

Cafe Menu

Breakfast

SMOOTHIE BOWL 9.5
Your choice of smoothie topped w/fresh fruit, toasted coconut, & superseeds. Choose between a honey, chocolate or almond butter drizzle.

BACON, EGG, AVOCADO SANDWICH 9
turkey bacon, avocado, scrambled egg, cheddar cheese with choice of mild green chili OR spicy chipotle cream sauce

Low Carb Option: served as a 4-egg omelet
Calories: 532 **Net Carbs:** 5 **Fat:** 36 **Protein:** 42

Sandwiches

served on toasted gf multigrain bread, with a choice of 1 side

BRIE MELT 9
brie cheese, chicken, pickled onion, arugula, cucumber, green apple, herb mayo

Low Carb Option: served as a lettuce wrap
Calories: 414 **Net Carbs:** 3 **Fat:** 31 **Protein:** 32

TURKEY CLUB 9
roasted turkey, cheddar cheese, arugula, turkey bacon, avocado, mayo

Salads

CHICKEN FAJITA 9
mixed greens, chicken, sauteed peppers & onions, avocado, cherry tomatoes with house-made honey cilantro lime dressing

THE COBB 9
mixed greens, chicken, turkey bacon, avocado, carrots, cheddar cheese, cherry tomatoes with ranch dressing

Low Carb
Calories: 526 **Net Carbs:** 9 **Fat:** 32 **Protein:** 43

SUMMER BERRY 9
mixed greens, chicken, blueberries, strawberries, feta cheese, pecans with house-made raspberry vinaigrette dressing

Kids

GRILLED CHEESE & CHIPS 6
gf multigrain bread and cheddar cheese with a side of Terra chips and sliced apples

Grab & Go

TERRA VEGETABLE CHIPS 3

CRAN-APPLE PROTEIN BAR 3
craisins, apples, vanilla, maple, oats, almond butter
Protein: 11g

PALEO ALMOND JOY BAR 3
cocoa, almond, maple, coconut

FRUIT & YOGURT PARFAIT 3
greek yogurt, vanilla, agave, mixed berries, gf granola

TURKEY & CHEDDAR SANDWICH 5
roasted turkey, cheddar cheese, mayo, brown mustard on a gf seeded bun

GARDEN SALAD 3
mixed greens, cherry tomatoes, cucumber, carrots, cheddar with ranch dressing

PROTEIN SNACK PACKS 4
assortment of nuts, cheese, & dried fruit
Protein: 18-26g

KOMBUCHA ON TAP 3.5 / 5
choose 12oz or 16oz

Sides 3

FRUIT & YOGURT PARFAIT

CRAN-APPLE PROTEIN BAR

PALEO ALMOND JOY BAR

FRESH FRUIT

TERRA VEGETABLE CHIPS

TURKEY BACON & TWO (2) EGGS

HUMMUS & VEGGIES

GARDEN SALAD
ranch or balsamic vinaigrette dressing
upgrade to a half-size menu salad 2

Drinks

Smoothies7.5

- BLACK & BLUE - *detox* -
charcoal, blueberry, raspberry, spinach, apple, date
Calories: 256

CHOCO MONKEY - *boost metabolism* -
cocoa, banana, almond butter, almond milk, date
Calories: 603

CHOCOLATE LOVE BOMB - *boost immunity* -
cocoa, strawberry, banana, agave, almond milk
Calories: 213

CINNA MONKEY
cinnamon, banana, almond butter, almond milk, date,
hemp hearts
Calories: 603

MATCHA MONSTER - *energize* -
matcha green tea, mango, banana, spinach, coconut milk
Calories: 265

PEACHSICLE - *fortify* -
peach, raspberry, apple, vanilla, almond milk, date
Calories: 253

PIÑA COLADA - *heart health* -
pineapple, orange, lime, coconut milk
Calories: 222

STRAWBERRY COLADA - *strengthen* -
gf vanilla protein powder, strawberry, banana, coconut
milk, almond milk
Calories: 331 Protein: 11g

SUPER C - *boost immunity* -
turmeric, mango, orange, carrot, cashew butter,
coconut milk
Calories: 339

All smoothies & juices are dairy-free & vegan

Coffee

- served hot, iced, or blended
- SELF-SERVE COFFEE
(includes unlimited refills)
with a to go cup 3.25

2.75
- AMERICANO/ESPRESSO
standard double

2.75
- LATTE/CAPPUCCINO
espresso, milk, foam

4
- BREVE
espresso, half & half, foam

4
- DIRTY CHAI LATTE
chai tea, espresso, milk, foam

4.5
- MOCHA
espresso, chocolate, milk, foam

4.5

Steamers & Tea

- HOT CHOCOLATE/STEAMER 3
steamed milk with choice of 1 flavor

CHAI LATTE 4
chai tea, milk, foam

MATCHA LATTE 4
matcha, milk, foam

LONDON FOG 4
earl gray tea, milk, vanilla syrup

ASSORTED BAGGED TEAS 2

2% Milk, Almond Milk &
Coconut Milk Available

Add-Ins .5 Each

CHOCOLATE PROTEIN POWDER

VANILLA PROTEIN POWDER

ACTIVATED CHARCOAL

SPINACH

MATCHA POWDER

ESPRESSO SHOT

FLAVORED SYRUP
caramel, chocolate, coconut, hazelnut, raspberry,
sugar-free vanilla, vanilla, white chocolate,
lavender, almond

Juice Cleanse
50

Take a few small steps to a lighter and brighter you.
Packed full of vitamins and nutrients, our juice cleanse helps to give your
digestive system a chance to rest and reset.

INCLUDES SIX 16OZ JUICES & ONE JUICE SHOT

Celery, 100% Pure, Clean Green, Charcoal Lemonade, Hot Pink, Nut Milk
The juices are numbered 1-6, as a guide for you. Your choice of juice shot. (see options below)
During the day, you will drink them in that order.

All cleanses must be ordered 24 hours in advance.

Juice

8

100% PURE - *fortify* -
orange, apple, carrot, turmeric

CELERY - *anti-inflammatory* -
celery, lemon

CHARCOAL LEMONADE - *detox* -
lemon, charcoal, apple, agave, coconut water

CHOCOLATE PROTEIN MILK

banana, pure almond milk, cocoa, date, protein

CLEAN GREEN - *replenish* -
cucumber, kale, spinach, chard, apple, lime, ginger,
chlorophyll, coconut water

COFFEE MILK

pure almond milk, espresso, date, vanilla, salt

HOT PINK - *energize* -
beet, carrot, lemon, apple, ginger, spinach

NUT MILK - *strengthen* -
pure almond milk, date, vanilla, cinnamon, nutmeg

Juice Shots

3

4oz fresh pressed

SUNSHINE ENERGY
lemon, ginger, cayenne maple

GREEN ENERGY

pineapple, matcha, ginger

TUMMY TONIC
kombucha

ORANGE IMMUNITY

apple cider vinegar, turmeric, orange, ginger

Secret Menu

BRICK CANVAS GUEST
& EMPLOYEE CREATIONS

Mains

SUMMER BERRY SALAD 9
mixed greens, chicken, strawberries, blueberries, feta cheese,
and pecans with house-made raspberry vinaigrette dressing

HADLEIGH'S CHEDDAR MELT 9
served with a choice of 1 side
chicken breast, green apple, melted cheddar cheese & herb
mayo on toasted gf multigrain bread OR in a lettuce wrap

Breakfast

GARDEN AVOCADO TOAST 9
avocado, tomato, salt/pepper and arugula layered on toasted
gf multigrain bread

*add cheddar cheese, herb mayo, chipotle cream, fried egg
\$.50 each*

add 2 slices turkey bacon \$1.5

SMOOTHIE BOWL 9.5
Your choice of smoothie topped with fresh fruit, toasted
coconut, & superseeds. Choose between a honey, chocolate or
almond butter drizzle.

Smoothies

LISA'S TROPICAL TWIST 7.5
mango, pineapple, carrot, orange, agave, coconut milk

KETO BLACK & BLUE 7.5
black & blue smoothie with coconut water instead
of apples

BLANKA'S DETOXIFYING CLEAN GREEN 7
clean green juice with charcoal & extra lime

Coffee

KETO SUGAR-FREE VANILLA LATTE 4.5
espresso, sf-vanilla syrup, unsweetened almond milk,
heavy cream

WHITE CHOCOLATE RASPBERRY FRAPPE 4.5
white chocolate, raspberry, ice, espresso, 2% milk

Seasonal

SUMMER 2020

LEMON BERRY PANCAKES

9

add bacon & eggs for \$3 more

half-order 6

four fluffy gf blueberry pancakes topped with lemon zest; served with a side of berry syrup

FRESH ASPARAGUS SOUP

9

served with a choice of 1 side

cup 3

puree of asparagus, lemon, potatoes, and vegetable broth; topped with a dollop of sour cream

WHITE CHOCOLATE RASPBERRY STEAMER OR LATTE

3.5 / 4.5

served HOT or ICED

steamed milk, white chocolate and raspberry syrups, with or without espresso