara, goat cheese, mesclun on local organic multiseed whole wheat sourdough. side salad: mesclun, carrots, drizzle of signature sesame dressing. 13.45



## Garden Delight GFV

arugula, kale, radish, cucumber, chickpeas, pomegranate, pumpkin seeds, grape tomato, avocado, red onions, basil, basil vinaigrette. 13.45



## Dream GF

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



## 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 GF

mesclun, kale, chicken, pasture raised egg, avocado, parmesan crisp, grape tomato, red onion, cilantro cashew jalapeno dressing. 14.45



## Mango Goat Cheese GF

arugula, red cabbage, mango, grape tomato, goat cheese, slivered almond, chicken, basil, peanut dressing. 14.45



## Wild Salmon GF, DF

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



## 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. 15.45



## 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



All salads will be tossed with dressing. Ask our cashier for dressing on the side.



# nice cream

No added sugar. Hazelnut & Chocolate Sauce Shell +2

## 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]



## Niceshakes

nice cream, coconut milk, housemade whipped cream, cocoa sauce, strawberry on top. **flavors:** cocoa, vanilla, strawberry: 10.45  
nocciola: (with either vanilla or chocolate nice cream) 12.45



## Nice-ookie GF|DF

cookie, vanilla nice cream, whipped cream, cocoa sauce, strawberry [has nuts] 9.45



# acai & superfood bowl

No added sugar

## Sunrise Acai GF|V

organic acai, berries, banana. toppings: mango, peanut butter, strawberry, blueberry, chia seeds, banana, housemade granola. 14.45



## Brazilian Acai GF|V

organic acai, berries, banana. toppings: strawberry, granola, blueberry, banana, coconut flakes. 13.45



## Almond Lover GF|V

organic acai, berries, banana. toppings: granola, banana, strawberry, coconut, almond butter. 13.45



## Nice Acai Cup GF|V

vanilla nice cream, housemade granola, acai, coconut whipped cream, strawberry. 11.45



## Ocean Magic GF|DF

blue wave base, toppings: blueberry, coconut chips, almond butter, hemp seed, housemade granola. 14.95



# superfood smoothies

No added sugar in any smoothies

Replace housemade cashew milk with coconut milk at no cost

## Immune Boost GF, V

orange, pineapple, spinach, spirulina, banana, dates, fresh ginger, topped with strawberry. 9.95



## Blue Wave GF|DF

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



## 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] 8.95



mix-ins

hemp seeds +2  
spirulina +2  
chia seeds +1  
flax seeds +1  
plant based protein +2  
whey protein +2

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

## 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]



*introducing ...*

## pumpkin pie smoothie

pumpkin, banana, almonds, cashews,  
dates, cinnamon, and vanilla,  
housemade granola. 10.95

nuts

gluten free, vegan, no added sugar



## nocciola niceshake

nice cream, hazelnut, housemade  
coconut whipped cream, chocolate chips,  
and housemade chocolate sauce. 12.45

gluten free, vegan, no added sugar

