

## SMOOTHIES

protein (vanilla/chocolate): organic brown rice   hemp   grass-fed whey	+ 1.5
spinach   kale   chia seeds   hemp seeds   organic yogurt goji berries   bee pollen   matcha   coffee beans   cold brew	+ 1
spirulina   mulberries   ginger   coconut   flax seeds raw cacao powder   raw cacao nibs   turmeric	+ .75

**GREEN MONSTER 7 (V/GF)**  
banana, pineapple, kale, spirulina, cold-pressed orange juice

**BREAKFAST SMOOTHIE 7 (V/GF)**  
blueberries, banana, almond butter, oats, Ohio maple, house-made almond milk

**BREAKFAST SMOOTHIE II 7.5 (V/GF)**  
blueberries, banana, local almond butter, turmeric latte spice, Deeper Roots cold brew coffee, Ohio maple

**PEANUT BUTTER POWER 6 (V/GF)**  
banana, local peanut butter, raw cacao powder, Ohio maple, house-made almond milk

**BLUEBERRY CACAO 7.5 (V/GF)**  
blueberries, raw cacao powder, hemp seeds, avocado, vanilla, Ohio maple, house-made almond milk

**DRAGONFRUIT 8 (V/GF)**  
organic dragonfruit, banana, pineapple, lime, salt, cold-pressed orange juice

**MANGO LASSI 7.5 (V/GF)**  
mango, banana, organic yogurt, turmeric, Ohio maple, house-made almond milk

**BLUEBERRY DETOX 7.5 (V/GF)**  
blueberries, kale, avocado, turmeric, black pepper, Ohio maple, house-made almond milk

**TROPICAL GREEN 7 (V/GF)**  
banana, pineapple, spinach, house-made almond milk

**SNICKERDOODLE 7 (V/GF)**  
banana, local almond butter, flax seeds, cinnamon, Ohio maple, house-made almond milk

**STRAWBERRY BANANA CHIA 7 (V/GF)**  
strawberry, banana, chia seeds, Ohio maple, house-made almond milk

**MORNING GLORY 6 (V/GF)**  
strawberry, banana, cold-pressed orange juice

**COCONUT COFFEE 6 (V/GF)**  
banana, Deeper Roots coffee beans, Ohio maple, coconut, house-made almond milk

**LOTUS 7 (V/GF)**  
banana, pineapple, kale, local peanut butter, cauliflower, Ohio maple, house-made almond milk

## BOWLS

**PURPLE COCONUT 8 (V/GF)**  
organic açai, grapes, coconut, house-made almond milk, topped with banana, coconut, granola, local peanut butter

**THE RIO 8 (V/GF)**  
organic açai, banana, apple juice, topped with granola and banana

**BANANA CACAO AVOCADO 8 (V/GF)**  
organic açai, banana, raw cacao, avocado, Ohio maple, house-made almond milk, topped with banana, raw cacao nibs, granola

**CHERRY CHEEZECAKE 9 (V/GF)**  
organic açai, cherries, vanilla cashew cream, house-made almond milk, topped with granola, local almond butter, crumbled cranberry no-bake bites

**EMERALD PEANUT 8 (V/GF)**  
banana, local peanut butter, spinach, Ohio maple, house-made almond milk, topped with granola, strawberries, hemp seeds, micro kale

**BLUEBERRY ALMOND BUTTER 8 (V/GF)**  
organic açai, blueberries, banana, local almond butter, house-made almond milk topped with banana, coconut, granola, goji berries

**NUTTY DRAGON 8 (V/GF)**  
organic dragonfruit, banana, local peanut butter, strawberries, Ohio maple, house-made almond milk, topped with puffed quinoa, raw cacao nibs, coconut

**CHUNKY MONKEY 8 (V/GF)**  
organic açai, banana, local peanut butter, raw cacao, Ohio maple, house-made almond milk, topped with crumbled banana bread no-bake bite, coconut, raw cacao nibs

**TROPICAL DRAGON 9 (V/GF)**  
organic dragonfruit, pineapple, mango, banana, vanilla cashew cream, cold-pressed orange juice, topped with kiwi, coconut, cashew cream drizzle

## COFFEE & TEA

**DEEPER ROOTS DRIP COFFEE 1.75/2.5**

**HOT TEA 1.75/2.5**

**ICED MATCHA OR TURMERIC LATTE 3.5**

**DEEPER ROOTS COLD BREW COFFEE 3**

**ICED ALMOND MILK LATTE 3.5**

**HOUSE-BREWED ICED TEA 2.5**

## SALADS

**KALE & QUINOA 7 (V/GF)**  
almonds, peppers, golden raisins, lemon olive oil dressing

**HARVEST KALE 7 (V/GF)**  
sweet potatoes, spiced pecans, red onion, dried cranberries, maple balsamic

**DETOX KALE 7 (V/GF)**  
beets, carrots, cabbage, walnuts, lemon parsley dressing

**UMAMI KALE 7 (V/GF)**  
pecans, red onion, peppers, grapes, sun-dried tomatoes, roasted garlic, vegan cheezy herb vinaigrette

**QUINOA 'FRIED' RICE 7 (V/GF)**  
onions, carrots, peppers, spinach, broccoli, ginger tamari dressing

**MEDITERRANEAN QUINOA 7 (V/GF)**  
tomato, peppers, olives, red onion, parsley, feta, red wine vinaigrette

**FIESTA BLACK BEAN 4.5 (V/GF)**  
peppers, tomato, red onion, cilantro, cumin lime dressing

**CURRIED CHICKPEA 4.5 (V/GF)**  
bell peppers, red onion, cilantro, golden raisins, cashews, maple curry tahini sauce

**ASIAN PEANUT NOODLES 4.5 (V/GF)**  
rice noodles, peppers, spinach, cilantro, ginger peanut sauce

**SWEET POTATO LENTIL 4.5 (V/GF)**  
kale, cilantro, red onion, orange za'atar dressing

**CURRIED BRUSSELS SPROUTS 4.5 (V/GF)**  
golden raisins, walnuts, curried almond dressing

**ASIAN CARROT NOODLES 4.5 (V/GF)**  
cashews, local peanut butter, almond milk, black sesame seeds, cilantro, ginger peanut sauce

## HOUSE-MADE SNACKS

**CHOCOLATE AVOCADO PUDDING 4.5 (V/GF)**

**HUMMUS 4 (V/GF)**

**CHIA PUDDING 4.5 (V/GF)**

**ASSORTED NO-BAKE BITES 1.5 (V/GF)**

**PUMPKIN CHIA PECAN DONUTS 3.5 (V/GF)**

v: vegetarian | V: vegan | GF: gluten-free

We are not a certified gluten-free facility.

## JUICES

### GREEN

#### MEAN GREEN 5

pear, kale, spinach, celery, cilantro, lime

#### TRUE GREEN 5 (V/GF)

apple, kale, lemon, parsley

#### GREEN GLOW 5 (V/GF)

apple, carrot, cucumber, spinach, kale, celery, lemon, ginger

#### GREEN MACHINE 5 (V/GF)

cucumber, celery, kale, kiwi, spinach, parsley, lemon, mint, sea salt

### ROOT/CITRUS

#### EASY BEET 4.5 (V/GF)

beet, apple, pear, lemon

#### ORANGE ZING 5 (V/GF)

carrot, orange, lemon, ginger, cayenne

#### EMERALD ISLE 5 (V/GF)

cucumber, orange, lime, lemon, filtered water, Ohio maple, spirulina, sea salt

#### LEMON FIRE 4.5 (V/GF)

filtered water, Ohio maple, lemon, cayenne

#### DRAGONFRUIT LEMONADE 5 (V/GF)

filtered water, Ohio maple, lemon, organic dragonfruit

### MYLK

#### CACAO CASHEW MYLK 4.5 (V/GF)

raw cashews, filtered water, Ohio maple, cacao powder, cinnamon, vanilla

#### TURMERIC MYLK 4.5 (V/GF)

raw cashews, filtered water, Ohio maple, turmeric, cinnamon, vanilla

#### MATCHA CASHEW MYLK 5 (V/GF)

raw cashews, filtered water, Ohio maple, vanilla, matcha green tea powder

### SEASONAL

#### CITRUS CLOVE 5 (V/GF)

orange, grapefruit, kale, cloves

#### PEAR CHAI 5 (V/GF)

pear, carrot, lemon, masala chai

#### SWEET POTATO SPICE 5 (V/GF)

apple, sweet potato, lemon, ginger, cinnamon

#### PUMPKIN CASHEW MYLK 5 (V/GF)

raw cashews, pumpkin, Ohio maple, pumpkin pie spice

## SANDWICHES

----- Sub gluten-free bread +2 -----

#### BASIL PORTOBELLO 8 (V)

roasted portobello, vegan basil cashew mayo, arugula, roasted red pepper, red onion, local ciabatta

#### BBQ JACKFRUIT 8.5 (V)

house-made organic bbq jackfruit, herbed cashew cream, carrot cabbage slaw, local ciabatta

#### JALAPEÑO TURKEY 8.5

natural turkey, house-made black bean spread, pepper jack cheese, micro kale, tomato, local whole wheat bread

#### HUMMUS & HEMP PESTO 8 (V)

house-made hummus, house-made hemp walnut pesto, avocado, micro kale, tomato, local whole wheat bread

#### CAPRESE FLORENTINE 8 (V)

house-made hemp walnut pesto, fresh mozzarella, tomato, spinach, local whole wheat bread

#### ROAST BEEF 8.5

natural roast beef, vegan zesty cashew mayo, swiss cheese, micro kale, tomato, local whole wheat bread

#### TUNA KRAUT 8.5

house-made albacore tuna salad (local sauerkraut + apples), avocado, micro kale, local whole wheat bread

#### CHICKPEA SALAD 8 (V)

house-made vegan mayo, topped with arugula and tomato, local whole wheat bread

#### ULTIMATE VEGGIE 8 (V)

house-made carrot hummus, sliced cucumber, arugula, red onion, tomato, local beet sauerkraut, local whole wheat bread

## TOAST

----- Sub gluten-free bread +2 -----

#### AVOCADO 3.5 (V)

avocado, flaked sea salt, red pepper flakes, micro kale

#### PESTO AVOCADO 3.5 (V)

avocado, house-made hemp walnut pesto, hemp seeds

#### STRAWBERRY AVOCADO 3.5 (V)

avocado, sliced strawberries, shredded coconut, Ohio honey

#### BANANA ALMOND BUTTER 3.5 (V)

banana, local almond butter, raw cacao nibs, cinnamon, Ohio maple

#### SPICY BANANA 3.5 (V)

local spicy peanut butter, sliced banana

#### PB & J 3.5 (V)

local peanut butter, local jam, granola

#### MEDITERRANEAN 3.5 (V)

house-made hummus, tomato, micro kale, za'atar, olive oil



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