

## REFRESHERS • \$5/16 oz

- STRAWBERRY FUEL**  
Strawberry, Lemon, Mint, Agave, Coconut Water
- SWEET HEAT**  
Ginger, Lemon, Cayenne, Honey, Grapefruit
- PEACE, LOVE & MATCHA**  
Matcha, Aloe, Cucumber, Apple, Alkaline Water

## FRESH PRESSED JUICES • \$8/12 oz

- BEETS BY DAVE**  
Beet, Apple, Ginger, Flaxseed Oil
- HEALTH KICK**  
Celery, Cucumber, Parsley, Pineapple, Hempseed Oil, Spirulina
- KALE EM WITH GREEN-NESS**  
Kale, Spinach, Cucumber, Apple
- THE GLOW UP**  
Carrot, Turmeric, Pineapple, Pear, Chia Seeds
- BYO**  
Tell Us What You're In The Mood For & We'll Make The Magic Happen

## SMOOTHIES • \$9/16 oz

- NUT JOB**  
Banana, Dates, Fresh Cashew & Almond Butter, Almond Milk, Vanilla
- PINK PANTHER**  
Pitaya, Raspberry, Blueberry, Strawberry, Coconut Milk, Chia Seeds, Li Hing Mui
- DAWN PATROL**  
Spinach, Kale, Mango, Pineapple, Coconut Water, Hempseed Oil, Black Lava Salt
- FOREVER YOUNG**  
Blueberry, Strawberry, Goji Berry, Collagen, Coconut Milk, Coconut Water, Agave

## WELLNESS SHOTS • \$3/2 oz

- O.G. - Wheat Grass**
- THE HEALER** - Turmeric, Honey, Ginger, Apple Cider Vinegar, Black Pepper
- BLACK MAGIC** - Activated Charcoal, Alkaline Water, Maple Syrup, Lemon

## BLENDED BOWLS • \$12

- AÇAI-U-LATER**  
Strawberry, Kiwi, Pineapple, Banana, Coconut, Granola
- HIGH TIDE**  
Pitaya, Blueberry, Pineapple, Banana, Coconut, Granola

## BOOSTERS

\$1: Almond Butter, Bee Pollen, Collagen, Flax Seed, Ginger, Goji Berry, Hemp Seed, Honey, Matcha, Probiotic, Raw Aloe, Raw Cacao, Spirulina, Turmeric, Vanilla Whey  
\$2.50: Blue Majik \$5: CBD Oil

## BREAKFAST

- GF GRANOLA & GREEK YOGURT** // Honey, Fruit, Goji Berries \$7
- AVO TOAST** // Tomato, Watercress, Radish, Pickled Onion, Pepitas, Multi Grain \$9
- THE ONE HANDER** // 2 Organic Eggs, Bacon Or Turkey Sausage, Cheddar, Aji Panca Ketchup, Brioche Bun \$10
- GF STACKS ON STACKS** // 3 Buttermilk Pancakes, Berries, Berry Jam, Berry Butter, Maple Syrup, Candied Pecans \$12
- OMELET** // 3 Organic Eggs, Cheddar, Choose 3 Ingredients: Peppers, Onions, Tomatoes, Mushrooms, Spinach \$12
- BLVD BENNIE** // 2 Organic Eggs, Baby Spinach, Hollandaise, Bacon, Sourdough \$14
- SHORT RIB HASH** // 2 Organic Eggs, The Roots Hash \$16
- GRASS FED STEAK & EGGS** // Choice Of Toast, The Roots Hash \$18

## ADDITIONS

Organic Egg \$2.50, Bacon \$4.50, House-Made Turkey Sausage \$4.50, Parmesan Grits \$5 Smoked Salmon \$7

## LUNCH

- ▽ TOMATO-FENNEL SOUP** // Grilled Flatbread, Fresh Picked Herbs \$6
- TUNA POKE BOWL** // Watermelon, Cucumber, Avocado, Red Onion, Sesame Ponzu \$16
- ▽ QUINOA BOWL** // Cucumber Kimchi, Edamame, Orange, Watercress, Sprouts, Cashew, Sesame \$12
- ▽ ROASTED VEGETABLE PLATE** // Cauliflower, Broccoli, Roasted Roots, Baby Kale, Corn, Sprouted Legumes, Super Seeds \$16
- ▽ WHOLE GRAIN STIR FRY** // Quinoa, Black Rice, Sprouted Lentils, Fermented Carrot, Baby Kale, Edamame, Broccoli, Cauliflower, Cashews, Liquid Aminos \$15
- WILD BLUE GULF SHRIMP 'N GRITS** // Parmesan Grits, Sweet Corn & Pepper Chow Chow \$18
- GRASS FED CHURRASCO STEAK** // Chimichurri Rojo, Hand Cut Kennebec Fries, Pesto Aioli \$19
- LINE CAUGHT LOCAL FISH** // The Roots Hash, Sunchoke & Sprouted Lentil Salad \$MP

## GREENS

- ROASTED BEETS** // Watercress, Pickled Onion, Radish, Spiced Pecans, Whipped Bleu Cheese \$10
- ROMAINE & BABY KALE** // Quinoa, Corn, Green Garbanzo, Heirloom Tomato, Bell Pepper, Sprouts, Flax Lemon Tarragon Vinaigrette \$12
- SPINACH** // Roasted Mushrooms, Pickled Onion, Goat Cheese, Golden Raisins, Marcona Almonds, Radish, Chia Seeds, Sherry Vinaigrette \$13
- ORGANIC BABY GREENS** // Heirloom Tomato, Sunchoke, Cucumber, Carrot, Radish, Pepitas, Dijon Herb Vinaigrette \$12
- LIVING BIBB** // Heirloom Tomato, Bacon, Radish, Carrot, Cucumber, Toasted Walnuts, Bleu Cheese, Buttermilk Vinaigrette \$14

## SANDWICHES

- SHROOM TOAST** // Roasted Creminis & Shiitakes, Sprouted Legumes, Goat Cheese, Multi Grain \$12
- FREE RANGE CHICKEN BREAST** // Sprouts, Tomato, Pickled Onion, Parmesan, Dijonnaise, Baguette \$12
- IMPOSSIBLE "BURGER"** // LTO, Sprouts, Pickles, Aji Panca Ketchup, Brioche Bun \$14
- GRASS FED BURGER** // Aged White Cheddar, LTO, Dill Pickle, Truffle Rosemary Aioli, Brioche Bun \$15
- SHORT RIB BANH MI** // Fermented Carrot & Cucumber Salad, Basil Mayo, Baguette \$16

BREAD SUBSTITUTIONS: GF BREAD • BIBB LETTUCE BUN

## ADDITIONS

Free Range Chicken Breast \$6, Grass Fed Steak \$9, Gulf Shrimp \$8, Local Fish \$8

## SIDES \$5

Baby Greens Salad, Hand Cut Kennebec Fries, Marinated Heirloom Tomatoes, Parmesan Grits, Roasted Mushrooms, The Roots Hash