Dippers & Toast

Note: Wait times vary depending on the number of orders in front of yours, but the average kitchen preparation time for a dipper is 10 minutes

TURKEY 12

Turkey, Provolone Cheese, Greens, Roasted Red Pepper, Gluten Free Bread, Honey Mustard Sauce

TURKEY & HAM

12.95

Turkey, Ham, Cheddar Cheese, Greens, Pickles, Gluten Free Bread, Secret Sauce

HAM & CHEESE

12.95

Ham, Swiss Cheese, Gluten Free Bread, Honey Mustard Sauce

ROAST BEEF

12.95

Roast Beef, Provolone Cheese, Roasted Red Peppers, Gluten Free Bread, Chipotle Sauce

GRILLED CHEESE

6.95

Cheddar Cheese, Gluten Free Bread

AVOCADO TOAST

7.95

Gluten Free Bread, Avocado, Olive Oil, Red Pepper Flakes, Sea Salt, Black Pepper

ABC TOAST

7.95

Gluten Free Bread, Almond Butter, House Made Chocolate Sauce, Banana Chips

ALMOND & HONEY TOAST

Gluten Free Bread, Almond Butter, Drizzled Honey



*All bread contains eggs
*All sauces are house-made and come on
the side for dipping

Hot Drinks

ESPRESSO SHOT

2.95

Locally Roasted Organic Espresso

ELEVATED ESPRESSO 3.95

Espresso Shot + House-Made Maple Cream

POUR OVER COFFEE

4.95

Locally Roasted Organic Coffee, Filtered Water

AMERICANO

2.95

Locally Roasted Organic Espresso, Filtered Water

BULLETPROOF

7.95

Two Espresso Shots, Coconut Cream, Maple Syrup & Filtered Water

LATTE

5.95

Locally Roasted Organic Espresso, Steamed Milk

- → Make it a Vanilla Latte + \$1
- → Make it a Caramel Latte + \$1
- → Make it a Peppermint Latte + \$1

GOLDEN MILK

7.95

Almond Milk, Coconut Cream, Turmeric, Ginger, Spices, Maple Syrup

HOT CHOCOLATE

7.95

Almond Milk, Coconut Cream, Cacao, Chocolate Chips, Maple Syrup

HOT TEA

2.95

Filtered Water & Choice of Organic Tea:

Green Tea, Ginger Lemon, English Breakfast

WARNING

IF YOU HAVE FOOD ALLERGIES CHECK THIS OUT!

If there is an ALLERGY we need to be aware of, please clearly tell us before ordering. Our products are manufactured in a facility that processes nuts, seeds, coconut, vegetables, fruits, granola, eggs, and other potential allergens. We use these ingredients liberally in our kitchen and there is no area that is "contained" or free of the above ingredients.

Raw. Whole. Local. Organic. Gluten Free. DELICIOUS!

Gluten Free & Family Owned



Solve More Than Hungerl

Check Out Our MENU Online with Photos, Flavor Descriptions, and Fun Recommendations!



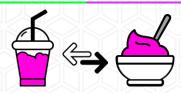




FOLLOW US ON IG TO KEEP UP WITH OUR LATEST SEASONAL ITEMS, NEW PRODUCTS, GIVEAWAYS. AND MORE!

Smoothies & Bowls

Choice of Smoothie or Powerbowl



Smoothies 12.95

Powerbowls 14.95

COFFEE FIX

Almond Milk, Grass-Fed Whey Protein, Almond Butter, Coconut Sugar, Date, Local Coffee*, Banana*, Coconut Ice*

Bowl Toppings: Granola, Coconut Chips, Chocolate Chips

CHOCOLATE COVERED BANANA

Coconut Water, Grass-Fed Whey Protein, Cashew Butter, Cacao, Coconut Sugar, Date, Zucchini*, Banana*, Coconut Ice* Bowl Toppings: Granola, House-Made Chocolate Sauce, Coconut Chips, Chocolate Chips

PROTEIN SHAKE

Almond Milk, Grass-Fed Whey Protein, Almond Butter, Honey, Banana*

Bowl Toppings: Granola, House-Made Chocolate Sauce, Coconut Chips, Chocolate Chips

GREEN DELIGHT

Almond Milk, Vegan Protein, Cashew Butter, Honey, Pineapple*, Kale*, Mango* Bowl Toppings: Granola, Honey, Fresh Blueberry

BLUE-GREEN ZINI

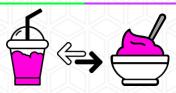
Coconut Water, Vegan Protein, Cashew Butter, Coconut Sugar, Blueberry*, Zucchini*, Apple*, Banana*, Coconut Ice*

Bowl Toppings: House-Made Maple Cream, Banana Chips, Coconut Chips

*Frozen Ingredients (Non-Customizable)

Smoothies & Bowls

Choice of Smoothie or Powerbowl



Smoothies 12.95 Powerbowls 14.95

DREAMSICLE

Orange Juice, Vegan Protein, Cashew Butter, Honey, Mango*, Banana*, Coconut Ice* Bowl Toppings: House-Made Maple Cream, Coconut Chips, Banana Chips

STRAWBERRY

Coconut Water, Vegan Protein, Honey, Cashew Butter, Date, Strawberry*, Coconut Ice*, Apple*, Banana*

Bowl Toppings: House-Made Maple Cream, Coconut Chips, Fresh Strawberry

BLUEBERRY BLISS

Coconut Water, Grass-Fed Whey Protein, Cashew Butter, Honey, Date, Blueberry*, Banana*

Bowl Toppings: Granola, Fresh Blueberry & Strawberry

TROPICAL BLISS

Orange Juice, Pineapple*, Mango*, Apple*, Strawberry*

Bowl Toppings: Honey, Coconut Chips, Fresh Strawberry

CHERRY TRUE LOVE

Almond Milk, Vegan Protein, Cashew Butter, Honey, Dates, Almond Extract, Dark Sweet Cherries*, Apple*, Coconut Ice*

<u>Bowl Toppings:</u> House-Made Maple Cream, Banana Chips, Coconut Chips

*Frozen Ingredients (Non-Customizable)

IGED Smoothies

Our Iced Smoothies are more like a lighter, slushy texture whereas our Regular Smoothies and Powerbowls are more like an ice cream texture

Smoothie Only 12.95

ICED COFFEE

Almond Milk, Grass-Fed Whey Protein, Almond Butter, Coconut Sugar, Date, Local Coffee*, Coconut Ice*

ICED GOLDEN MILK

Almond Milk, Grass-Fed Whey Protein, Cashew Butter, Cold-Pressed Ginger, Cold-Pressed Turmeric, Honey, Date, Spices, Coconut Ice*

ICED CACAO

Almond Milk, Grass-Fed Whey Protein, Cashew Butter, Cacao, Coconut Sugar, Date, Coconut Ice*

*Frozen Ingredients (Non-Customizable)

Grab & Go

Protein Cookie	6.45
Breakfast Bar	5.95
Energy Balls	4.95 39.95
Cold-Pressed Juice	8.95
Superfood Shots	3.95 → 5.45

Our Locations

Quail Corners

5011 Falls of Neuse Rd Raleigh, NC 27609 1(919) 980-5443 One City Center 110 N Corcoran St, Durham, NC 27701 1(919) 695-3027

<u>Lafayette Village</u> 8490 Honeycutt Rd,

Raleigh, NC 27615 1(919) 710-1109