

— **ORGANIC REAL + RAW REFRESHERS** —

MERMAID MATCHA

ceremonial grade matchaful™ matcha, blue butterfly pea powder, house made organic vanilla syrup, topped with coconut milk over ice \$11.25

BLUE MOUNTAIN BLESSING

pineapple, coconut, blue spirulina, peach blossom, lemon, aloe vera, coconut nectar, topped with coconut milk over ice – a raw life favorite! \$11.25

NOLI SOUTH LOCAL KOMBUCHA

on tap \$9.00

RADIANTLY RAW

organic lemonade, peach, mango, orange, dragon fruit, topped with coconut water over ice \$11.25

PEACHY KEEN

peach, mango, orange, house made vanilla syrup, topped with coconut water over ice \$11.25

OPTIMIZED MINERALS™ SHOOTER

70+ ionic trace minerals, chelated minerals, burdock root, ancient sea salt \$7.25

— **ORGANIC SALADS + BOWLS** —

MANGO TANGO SALMON BOWL

arugula, smoked salmon, sliced avocado, heirloom tomato, mango, pickled red onion, house blend seasoning w/ house made herb vinaigrette \$24.00

GRASS FED STEAK BOWL

cilantro lime rice, grass fed steak, avocado, tomato, pickled red onion, cotija, ranch crema \$24.00

PEACH + AVOCADO SUMMER SALAD

arugula, avocado, peach, feta, pepitas w/ house made honey dijon vinaigrette \$18.00

REAL + RAW HOUSE

arugula, cherry tomato, parmesan w/ house made herb vinaigrette \$15.00

CHOPPED ITALIAN

mixed lettuce, garbanzo beans, baby cherry tomatoes, pickled red onion, black olives, cucumber, pepperoncini, salami, parmesan w/ house made vinaigrette \$21.00

ASHLEY'S STRAWBERRY CRUNCH

mixed greens, strawberries, avocado, walnuts, crumbled feta, w/ champagne vinaigrette \$19.00

THE TEJAS STEAK SALAD

mixed greens, grass fed steak, avocado, tomato, pickled red onion, cotija, ranch crema \$22.00

ADD PROTEIN

smoked salmon* \$12.00 soft boiled eggs \$5.00 chicken salad \$8.00

— **ORGANIC SANDWICHES + WRAPS + TACOS** —

PEACH, PROSCIUTTO + BURRATA

creamy burrata, balsamic glaze, hot honey, salty prosciutto, juicy peach slices, and arugula on open face local organic sourdough – served with mixed green side salad \$22.00

THE SURFING SALMON WRAP

smoked salmon, avocado, spinach, heirloom tomatoes, sriracha, spinach wrap – served with mixed green side salad \$21.00

CHICKEN SALAD CROISSANT

organic chicken salad, lettuce, tomato on a butter croissant – served with mixed green side salad \$17.00

CHICKEN SALAD WRAP

organic chicken salad, greens, herb drizzle, spinach wrap – served with mixed green side salad \$21.00

GRASS FED STEAK TACOS

organic corn tortilla, grass fed steak, cilantro, pickled red onion, cotija, jalapeno ranch crema \$17.00

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, EGGS OR UNPASTEURIZED MILK MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS. OUR STORE OFFERS PRODUCTS WITH PEANUTS, TREE NUTS, MILK, EGGS AND WHEAT. WHILE WE TAKE STEPS TO MINIMIZE THE RISK OF CROSS CONTAMINATION, WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE SAFE TO CONSUME FOR PEOPLE WITH PEANUT, TREE NUT, MILK, EGG OR WHEAT ALLERGIES. THIS PRODUCT HAS NOT BEEN PASTEURIZED AND THEREFORE MAY CONTAIN HARMFUL BACTERIA THAT CAN CAUSE SERIOUS ILLNESS IN CHILDREN, THE ELDERLY AND PERSONS WITH WEAKENED IMMUNE SYSTEMS



ORGANIC COFFEE + TEA

organic coconut milk \$1.25

organic whole milk \$1.25

PURITY COFFEE

organic, mycotoxin and mold free

ESPRESSO DOUBLE \$5.00

CORTADO \$6.00

AMERICANO* \$7.00

CAPPUCCINO* \$7.00

LATTE* \$8.00

HOT ARTISANAL TEAS

\$6.00

Green Tea

Elderberry Healer Tea

ICED ARTISANAL TEAS

\$6.50

Blueberry Hibiscus Tea

Summer Peach + Black Tea

!!! PESTICIDE FREE !!!

COFFEE ENHANCERS

ESSENTIAL FATS

MCT, organic grass fed
ghee, grass fed butter,
organic coconut oil

PROTEIN ENHANCERS

colostrum, collagen peptides,
grass fed whey

VANILLA SYRUP

Real + Raw House-Made
organic vanilla, organic
coconut sugar

CARAMEL SAUCE

Real + Raw House-Made
organic coconut sugar,
organic grass fed butter,
organic heavy cream

ORGANIC BARISTA SPECIALS

THE LOCAL

purity organic espresso, almond butter, local
honey + cinnamon \$9.00

TURMERIC LATTE

turmeric, ginger cinnamon, cardamom,
black pepper \$9.00

MASALA CHAI LATTE

ginger, cardamom, clove

\$8.00

MATCHA LATTE

matchaful™ ceremonial grade japanese
matcha \$9.00

THE PALM

purity organic espresso, MCT, organic
grass fed butter \$9.00

ORGANIC SUPERFOOD SMOOTHIES

DRAGON FRUIT DREAM

dragon fruit, mango, banana, vanilla yogurt
drizzle, coconut water \$14.00

GREEN MANGO

mango, banana, fresh greens, vanilla
yogurt, local honey, coconut water \$13.00

BLUEBERRY BLISS

banana, spinach, wild blueberries, vanilla
collagen, cinnamon, coconut water \$15.00

MANGO COLADA

mango, pineapple, banana, coconut
water \$14.00

VANILLA KISS

banana, vanilla plant or grass fed
protein, almond butter, milk of choice,
shot of purity espresso \$16.75

PEANUT BUTTER LOVER

banana, peanut butter, dark chocolate
cacao, milk of choice, local honey \$14.00

ALOHA

strawberry, blueberry, pineapple, peach,
mango, cold pressed orange juice \$14.00

STRAWBERRY GLAZE

banana, strawberry, avocado, dates, maple
syrup, vanilla collagen, coconut milk \$16.00

ACAI PLEASE

acai, banana, mixed berry, fresh
greens, local honey, peach, mango,
cold pressed orange juice \$14.00

ALL ORGANIC

NEVER FROZEN PRODUCE

KIDS STRAWBERRY + BANANA

strawberry, banana, milk of choice \$10.00

KIDS PEANUT BUTTER BLAST

peanut butter, bananas, milk of choice \$10.00

SMOOTHIE ENHANCERS

lions mane, reishi, ashwagandha, vanilla collagen, Cymbiotika™ colostrum, grass
fed whey, taylor dukes wellness bone broth protein, Matchaful™ matcha powder,
grass fed ghee, MCT, colloidal silver, bee pollen, cacao powder, sea moss gel, beef
organ, vanilla yogurt, Optimized Minerals™

ORGANIC ACAI + SMOOTHIE BOWLS

GLOW BOWL

organic acai

topped with banana, blueberries,
strawberries, honey drizzle \$16.00

MANGO IN PARADISE

organic mango

topped with strawberries, pineapple, kiwi \$17.00
add almond butter + \$3.00

ISLAND GIRL

organic banana, strawberries, vanilla yogurt
topped with mango, kiwi, strawberries,
coconut flakes, honey drizzle \$16.00

FRESH + FRUITY PARFAIT

organic vanilla yogurt topped with gluten
free granola, mango, pineapple, strawberry,
blueberry, banana, kiwi, honey drizzle \$16.75

UNDER THE SUN

organic dragonfruit

topped with mango, kiwi, pineapple,
honey drizzle, coconut flakes \$16.00

SUNKISSED + SALTY

organic acai

topped with granola, seasonal mixed berries,
flax seed, bee pollen, honey drizzle \$18.00
add almond butter + \$3.00

SMOOTHIE BOWL ADDITIONS

organic peanut butter, organic almond butter, organic coconut cream, organic gluten-
free granola, organic chia, organic sea salt, organic cinnamon, organic bee pollen,
organic collagen, Truvani™ plant protein, taylor dukes wellness bone broth protein

ORGANIC ALL-DAY BREAKFAST

gluten-free bread available upon request

LOX BAGEL BOARD

local organic sourdough everything bagel,
cold smoked salmon (lox), capers, pickled
red onion \$20.00 or 2 for \$34.00

GOOD MORNING 30A TOAST

local sourdough, peanut butter,
banana, strawberries, honey, flax
seeds \$14.00
want almond butter instead + \$3.00

LOX ON THE BEACH BAGEL

local organic sourdough everything
bagel, smoked salmon, cream cheese,
pickled red onion, capers, dill \$18.00

AVO + BEET HUMMUS TOAST

local sourdough, beet hummus, sliced
avocado, local microgreens, everything
seasoning \$16.75
add egg + \$3.50

REAL + RAW BAGEL SANDWICH

local organic sourdough bagel, avocado,
sprouts, pickled red onion \$13.00
add egg + \$3.50

SANTA ROSA AVOCADO TOAST

local sourdough, smashed avocado,
feta, balsamic glaze, pepitas \$16.00

BLUE MOUNTAIN BAGEL

local organic sourdough everything
bagel, smashed avocado, boiled eggs,
arugula, tomato, mozzarella, EVOO, red
pepper flakes \$17.00

LA JOYA AVOCADO TOAST

local sourdough, smashed avocado,
heirloom tomato, cotija cheese, red pepper
flake, EVOO drizzle \$16.00
add egg + \$3.50

**EVERYTHING BAGEL W/
ORGANIC CREAM CHEESE**
\$10.00

**LOCAL SOURDOUGH W/
GRASS FED BUTTER**
\$7.00

ALL NATURAL
ORGANIC INGREDIENTS
ALWAYS