

# plant

WE PROUDLY SERVE A PLANT-BASED AND GLUTEN-FREE MENU AVOIDING COMMON ALLERGENS SUCH AS EGGS, REFINED SUGARS, AND PEANUTS.



## coffee & tea

AMERICANO 3.5    CAPPUCCINO 5    LATTE 6    COLD BREW 6

- ✔ **matcha latte** ..... 8  
House-made almond milk, matcha green tea, maple
- ✔ **coconut date shaken iced latte** ..... 7  
house-made cashew milk, espresso, date syrup, coconut sugar
- golden milk latte** ..... 8  
house-made almond milk, golden milk superfood blend, raw honey
- super-human** ..... 8  
house-made almond milk, cacao, chaga, ashwagandha, maple
- ✔ **maca maple latte** ..... 8.5  
house-made cashew milk, espresso, maca, maple
- london fog** ..... 7  
house-made almond milk, earl grey cream tea, vanilla, raw honey
- sweet almond latte** ..... 7.5  
house-made almond milk, sweet almond tea, raw honey
- fresh mint tea** ..... 4  
fresh mint, raw honey
- ✔ **the healer** ..... 4.5  
lemon, ginger, raw honey  
• elderberry +!
- urban tea house** ..... 3  
select one: pitta, thai mint fusion, sweet almond, lavender earl grey, earl grey cream

### SWEETENERS

coconut sugar  
date syrup  
maple  
raw honey  
stevia

### MILK OPTIONS

almond milk  
cashew milk

### ADD-ONS

coconut whip +1.5

## fresh & fruity

- fresh oj** ..... 7  
that's right, we squeeze it
- hydration tonic** ..... 7  
lemon, lime, raw honey, coconut water, sparkling water
- ✔ **strawberry lemonade** ..... 8  
fresh strawberries, lemon, raw honey, sparkling water

## mocktails

- ✔ **pina colada** ..... 9  
pineapple, lemon, honey, mint, almond milk
- lemon + basil** ..... 6  
basil, lemon, raw honey, sparkling water
- ginger + mint** ..... 6  
ginger, mint, lime, honey, sparkling water

## boozy & bubbly

- ✔ **pineapple + basil sangria** ..... 12  
always fresh, always worth it
- mimosa** ..... 11  
bubbles + fresh squeezed OJ
- angeline sauvignon blanc** ..... 18  
1/2 bottle, california
- angeline chardonnay** ..... 18  
1/2 bottle, california
- angeline pinot noir** ..... 18  
1/2 bottle, california
- neff apollo blonde** ..... 6.5  
local, gluten-free blonde ale
- neff ignition switch** ..... 6.5  
local, gluten-free bargain pale-ale
- neff spacecerveza** ..... 6.5  
local, gluten-free Mexican lager

we're mint to be

✔ \*indicates house favorite item

planning your next meal?

TRY OUR NEW GRAB & GO MENU

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## smoothie bowls

LIKE A SMOOTHIE, BUT BETTER.

- best f\*ing smoothie bowl**..... 13
  - our best f\*ing smoothie, but better! Topped with blueberries, coconut flakes, and bee pollen
- cherry bomb smoothie bowl**..... 14
  - house-made cashew milk, cherries, banana, organic pea protein, vanilla, topped with house-made buckwheat granola, fresh strawberries, and coconut flakes
- heart beet smoothie**..... 13
  - house-made almond milk, strawberry, mango, banana, beet root, almond butter, topped with coconut flakes, cacao nibs, hemp seeds, and banana
- golden milk smoothie bowl**..... 13
  - house-made almond milk, fresh squeezed OJ, pineapple, banana, and a golden milk superfood blend, topped with fresh banana, coconut flakes, and pumpkin seeds

## superfood smoothies

NO ICE. 100% REAL FOOD, ALWAYS.

- the best f\*ing smoothie**..... 12
  - trust us & try it
- zenergy**..... 12
  - mango, banana, kale, organic pea protein, fresh OJ
- clean green**..... 13
  - house-made almond milk, spinach, kale, celery, cucumber, mango, ginger, lemon, chlorella
- sweet greens**..... 12
  - coconut water, pineapple, banana, spinach, kale
- the immortal**..... 16
  - house-made almond milk, banana, spinach, chlorella, cacao nibs, maca, reishi, chaga, ashwagandha, dates
- the ultra**..... 11
  - house-made cold brew, banana, organic pea protein, cashew butter, dates, vanilla
- maca picchu**..... 13
  - house-made almond milk, blueberries, banana, maca, cacao nibs, almond butter, hemp seeds
- mint chip**..... 12
  - house-made almond milk, banana, fresh mint, chlorophyll, cacao nibs, dates
- the athlete**..... 13
  - house-made almond milk, coconut water, banana, hemp seeds, chia seeds, flaxseeds, chlorella, maca, almond butter
- simply strawberry**..... 11
  - house-made almond milk, strawberries, banana, flaxseeds, dates, vanilla
- plant "milkshake"**..... 12
  - house-made cashew milk, banana, cashew butter, dates, cacao nibs, gluten free oats, ground flaxseed

## smoothie add-ins

- house-made sweet treat**
  - nut-tella +2.50
  - cashew caramel +3.50
  - ☛ buckwheat granola +2
- energy & stamina**
  - cacao nibs +1
  - cacao powder +.50
  - chlorophyll +.50
  - dates +1
  - green adaptogen +1
  - lion's mane +3
  - maca powder +1.5
- protein**
  - ☛ almond butter +2
  - cashew butter +2
  - chlorella +1
  - hemp protein +1.25
  - hemp seeds +1
  - pea protein +1.75
- immunity & longevity**
  - astragalus +3
  - ☛ bee pollen +1
  - blue majik +1
  - chaga +1
  - goji berries +1
  - kale +1
  - pine pollen +3
  - ☛ reishi +1
  - spinach +1
- digestion**
  - chia seeds +1
  - flaxseed +.50
  - ginger root +.50
  - triphalala +2
- mood & wellness**
  - ashwagandha +2
  - cordyceps +2
- skin & beauty**
  - he shou wu +2
  - moringa +1

## food add-ons

- avocado +2
- extra dressing +2
- hemp seeds +1
- house-made croutons +2.5
- nutritional yeast +.50
- pickled onions +1
- pumpkin seeds +1
- quinoa +1
- raw veggies +1.5
- red potato +1.5
- shaved almonds +1
- spiced black beans +1
- spiced chickpeas +1
- sunflower seeds +1
- sweet potato +1.5
- toast +2
- beet hummus +1.5

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AND GLUTEN-FREE MENU AVOIDING  
COMMON ALLERGENS SUCH AS EGGS,  
REFINED SUGARS, AND PEANUTS.



## breakfast

SERVED ALL DAY

**breakfast burrito** .....16  
gluten free tortilla, quinoa chorizo, roasted red potato, spiced black beans, cashew queso, pico, fresh parsley  
\*CONTAINS SOY

• **breakfast hash** .....12  
roasted sweet potato, red potato, bell pepper, onion, a seasonal vegetable, topped with house-made southwest dressing & parsley

**waffles** ..... 12  
two house waffles served with farm fresh maple and a sprinkle of cinnamon

- banana +1
- nut-tella +2.5
- strawberries +2.5
- coconut whip +1.5
- almond butter +2
- date syrup +1
- chocolate chips +2
- cashew caramel +3.5

## salads

• **that good salad** .....15  
mixed greens, cabbage, carrot, green onion, nutritional yeast, house-made cashew ranch

**cashew caesar salad** .....14  
massaged kale, spiced chickpeas, cabbage, carrot, house-made cashew caesar, black pepper

• **mediterranean salad** .....15  
spinach, quinoa, tomato, red onion, kalamata olives, tahini-oregano dressing

### make it a wrap!

turn your favorite salad into a wrap! This option includes an extra side of dipping sauce. +5

## toasts

• **strawberry + fig** .....10  
gluten-free oat bread, almond butter, strawberries, dried figs, raw honey, hemp seeds

**strawberry + banana** .....11  
gluten-free oat bread, almond butter, strawberries, banana, house-made "nut-ella"

**banana + almond** .....9  
gluten-free oat bread, almond butter, banana, raw honey drizzle

• **avo + toast** .....11  
gluten-free oat bread, avocado, house-made cashew ranch, green onion, cilantro, smoked paprika

**avo + kimchi** .....11  
gluten-free oat bread, avocado, house-made turmeric kimchi, cashew crema, cilantro, smoked paprika

• **beet hummus + toast** .....8  
gluten-free oat bread, house-made roasted beet hummus, olive oil, spiced chickpeas, fresh parsley

## bowls

ONLY AVAILABLE ON WEEKDAYS

**asian stir fry** .....14  
house-made coconut rice served with sesame roasted broccoli, carrot, and cabbage. tossed with our house-made sesame dressing and sesame seeds.

• **bonsai bowl** .....14  
house-made coconut rice topped with roasted cauliflower, cabbage, carrot, pickled onion, roasted beet hummus, sesame-turmeric sauce, and sesame seeds.

**santa fe bowl** .....14  
quinoa, roasted red potato, spiced black beans, sauteed spinach, and fresh pico. topped with southwest dressing and fresh basil.

## lunch bites

ONLY AVAILABLE ON WEEKDAYS

**chickpea salad sandwich** .....10  
gluten free vegan oat bread, house-made chickpea salad, spinach, cucumber, tomato, black pepper, cashew crema

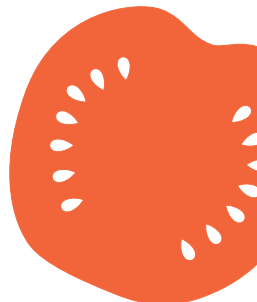
• **chickpea salad bagel** .....15  
gluten free vegan oat bagel, house-made chickpea salad, spinach, cucumber, tomato, black pepper, cashew crema

**black bean & sweet potato tacos**...14  
two cassava tortillas with spiced sweet potato, black beans, onion, topped with cabbage, green onion, cilantro, house-made cashew ranch

• **grampy's burger** .....14  
gluten free oat bun, house-made black bean & sweet potato burger patty, spinach, carrot, cilantro, cashew crema

- make it a combo! Add our house favorite plant "milkshake"!

avocados are  
good fat,  
like boobs.



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## brunch specials

ONLY AVAILABLE ON WEEKENDS

- ✔ **banana pancakes**.....12  
three house pancakes served with farm fresh maple, and a sprinkle of cinnamon
  - banana +1
  - blueberries +2
  - strawberries +2.5
  - almond butter +2
  - chocolate chips +2
  - cashew caramel +3.5
  - nut-tella +2.5
  - coconut whip +1.5
  - date syrup +1
- chickpea scramble bowl**.....16  
house-made chickpea scramble, spiced black beans, breakfast potatoes, house pico, green onion, cashew créma
- ✔ **quinoa chorizo tacos**.....14  
two-cassava tortillas, quinoa chorizo, red potato, pickled onion, cashew créma, cilantro
- brunch sampler**.....16  
single banana pancake, single quinoa chorizo taco, side of breakfast hash

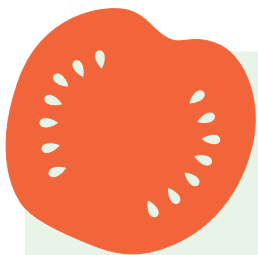
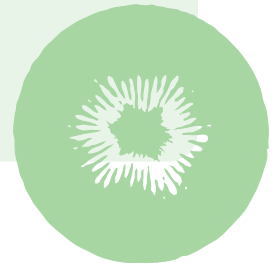
## 7-Day Plant Reset

JOIN US FOR 7 DAYS THAT MIGHT JUST CHANGE YOUR LIFE.

You can choose to follow our recipes and cook in the comfort of your own home, or you can choose to have us make your meals for you.

We take the guesswork out of it by supplying 3 meals and 2 snacks per day. After 7 days of ultimate plant-based nutrition and three coaching calls to ensure your success, you'll be feeling reset and energized to continue on your own.

VISIT [EATATPLANT.COM](http://EATATPLANT.COM) TO REGISTER TODAY



## Try Our New Meal Subscription

SIGN UP ONLINE + ENJOY DISCOUNTS & DELIVERY STRAIGHT TO YOUR DOOR.

we're mint to be

✔ \*indicates house favorite item

## planning your next meal?

TRY OUR NEW GRAB & GO MENU