

## SALAD BOWLS

heaping portions of organic green goodness. want it chopped? just ask!

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|---|-------|---|-------|
| <b>KALE &amp; SQUASH</b> (V,GF) calories: 290   | 8.95  | <b>ARUGULA &amp; BEET</b> (V,GF) calories: 240  | 8.95  |
| kale, squash, avocado, pumpkin seed, parmesan crisp<br>dressing: maple basil    suggested add-ons: chicken (2) #fried egg (1)   |       | arugula and spinach, beets, pistachio-dusted goat cheese medallions, pistachios<br>dressing: roasted carrot vinaigrette    suggested add-ons: chicken (2), bacon (1.5), avocado (1) |       |
| <b>VILLAGE COBB</b> calories: 510   | 12.95 | <b>TROPICAL CHICKEN</b> (GF) calories: 330  | 11.95 |
| romaine, chicken, bacon, egg, cherry tomato, avocado, green onion, crumbled cheese, raw corn<br>dressing: village ranch*  |       | romaine and spinach, chicken, mango, pistachio, cilantro, pistachio-dusted goat cheese medallions<br>dressing: cilantro lime ginger    suggested add-on: avocado (1)                |       |
| <b>HERB &amp; PUMPKIN SEED</b> (V,GF) calories: 420   | 10.95 | <b>BUILD ANY SALAD</b>  | 8+    |
| arugula, kale, avocado, parsley/mint/basil/cilantro blend, cucumber, cherry tomato, curtido, pumpkin seed, parmesan crisp<br>dressing: citrus vinaigrette    suggested add-ons: chicken (2), #fried egg (1) |       | customize your bowl with your choice of up to 2 bases, up to 4 toppings, dressing + parmesan crisp  |       |

## GRAIN BOWLS

hearty & healthy with quinoa or brown rice. want it chopped? just ask!

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|--|-------|---|-------|
| <b>MISO BOWL</b> (V,GF) calories: 520  | 8.95  | <b>BRUSSELS &amp; BACON</b> (GF) calories: 460  | 10.95 |
| brown rice, kale or spinach, red peppers, carrot, pumpkin seeds, avocado, nori strips<br>dressing: miso ginger    suggested add-ons: #fried egg (1), chicken (2) |       | quinoa or brown rice, spinach, brussels sprouts, charred cherry tomato, bacon, parmesan crisp<br>dressing: fig balsamic |       |
| <b>FARMER'S DAUGHTER</b> (GF) calories: 430  | 10.95 | <b>BUILD ANY BOWL</b>   | 8+    |
| brown rice, kale or spinach, chicken, sweet potato, apple, spiced almonds<br>dressing: balsamic dijon and roasted carrot vinaigrette                             |       | customize your bowl with your choice of up to 2 bases, up to 4 toppings, dressing                                       |       |

**DRESSINGS** housemade fresh daily for salads and grain bowls.vegan, gluten free and dairy free except when \*.

balsamic dijon	cilantro lime ginger	fig balsamic	miso ginger	village ranch*
balsamic vinegar	citrus vinaigrette	maple basil	roasted carrot	

## SMOOTHIE BOWLS

topped with super foods. spoon required. 22oz of goodness. all vegan and gluten free.

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|--|-------|--|-------|
| <b>PINKY SWEAR BOWL</b> calories: 440  | 9.95  | <b>COCO-NUT-BUTTER BOWL</b> calories: 470  | 10.95 |
| housemade almond milk, strawberry, banana, date. topped with strawberry, banana, toasted almond crumble, goji berries. |       | housemade coconut milk, banana, almond butter, date. topped with frozen blueberry, toasted almond crumble, banana, bee pollen. |       |
| <b>SUNSET BOWL</b> calories: 580   | 10.95 | <b>AÇAÍ BOWL</b> calories: 630   | 11.95 |
| housemade coconut milk, pineapple, banana, mango, lime. topped with banana, coconut, goji berries, mango               |       | housemade almond milk, acai, banana, strawberry and date. topped with banana, cacao nib, strawberry, coconut                   |       |

## SMOOTHIES

housemade nut milks. dairy free. raw. vegan. add a booster for extra nutrition. all vegan and gluten free except when \*

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|---|------|---|------|
| <b>MOCHA-NANA</b> calories: 380   | 7.95 | <b>SUNSET</b> calories: 630   | 8.95 |
| housemade almond milk, cold brew coffee, banana, date, cacao                                  |      | housemade coconut milk, pineapple, banana, mango, lime                              |      |
| <b>PINKY SWEAR</b> calories: 420  | 7.95 | <b>SUPER BLUE*</b> calories: 420  | 9.95 |
| housemade almond milk, strawberry, banana, date   |      | housemade almond milk, blueberry, almond butter, date, chia seed, banana, collagen* |      |
| <b>MINT CHIP</b> calories: 420  | 8.95 | <b>GREEN COCO</b> calories: 360   | 8.95 |
| housemade almond milk, housemade coconut milk, spinach, banana, date, cacao nibs, mint leaves |      | housemade coconut milk, mango, cucumber, spinach, kale, mint                        |      |
| <b>CURIOUS GEORGE</b> calories: 560   | 7.95 |   |      |
| housemade almond milk, cacao nibs, almond butter, banana, date                                |      |   |      |

### BOOSTERS: BLEND-IN SUPERFOODS, GREENS & PROTEINS

acai (2)	cacao nibs (.75)	kale (.75)
almond butter (1)	chia seeds (.50)	mango (.75)
avocado (1)	cold brew (.75)	pea protein (1.50)
banana (.50)	collagen (1.50)	pineapple (.75)
blueberry (.75)	hemp protein (1.50)	spinach (.75)
cacao powder (1)	hemp seeds (.75)	strawberry (.75)

### EXTRA BOWL TOPPINGS

almond butter (1)	cacao nibs (1)	pumpkin seeds (1)
almond crumble (.75)	chia seeds (1)	strawberries (.75)
banana (.25)	coconut chips (.75)	mango (.75)
bee pollen (.50)	goji berries (1)	
blueberry (.75)	hemp seeds (1)	

## TOASTS

fresh, made to order, open-faced sandwiches. served on yellow dog bread, simple kneads gluten free (1)

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|---|------|---|------|
| <b>NUT BUTTER &amp; BANANA</b> (VG) calories: 550   | 8.95 | <b>AVO VEGAN</b> (VG) calories: 260   | 9.95 |
| cashew butter, banana, honey<br>**suggested add-ons: strawberry (.50)                     |      | housemade avocado spread, curtido, herb oil, micro-greens<br>**suggested add-ons: bacon (1.5), #fried egg (1) |      |
| <b>BASIL, BACON &amp; TOMATO</b> calories: 210  | 9.95 | <b>KOMBUCHA ON TAP</b>  |      |
| bacon, tomato, basil with housemade avocado spread<br>**suggested add-ons: #fried egg (1) |      | seasonal flavors of local organic fermented tea - ask what flavors are on tap today.                          |      |

## DESSERTS & SNACKS

plant based, hand crafted

### BOSS BAR

almond, hemp, flax, chia, sunflower seed, pumpkin seed, goji berry, coconut, cacao nib, cacao butter, almond butter, date, honey, vanilla bean

### RAW VEGAN DESSERTS

ask about our vegan "cheesecake" of the day and other raw, housemade desserts and snacks

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.

other locations | 205 S. Stratford Road, Winston-Salem | 400 W. 4th Street, Winston-Salem (downtown)