

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

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

- MISO BOWL** (V,GF) calories: 520 8.95
brown rice, kale or spinach, red peppers, carrot, pumpkin seeds,
avocado, nori strips
dressing: miso ginger || suggested add-ons: #fried egg (1), chicken (2)
- BRUSSELS & BACON** (GF) calories: 460 10.95
quinoa or brown rice, spinach, brussels sprouts, charred cherry
tomato, bacon, parmesan crisp
dressing: fig balsamic
- FARMER'S DAUGHTER** (GF) calories: 430 10.95
brown rice, kale or spinach, chicken, sweet potato, apple, spiced almonds
dressing: balsamic dijon and roasted carrot vinaigrette
- BUILD ANY BOWL** 8+
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.

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

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

- NUT BUTTER & BANANA** (VG) calories: 550 8.95
cashew butter, banana, honey
**suggested add-ons: strawberry (.50)
- AVO VEGAN** (VG) calories: 260 9.95
housemade avocado spread, curtido, herb oil, micro-greens
**suggested add-ons: bacon (1.5), #fried egg (1)
- BASIL, BACON & TOMATO** calories: 210 9.95
bacon, tomato, basil with housemade avocado spread
**suggested add-ons: #fried egg (1)

KOMBUCHA ON TAP

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)