

Fresh & Delicious | Made From Scratch Organic Greens | Local Farmers No Canola | Vegan & GF Options No Refined Sugars

V: VEGETARIAN | GF: GLUTEN FREE | VG: VEGAN| NF: NUT FREE

Smoothies Made with nut free oat milk. Dairy free. Glutenfree. Vegan. Adda booster for extra nutrition.

| MOCHA-NANA (VG, GF, NF) calories: 280 oat milk, cold brew coffee, banana, date, cacao | 8.95 | CURIOUS GEORGE (VG, GF) calories: 450 oat milk, cacao nibs, almond butter, banana, date | 8.95 | |
|---|------|--|-------------------------|--|
| PINKY SWEAR (VG, GF, NF) calories: 320 oat milk, organic strawberry, banana, date | 8.95 | GREEN COCO (VG, GF, NF) calories: 270 oat milk, mango, cucumber, spinach, kale, banana, mint | 10.95 | |
| SUNSET (VG, GF, NF) calories: 400 oat milk, pineapple, banana, mango, lime | 8.95 | SUPER BLUE (GF) calories: 480 oat milk, organic blueberry, almond butter, date, chia seed, be collagen | 9.95 a seed, banana, | |
| MINT CHIP (VG. GF. NF) calories: 340 | 8.95 | | | |

oat milk, spinach, banana, date, cacao nibs, mint leaves

Smoothie Bowls & Breakfast Bowls TOPPED WITH SUPERFOODS. Bowl full of vegan goodness.

10.50

PINKY SWEAR BOWL (VG, GF) calories: 330

oat milk, organic strawberry, banana, date. topped with organic strawberry, banana, toasted almond crumble, goji berries

SUNSET BOWL (VG, GF) calories: 400

oat milk, pineapple, banana, mango, lime. topped with banana, coconut, goji berries, mango

COCO-NUT-BUTTER BOWL (V, GF) calories: 440 9.50

oat milk, banana, almond butter, date. topped with frozen organic blueberry, toasted almond crumble, banana, bee pollen

AÇAÍ BOWL (VG, GF) calories: 440 10.50

oat milk, organic acai, banana, organic strawberry and date. topped with banana, cacao nib, organic strawberry, coconut, toasted almond crumble

OVERNIGHT OATS (GF, V) calories: 440

gluten free oats, oat milk, almond butter, organic strawberry, honey, banana, toasted almond crumble

BOOSTERS: BLEND-IN SUPERFOODS

| ACAI AVOCADO BEE POLEN BLUEBERRIES CACAO POWDER CACAO NIBS CHIA SEEDS COLD BREW | \$3 \$1.5 \$1 \$1 \$1.5 \$1.25 \$1.25 \$1.5 | HEMP SEEDS KALE MEDJOOL DATE MANGO PINEAPPLE SPINACH STRAWBERRIES | \$1 \$1 \$1 \$.75 \$.75 \$1 \$1 | PEA PROTEIN (23g protein) VANILLA COLLAGEN (18g protein) HEMP (14g protein) COLLAGEN (11g protein) ALMOND BUTTER (7g protein) | \$1.5 \$2.25 \$2.5 \$1.5 \$1 | ALMOND BUTTER ALMOND CRUMBLE BANANA BEE POLLEN BLUEBERRIES CACAO NIBS CHIA SEEDS | | COCONUT CHIPS GOJI BERRIES HEMP SEEDS MANGO PUMPKIN SEEDS STRAWBERRIES | \$1 \$1 \$.75 \$1 |
|--|--|---|---|---|--|--|--|--|----------------------------|
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13.95

12.95

ADD PROTEIN

Toasts & Wraps Gourmet Open Faced & Wrapped Sandwiches

Gluten free option: Udi's Multi-Grain Bread

EXTRA BOWL TOPPINGS

CHICKEN BACON AVOCADO WRAP (NF)

13.50 roasted chicken, thick cut bacon, heirloom tomato, sharp cheddar, avocado, spinach, housemade ranch and wrapped in flour tortilla calories: 620

SOUTHWEST CHICKEN WRAP (NF)

Southwest chicken, avocado mash, white cheddar, black beans, roasted corn, housemade Chipotle ranch and wrapped in flour tortilla

QUIT YOUR JOB (V) calories: 520

scrambled egg, tomato, avocado, sharp cheddar, avocado goddess, sriracha and wrapped in flour tortilla & topped with mango salsa suggested add-ons: bacon (2)

BASIL, BACON & TOMATO (NF) calories: 210

thick cut bacon, heirloom tomato, basil with housemade avocado spread suggested add-ons: #over-easy egg (1)

AVO VEGAN (VG, NF) calories: 260

11.50 house-made avocado spread, royal curtido, herb oil, microgreens

|| suggested add-ons: bacon (2), #over-easy egg (1)

NUT-BUTTER & BANANA(V) calories: 550

cashew butter, banana, honey | suggested add-ons: strawberry (1), bacon (2)

Salads & Grain Bowls HEAPING BOWLS OF GOODNESS. Want it chopped? Just ask!

VILLAGE COBB (GF, NF) calories: 760

14.95 roasted chicken, thick cut bacon, egg, cherry tomato, avocado, green onion, blue crumbled cheese, sweet corn, romaine dressing: dressing: village ranch or avo-goddess

TROPICAL CHICKEN calories: 430 12.95

roasted chicken, fresh mango, cilantro, honey sesame cashews, sesame goat cheese medallions, romaine dressing: cilantro lime ginger suggested add-on: avocado (2)

MISO BOWL (VG, GF, NF) calories: 470

roasted red peppers, roasted carrots, edamame, pumpkin seeds, avocado, nori strips, brown rice, kale or spinach dressing: miso ginger

|| suggested add-ons: #over-easy egg (1.5), roasted chicken (2)

FARMER'S DAUGHTER (GF) calories: 550

roasted chicken, green apple, sweet potato, spiced almonds, brown rice, kale or spinach

dressing: balsamicdijon&roasted carrot vinaigrette suggested add-on: avocado (2)

BRUSSELS & BACON (GF, NF) calories: 650

brussels sprouts, charred tomato, thick cut bacon, parmesan crisp, brown rice, spinach | | Sub quinoa (1) dressing: fig balsamic

MEDITERRANEAN (V, GF, NF) calories: 570

11.95

spiced chickpeas, feta, cherry tomato, cucumber, quinoa, fresh herbs romaine, mixed greens dressing: lemon garlic

suggested add-ons: roasted chicken (2) over-easy egg (1.5)

SOUTHWEST (V, GF, NF) calories: 572

10.95

11.50

8.95

13.95

black beans, mango salsa, chopped romaine, sharp cheddar, cilantro, avocado, brown rice, sweet corn, green onion dressing: avo-goddess

suggested add-ons: roasted chicken (2) over-easy egg (1.5)

BUILD ANY SALAD OR BOWL

Customize your bowl withyour choice of: UP TO 2 BASES | UP TO 4 TOPPINGS | DRESSING

LOCATIONS

11.95

205 S. STRATFORD ROAD, WINSTON SALEM 3701 EXCHANGE GLENWOOD PLACE, RALEIGH OPTIMIST HALL, CHARLOTTE WAKE FOREST UNIVERSITY, WINSTON SALEM | ELON UNIVERSITY, ELON

HIGH POINT UNIVERSITY, HIGH POINT | UNIVERSITY OF SOUTH CAROLINA, COLUMBIA

All products in this facility may contain allergens. please notify us if you have any food or nut allergies.

may be cooked to order. consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of

food-borne illness, especially if you have certain medical conditions