

SALAD BOWLS & GRAIN BOWLS 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 (1.5)

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

MEDITERRANEAN BOWL (V,GF) **10.95**
 romaine, arugula, quinoa, tomato, cucumber, spiced chickpeas,
 feta, fresh herbs
 dressing: lemon garlic || suggested add-ons: roasted chicken (2)
 #over-easy egg (1)

MAKE ANY SALAD OR GRAIN BOWL VEGAN
 sub garlic black beans or spiced chickpeas to any salad to make
 it vegan or vegetarian.

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	lemon garlic
village ranch*	citrus vinaigrette	maple basil	roasted carrot	

SMOOTHIE BOWLS topped with super foods. spoon required. all vegan and gluten free.

PINKY SWEAR BOWL calories: 440 **8.95**
 housemade almond milk, strawberry, banana, date. topped with
 strawberry, banana, toasted almond crumble, goji berries.

SUNSET BOWL calories: 580 **8.95**
 housemade coconut milk, pineapple, banana, mango, lime. topped with
 banana, hemp seeds, coconut, goji berries, mango

COCO-NUT-BUTTER BOWL calories: 470 **8.95**
 housemade coconut milk, banana, almond butter, date. topped with
 frozen blueberry, toasted almond crumble, banana, bee pollen.

AÇAÍ BOWL calories: 630 **9.95**
 housemade almond milk, acai, banana, strawberry and date. topped
 with almond crumble, 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

PINKY SWEAR calories: 420 **7.95**
 housemade almond milk, strawberry, banana, date

MINT CHIP calories: 420 **8.95**
 housemade almond milk, housemade coconut milk, spinach, banana,
 date, cacao nibs, mint leaves

CURIOUS GEORGE calories: 560 **7.95**
 housemade almond milk, cacao nibs, almond butter, banana, date

SUNSET calories: 630 **7.95**
 housemade coconut milk, pineapple, banana, mango, lime

SUPER BLUE* calories: 420 **9.95**
 housemade almond milk, blueberry, almond butter, date, chia seed,
 banana, collagen*

GREEN COCO calories: 360 **8.95**
 housemade coconut milk, mango, banana, cucumber, spinach, kale,
 fresh mint

BOOSTERS: BLEND-IN SUPERFOODS, GREENS & PROTEINS

acai (2)	cacao nibs (.75)	kale (.75)
almond butter (1)	chia seeds (.50)	mango (.75)
avocado (1.5)	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 camino bread, simple kneads gluten free (1)

NUT BUTTER & BANANA (VG) calories: 550 **8.95**
 cashew butter, banana, honey
 **suggested add-ons: strawberry (.50)

BASIL, BACON & TOMATO calories: 210 **9.95**
 bacon, tomato, basil with housemade avocado spread
 **suggested add-ons: #fried egg (1)

AVO VEGAN (VG) calories: 260 **9.95**
 housemade avocado spread, curtido, herb oil, micro-greens
 **suggested add-ons: bacon (1.5), #fried egg (1)

SOUP

CALDERO FARMS BUILD-A-BROTH BOWL (GF) **STARTING AT 5.50**
 BONE BROTH calories: 40

*RECOMMENDED ORDER - BROTH + GRAIN + 1 GREEN + 1 PROTEIN + 3 VEG

ADD ONS:
 GREENS & GRAINS (0.25 EACH)
 VEGETABLES + FRUITS + NUTS (0.50 EACH)
 PROTEIN ADD ONS (\$1-\$2 EXTRA)

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)