



## BREAKFAST

served until 11am

### AVOCADO TOAST

with roasted almonds, sesame seeds, sumac, sundried tomato spread &amp; cilantro

### MAPLE CHIA WAFFLE

topped with fresh fruit, almonds &amp; coconut, served with maple syrup

- add cashew cream for 1.5

### GRANOLA

house-made with gluten free oats, toasted walnuts, coconut, pepitas, sunflower seeds, hemp seeds &amp; dried cranberries, served with fresh fruit &amp; choice of milk

- add goji berries, cacao nibs or \*\*bee pollen for 1.5

8

10

7.5

### CLASSIC OATMEAL (made to order)

gluten-free oats, currants, golden raisins, walnuts, fresh fruit, cinnamon, maple syrup &amp; choice of milk

- add goji berries, cacao nibs or \*\*bee pollen 1.5

7

### DAVIS SCRAMBLE

sesame tempeh, chickpeas, roasted tomatoes, kale, carrots, avocado, micro greens, scallions, toasted sunflower seeds &amp; maple-mustard sauce, rice or quinoa

11

### CHILI SCRAMBLE

smokey tempeh, chipotle black bean chili, kale, spinach, avocado, pepitas, scallions, cilantro &amp; jalapeño cashew sauce, rice or quinoa

11

### GLORY PARFAIT (available all day in our deli case)

sweet cashew cream, granola &amp; fresh fruit

6.75

## SOUPS & GREENS

### DAILY SOUP, CHIPOTLE BLACK BEAN CHILI OR YELLOW CURRY

cup 6.5 / bowl 8

**comes with your choice of side:***quinoa, rice, salad, steamed kale, or slice of toast*

### BLISS SALAD

currants, golden raisins, walnuts, quinoa, beets, \*bee pollen, carrots &amp; mixed greens with lemon ginger dressing

- add goji berries for 1.5

10

### HARVEST SALAD

massaged kale, mixed greens, sesame tempeh, rice, chickpeas, carrots, pepitas, sesame seeds &amp; sesame miso dressing

- add avocado for 2

11

### PRASAD SALAD

a chewy, crunchy salad of torn kale, spinach, parsley, with toasted almonds, sunflower seeds, cashews, hazelnuts, &amp; dried fruit, tossed in an apple cider vinaigrette

11

### UTOPIAN DREAM PASTA

raw shredded green papaya, carrots, shredded kale, scallions &amp; broccoli tossed in almond butter pad thai sauce, topped with sliced almonds, mint, cilantro &amp; sesame seeds

12

### JACKFRUIT CARNITAS WRAP

seasoned jackfruit, peppers, mushrooms, onions, spinach, with brown rice or quinoa in a gluten-free tortilla with jalapeño cashew sauce  
-add avocado 2

11

## BOWLS

**sauce choices:** *lemon ginger, garlic tahini, green chili, jalapeño cashew sauce, sesame miso, curry peanut*

### MIGHTY BOWL

brown rice or quinoa, steamed kale, beans &amp; your choice of sauce

8

### DRAGON BOWL

brown rice or quinoa, beans, steamed kale, avocado, sea vegetables, kimchi, scallions, hemp &amp; sesame seeds with your choice of sauce

10.5

### URBAN BOWL

mixed greens with olive oil, steamed kale, kimchi, sea vegetables, avocado, carrots, scallions, hemp, sesame & toasted sunflower seeds with choice of sauce  
- add brown rice for 1 - add quinoa for 1.5

10.5

### TABOR BOWL

brown rice or quinoa, avocado, slow roasted tomatoes, massaged kale &amp; micro greens with choice of sauce

10

### CHIPOTLE CHILI BOWL

brown rice or quinoa, chipotle black bean chili, steamed kale, avocado, scallions, cilantro, green chili sauce &amp; jalapeño cashew sauce

10.5

### YELLOW CURRY BOWL

brown rice or quinoa, steamed kale &amp; vegetable curry, topped with mango chutney, cilantro, sesame seeds &amp; lime

10.5

## SIDES

side of sauce 2

avocado 2

steamed kale 4

side cup soup 4

side salad 4

bagel 4

rice 4

quinoa 4

toast 4

chilled sesame tempeh 4

hot smokey tempeh 4

# FRESH JUICE

all juices are made 16 oz.

<b>OJ</b>	columbia gorge organic	5
<b>BUNNY JUICE</b>	carrot	5
<b>BUNNY SLY</b>	carrot, ginger	5.5
<b>MORNINGSTAR</b>	carrot, apple	6
<b>BLESSINGS</b>	apple, lemon, ginger	6
<b>MARIGOLD</b>	ginger, lemon, grapefruit, carrot, apple	7
<b>MELODY</b>	kale, cucumber, spinach, apple, lemon, ginger	7
<b>RISING</b>	carrot, beet, apple, ginger, orange	7
<b>SWEET GREENS</b>	apple, cucumber, celery, lime, mint, kale, parsley	7.5
<b>BEULAH LAND</b>	grapefruit, apple, celery, mint	7
<b>RUBY</b>	grapefruit, carrot, beet, ginger	7
<b>HERBTONIC</b>	apple, basil, cilantro, cucumber, spinach, ginger	7
<b>VIPER</b>	coconut water, cucumber, jalapeño, cilantro, spinach, lime, served over ice	7.5
<b>MANIFESTA</b>	celery, cucumber, spinach, parsley	7
<b>THE RITA</b>	celery, cucumber, spinach, kale, parsley, mint, lime	7.5
<b>WITCHDOCTOR</b>	apple, cucumber, lemon, ginger, wheatgrass & echinacea over ice	7.5

# SHOTS & ELIXIRS

**SUPER GREENS LEMONADE** house-made honey lemonade with cucumber, spinach, kale & chlorella 6.5

**WELLNESS SHOT** ginger juice, lemon, cayenne and echinacea served with an apple slice 2oz 3.5

**GINGER SHOT** 1 oz served with an apple slice 3

**WHEATGRASS** served with an apple slice 1oz 3 / 2oz 5

**BOTTLE ROCKET SHOT** orange juice, beet juice, ginger, & Harlow's Pep in Your Step Blend 2oz. 4.5

# SMOOTHIES

All smoothies are made 16 oz.— smoothies above the line come with your choice of house-made **almond** or **oat** milk

<b>DARLING</b>	strawberry, banana	6
<b>LUCY BLUE</b>	blueberry, banana	6
<b>PINK FLAMANGO</b>	strawberry, mango, banana	6.5
<b>BELLE</b>	almond butter, banana, date	6.5
<b>AUNTIE M</b>	almond butter, date, cocoa, chia seeds, banana, Prasad's Mighty Mushroom Blend	7
<b>STUMBLEBEE</b>	peanut butter, cacao nibs, cocoa powder, coffee, banana	7
<b>EMERALD EYES</b>	banana, spinach, almond butter, cacao nibs, coconut oil, mint, hemp seeds	8.5
<b>WARRIOR</b>	strawberry, avocado, maca, date, hemp seeds	8
<b>SUPER BERRY</b>	strawberry, marionberry, banana, peanut butter, hemp seeds, epic protein	8
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<b>MATCHA NO. 5</b>	mizuba matcha, banana, mango, spinach, OJ	8
<b>TEMPEST</b>	coconut water, mango, spinach, coconut oil, avocado, date, cayenne	8.5
<b>BEET BERRY BLISS</b>	beet & apple juice, strawberries, blueberries, ashwagandha	8
<b>GILT</b>	carrot juice, coconut milk, mango, pineapple, turmeric, ginger, *bee pollen	8
<b>BLACK MAJIK</b>	coconut water, activated charcoal, pineapple, blueberry, honey	8
<b>LIQUID SUNSHINE</b>	orange juice, basil, coconut oil, pineapple, mango, Indian gooseberry	8.5

## additions:

<b>\$1</b>	<b>\$1.5</b>	<b>\$2</b>
kale	hemp seeds	almond butter
spinach	coconut oil	avocado
turmeric powder	peanut butter	spirulina
echinacea	cocoa nibs	*bee pollen
additional fruit	activated charcoal	Epic protein
chia seeds	probiotic	ashwagandha
	vegan collagen	maca
	tocos	
Add a dropper of Pacific Daze CBD \$3		

\*\*Bee Pollen may cause an allergic reaction to those with a bee allergy

# BEVERAGES

<b>TOWNSHENDS HOT TEAS</b> (see tea menu for descriptions)	3
<b>WATER AVENUE COFFEE</b>	
drip 3	
decaf french press 3	
cold brew 3.5	
<b>HOT GINGER MINT TEA</b> fresh-grated ginger & mint leaves served with lemon	3
<b>HARLOW CHAI</b> 16oz. house-made chai with coconut milk & lightly agave-sweetened, served hot or iced - add coffee 1	4
<b>MATCHA LATTE</b> Mizuba green tea matcha steamed with almond or coconut milk & honey simple syrup, served hot or iced - add peppermint 1	4
<b>COCONUT CIDER</b> fresh apple & ginger juice steamed with warming spices and coconut milk	4.5

<b>TURMERIC LATTE</b> turmeric, honey & black pepper-cinnamon-clove syrup steamed with coconut milk & topped with *bee pollen - add coffee for 1	5
<b>ASHWAGANDHA HOT CHOCOLATE</b> bittersweet chocolate, ashwagandha, cardamom steamed with almond or coconut milk & agave - add coffee 1	4.5
<b>RED VELVET COCOA</b> bittersweet chocolate steamed with beet juice, coconut milk & agave - add coffee 1	4.5
<b>WELLNESS TODDY</b> with fresh lemon, ginger juice, local honey, cayenne & echinacea, served hot or iced - add turmeric .5	4
<b>PRASAD MUSHROOM STEAMER</b> Prasad's Mighty Mushroom Blend, Water Avenue coffee, coconut oil, cinnamon & house-made cardamom agave syrup, steamed with almond milk	5