

• ORGANIC • NON-GMO

GRAB & GO MENU

• GLUTEN FREE • CLEAN

EVERYTHING IS 100% ORGANIC, GLUTEN-FREE, SOY-FREE, CANOLA OIL-FREE!

ORGANIC JUICES

APPLE LEMON GINGER	\$11.50
CELERY	\$11.50
PINEAPPLE APPLE GINGER	\$11.50
PURE GREEN CELERY, CUCUMBER, KALE, SPINACH, LEMON, GINGER	\$12.50.
GLOW APPLE, CARROT, LEMON, TURMERIC	\$13.50
CUCUMBER HYDRATE CUCUMBER, GREEN APPLE, KALE, LEMON	\$13.50
SWEET GREENS APPLE, CUCUMBER, SPINACH, KALE, LIME	\$13.50
VITALITY APPLE, LEMON, GINGER, TURMERIC, E3LIVE + BRAINON	\$13.50

ORGANIC TREATS

PB ENERGY PROTEIN BALLS	\$8.00
BREAKFAST COOKIE	\$4.00
LEMON ZEST PROTEIN BALLS	\$8.00

ORGANIC WELLNESS SHOTS

IMMUNITY LEMON, GINGER, TURMERIC	\$5.50
HAPPY GUT PINEAPPLE, LEMON, GINGER, APPLE CIDER VINEGAR	\$5.50
ANTI-INFLAMMATORY GINGER, LEMON, CARROT, TURMERIC	\$5.50
GINGER GINGER	\$5.50

ORGANIC SIDES

PESTO KELP NOODLES	\$8.00
PAD THAI KELP NOODLES	\$6.75
HEALTHY SLAW	\$6.75
EGG MUFFINS	\$5.00
GREEK SALAD	\$6.75
PESTO CHICKEN SALAD	\$10.00
TUNA SALAD	\$7.25
ORIGINAL CHICKEN SALAD	\$9.25
SPICY CHICKEN SALAD	\$10.00

**WE MAKE EVERYTHING FRESH, IN-HOUSE, DAILY;
PLEASE BE PATIENT! CHECK OUR DISPLAY CASE!**



THIS FACILITY USES EGGS, TREE NUTS, AND PEANUTS



SMOOTHIES & BOWLS

All smoothie bowls are topped with: house made granola, banana, seasonal fruit, coconut flakes, almond butter, chia seeds

	<u>Smoothie</u>	<u>Bowl</u>
ALL ABOUT THE ZEN banana, zucchini, cashew milk, vanilla protein, cinnamon, date paste, peanut butter, ashwagandha	\$11.75	\$15.00
WAKE ME UP COFFEE banana, zucchini, cold brew , cashew milk, almond butter, date paste, cacao nibs	\$11.75	\$15.00
ANTI INFLAMMATORY TURMERIC banana, zucchini, cashew milk, turmeric , cinnamon, maple syrup, cashews, almond butter,	\$11.75	\$15.00
CHOCOLATE BUTTER CUP banana, zucchini, avocado, cashew milk, peanut butter, vanilla protein, cacao powder, cacao nibs , maple syrup	\$11.75	\$15.00
DETOX GREEN MACHINE banana, zucchini, spinach, kale, spirulina , cashew milk, almond butter, maple syrup	\$11.75	\$15.00
ANTIOXIDANT BERRY BLISS banana, strawberry, blueberry, chia seeds, honey, hibiscus+elderberry tea , coconut milk, coconut butter	\$12.00	\$15.75
KETO MINT CHIP coconut milk, avocado, zucchini, coconut meat, EO peppermint, MCT oil , whey protein, monkfruit, coconut butter, cacao nibs	\$15.25	
KETO CHOCOLATE BUTTER CUP coconut milk, avocado, zucchini, coconut meat, peanut butter, MCT oil , whey protein, monkfruit, coconut butter, cacao powder, cacao nibs	\$15.25	

SMOOTHIE ADD ONS:

POWER UP	\$1.25
SPIRULINA	\$1.25
MCT OIL	\$1.25
COLLAGEN	\$1.25
ASHWAGHANDA	\$1.25
CBD	\$3.25
KETO COLLAGEN	\$2.25

SPECIALTY BOWLS

All smoothie bowls are topped with: house made granola, banana, seasonal fruit, coconut flakes, almond butter, chia seeds

ACAI SMOOTHIE BOWL acai, banana, strawberry, blueberry, honey, date paste, cashew milk, vanilla extract	\$16
DRAGON FRUIT SMOOTHIE BOWL dragonfruit, banana, strawberry, date paste, cashew milk, vanilla extract	\$16

MADE TO ORDER

COCONUT YOGURT BOWL coconut yogurt, maple syrup, granola, almond butter, banana, seasonal fruit, hemp hearts	\$12.00
KETO YOGURT BOWL coconut yogurt, almond butter, walnut, hemp hearts, optional monkfruit, pumpkin seeds, blueberries	\$13.00
GRANOLA BOWL granola, cashew milk, peanut butter, seasonal fruit, banana, hemp hearts	\$11.00
BUDDHA BOWL greens, quinoa, black beans, roasted veggies choice of sauce: sesame ginger / cilantro lime	\$11.00

SALADS

DRESSINGS: CILANTRO LIME, LEMON VINAIGRETTE

BYRD HOUSE SALAD arugula, spinach, purple cabbage, carrot, cucumber, dried cranberries, pickled onions, pumpkin seeds, feta cheese, hemp seed, pickled onions, scallion, sauerkraut	\$13.50
SUPERFOOD SALAD arugula, spinach, purple cabbage, carrot, cucumber, dried cranberries, pickled onions, pumpkin seeds, avocado, blueberries, chickpeas, tomato, sunflower seeds, walnuts	\$15.50
SALAD ADD ONS:	
BEET PATTY	\$5.00
BLACKBEAN QUINOA BALLS	\$5.00
CHICKEN SALAD (original, spicy, or pesto)	\$5.75
TUNA SALAD	\$4.00
GRILLED CHICKEN	\$4.50
FRIED EGG	\$2.00

TOASTIES

AVOCADO TOAST avocado, evoo, salt, pepper, topped with red pepper flakes, hemp hearts and boiled egg	\$10.00
PB&B TOAST peanut butter, bananas, superfood sprinkles	\$8.50
MONKEY BREAD TOAST whipped honey, topped with almond butter, cinnamon, and superfood sprinkles	\$8.50
NOT NUTELLA TOAST organic chocolate hazelnut spread topped with banana, berries and superfood sprinkles.	\$8.50



THIS FACILITY USES EGGS, TREE NUTS, AND PEANUTS



EVERYTHING IS 100% ORGANIC, GLUTEN-FREE, SOY-FREE, CANOLA OIL-FREE!

MILK OPTIONS:

- Cashew Milk (made in house)
- Coconut Milk (made in house)
- Oat Milk

ORGANIC LATTES

	<u>12 oz</u>	<u>16 oz</u>
ALL LATTES CAN BE MADE HOT OR ICED		
CASHEW MILK LATTE	\$6.00	\$6.50
VANILLA CASHEW MILK LATTE	\$6.50	\$7.00
SALTED CARAMEL CASHEW MILK LATTE	\$6.50	\$7.00
REPAIR LATTE COLLAGEN, LUCUMA, HONEY	\$7.00	\$7.50
ADAPTOGEN LATTE ASHWAGANDHA + HONEY + LION'S MANE + CINNAMON	\$7.00	\$7.50
MOCHA RAW CACAO + MAPLE SYRUP	\$6.00	\$6.50
CHAI LATTE	\$6.00	\$6.50
MATCHA MATCHA LATTE	\$6.50	\$7.00
TURMERIC GOLDEN MILK LATTE *CAFFEINE-FREE, MADE WITH COCONUT MILK*	\$6.00	\$6.50

ORGANIC COFFEE

	<u>12 oz</u>	<u>16 oz</u>
DRIP COFFEE REGULAR	\$3.00	\$4.00
MADE WITH GRASS-FED BUTTER	\$4.00	\$5.00
BRAIN ON FIRE COFFEE GRASS-FED BUTTER, MCT OIL, AND COLLAGEN	\$5.75	\$6.75
16 OZ. COLD BREW		\$6.00

ORGANIC ESPRESSO

ESPRESSO SINGLE SHOT	\$3.00
DOUBLE SHOT	\$4.00
12 OZ. AMERICANO	\$4.00

RISHI TEA

VARIOUS FLAVORS	\$3.00
------------------------	--------

ADD-INS

COLLAGEN	\$1.25
CBD PUMP	\$3.25
GRASS-FED BUTTER	\$1.25
MCT OIL	\$1.25
VANILLA SYRUP	\$1.25
CARAMEL SYRUP	\$1.25
PROTEIN	\$1.25
KETOCOLLAGEN	\$2.25