

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. GLUTEN FREE. VEGAN. Add a 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	9.95
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, banana, collagen	
MINT CHIP (VG, GF, NF) calories: 340 oat milk, spinach, banana, date, cacao nibs, mint leaves	8.95	conagen	

Smoothie Bowls & Breakfast Bowls

TOPPED WITH SUPERFOODS. Bowl full of vegan goodness.

PINKY SWEAR BOWL (VG, GF) calories: 330 10.50 oat milk, organic strawberry, banana, date. topped with organic strawberry, banana, toasted almond crumble, goji berries

SUNSET BOWL (VG, GF) calories: 400 10.50

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

AÇAİ BOWL (VG, GF) calories: 440

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 (2) **ALMOND BUTTER (1)** AVOCADO (2) BLUEBERRIES (1) CACAO POWDER (1) CACAO NIBS (1)

CHIA SEEDS (1) COLD BREW (1) COLLAGEN (1.50) **HEMP PROTEIN (1.50)** HEMP SEEDS (1) **KALE (1)**

SPINACH (1) STRAWBERRIES (1) PEA PROTEIN (1.50)

EXTRA BOWL TOPPINGS ALMOND BUTTER (1) ALMOND CRUMBLE (1) BANANA (1) **BLUEBERRY (1)** STRAWBERRY (1) CACAO NIBS (1) CHIA SEEDS (1)

COCONUT CHIPS (1) **GOII BERRIES (1)** HEMP SEEDS (1) **PUMPKIN SEEDS (1)** MANGO (1) **BEE POLLEN (1)**

Toasts & Wraps

GOURMET OPEN FACED & WRAPPED SANDWICHES

Gluten free options: Udi's Multi-Grain Bread -or- Sweet Potato slices

CHICKEN BACON AVOCADO WRAP (NF)

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

SOUTHWEST CHICKEN WRAP (NF) 9.95

Southwest chicken, avocado mash, white cheddar, black beans, roasted $% \left(1\right) =\left(1\right) \left(1\right$ 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

BASIL, BACON & TOMATO (NF) calories: 210

thick cut bacon, heirloom tomato, basil with housemade avocado spread

AVO VEGAN (VG, NF) calories: 260 10.50

housemade avocado spread, marinated red onion, 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

Il 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 10.95

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

dressing: balsamic dijon & roasted carrot vinaigrette || suggested add-on: avocado (2)

BRUSSELS & BACON (GF, NF) calories: 650 12.95

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

10.95

8.95

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 with your choice of: UP TO 2 BASES | UP TO 4 TOPPINGS | DRESSING

LOCATIONS

205 S. STRATFORD ROAD, WINSTON SALEM | OPTIMIST HALL, CHARLOTTE
WAKE FOREST UNIVERSITY, WINSTON SALEM | WINSTON-SALEM STATE 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.

10.95

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.