

Smoothies

MADE WITH NUT FREE OAT MILK. DAIRY FREE. GLUTEN FREE. VEGAN. Add a booster for extra nutrition.

SUPER BLUE (GF) calories: 48010.95	CURIOUS GEORGE (V, GF) calories: 4509.50
oat milk, blueberry, almond butter, banana, date, collagen, chia seeds	oat milk, cacao nibs, banana, almond butter, dates
ISLANDER (V, GF) calories: 22510.50	MINT CHIP (V, GF) calories: 3209.50
oat milk, pineapple, jalapeno, spinach, mango, cilantro, cucumber	oat milk, spinach, banana, cacao nibs, date, mint
GREEN COCO (V, GF) calories: 27010.95	MOCHA NANA (V, GF) calories: 2809.50
oat milk, cucumber, spinach, kale, banana, mango, mint	oat milk, cold brew coffee, banana, date, cacao
PINKY SWEAR (V, GF) calories: 3209.50	SUNSET (V, GF) calories: 2509.50
oat milk, strawberries, banana, date	oat milk, pineapple, banana, mango, lime

Smoothie Bowls & Breakfast Bowls

TOPPED WITH SUPERFOODS. Bowl full of vegan goodness.

PINKY SWEAR BOWL (V, GF) calories: 45010.95	AÇAÍ BOWL (V, GF) calories: 44012.95
oat milk, organic strawberry, banana, date. topped with organic strawberry, banana, toasted almond crumble, goji berries	oat milk, organic acai, banana, organic strawberry and date. topped with banana, cacao nibs, strawberries, coconut chips, toasted almond crumble
SUNSET BOWL (V, GF) calories: 40010.95	COCO-NUT BUTTER BOWL (V, GF) calories: 44010.50
oat milk, pineapple, banana, mango, lime. topped with banana, coconut chips, goji berries, mango	oat milk, banana, almond butter, date. topped with frozen organic blueberries, toasted almond crumble, banana
OVERNIGHT OATS (VG, GF) calories: 4409.50	SUNRISE CHIA PARFAIT (VG, GF) calories: 4159.50
gluten free oats, oat milk, topped with almond butter, organic strawberry, honey, banana, toasted almond crumble	house-made chia pudding topped with strawberries, mango, banana, orange zest, toasted almond crumble, honey

BOOSTERS: BLEND-IN SUPERFOODS				ADD PROTEIN		EXTRA BOWL TOPPINGS			
ACAI	\$3	HEMP SEEDS	\$1	PEA PROTEIN (23g protein)	\$1.5	ALMOND BUTTER	\$1	COCONUT CHIPS	\$1
AVOCADO	\$1.5	KALE	\$1	VANILLA COLLAGEN (18g protein)	\$2.25	ALMOND CRUMBLE	\$1	GOJI BERRIES	\$1
BLUEBERRIES	\$1	MEDJOOOL DATE	\$1	HEMP (14g protein)	\$2.5	BANANA	\$1	HEMP SEEDS	\$1
CACAO POWDER	\$1.5	MANGO	\$.75	COLLAGEN (11g protein)	\$1.5	BLUEBERRIES	\$1	MANGO	\$.75
CACAO NIBS	\$1.25	PINEAPPLE	\$.75	ALMOND BUTTER (7g protein)	\$1	CACAO NIBS	\$1.25	PUMPKIN SEEDS	\$1
CHIA SEEDS	\$1	SPINACH	\$1			CHIA SEEDS	\$1	STRAWBERRIES	\$1
COLD BREW	\$1.5	STRAWBERRIES	\$1						

Toasts & Wraps

GOURMET OPEN FACED & WRAPPED SANDWICHES Gluten-free option: Udi's Multi-Grain Bread

CHICKEN BACON AVOCADO WRAP calories: 78013.95	BASIL, BACON & TOMATO TOAST calories: 35011.50
roasted chicken, thick cut bacon, heirloom tomato, sharp cheddar, avocado mash, spinach, and house-made ranch wrapped in flour tortilla	thick cut bacon, heirloom tomato, basil with housemade avocado mash suggested add-ons: #over-easy egg (1)
SOUTHWEST CHICKEN WRAP calories: 81013.95	AVO VEGAN TOAST (V) calories: 26011.50
Southwest chicken, avocado mash, white cheddar, black beans, roasted corn, housemade Chipotle ranch and wrapped in flour tortilla	house-made avocado mash, royal curtido, herb oil, microgreens suggested add-ons: bacon (2), #over-easy egg (1)
QUIT YOUR JOB (V) calories: 52012.95	NUT-BUTTER & BANANA TOAST (V) calories: 5509.50
scrambled egg, tomato, avocado, sharp cheddar, avocado goddess wrapped in flour tortilla & topped with mango salsa and sriracha suggested add-ons: bacon (2)	cashew butter, banana, honey suggested add-ons: strawberry (1) , bacon (2)
POWER PLAY SANDWICH calories: 55010.95	THE NEW CLASSIC SANDWICH (VG) calories: 50010.95
bacon, #over-easy egg, white cheddar, heirloom tomato, mixed greens and cashew aioli on a brioche bun	avocado, white cheddar, #over-easy egg, marinated kale, cashew aioli on a brioche bun

Salads & Grain Bowls

HEAPING BOWLS OF GOODNESS. Want it chopped? Just ask!

VILLAGE COBB (GF, NF) calories: 76014.95	MISO BOWL (VG, GF, NF) calories: 47012.95
roasted chicken, thick cut bacon, hardboiled egg, cherry tomato, avocado, green onion, crumbled blue cheese, sweet corn, romaine dressing: village ranch or avo-goddess	roasted red peppers, roasted carrots, pumpkin seeds, avocado, nori strips, brown rice, kale or spinach dressing: miso ginger suggested add-ons: #over-easy egg (1.5), roasted chicken (2)
TROPICAL CHICKEN calories: 43013.50	FARMER'S DAUGHTER (GF) calories: 55013.50
roasted chicken, fresh mango, cilantro, honey sesame cashews, sesame goat cheese medallions, romaine dressing: cilantro lime ginger suggested add-on: avocado (2)	roasted chicken, green apple, sweet potato, spiced almonds, brown rice, kale or spinach dressing: balsamic dijon & roasted carrot vinaigrette suggested add-on: avocado (2)
ENDLESS SUMMER SALAD (GF) 14.50	MEDITERRANEAN (V, GF, NF) calories: 57012.95
mixed greens, spinach, strawberries, green apple, roasted chicken, spiced pecans, blue cheese dressing: fig balsamic suggested add-on: avocado (1.50)	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)
BUILD ANY SALAD OR BOWL Customize your bowl with your choice of: 2 BASES UP TO 4 TOPPINGS DRESSING 10+	SOUTHWEST (V, GF, NF) calories: 57212.95
	black beans, mango salsa, 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)

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

LOCATIONS

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