



Breakfast Bowls \$9

CHIA OVERNIGHT OATS*

GF oats, soy milk, maple syrup, seasonal fresh fruit, housemade granola

GREAT MORNING*

quinoa, baby spinach tossed with herbs and house lemon dressing, steamed egg, roasted tomatoes, roasted asparagus, cashews, avocado, super seed blend, drizzle of cashew butter

PESTO SCRAMBLE*

quinoa, baby spinach, 2 scrambled eggs or crumbled tempeh, roasted cherry tomatoes, avocado, vegan kale pesto, sunflower seeds

CO SPRINGS SCRAMBLE

quinoa, black beans, 2 scrambled eggs or crumbled tempeh, avocado, pico de gallo, spicy avocado sauce, toasted pumpkin seeds

Power Salads \$10

RAINBOW CRUNCH*

chopped romaine, shredded red cabbage, carrot, mango, red bell pepper, pickled red onion, green onion, cashews, miso sesame sauce

GOLDEN ROASTED CAULIFLOWER

kale, roasted cauliflower, roasted cherry tomatoes, cucumber, pickled red onion, chickpeas, house lemon dressing, drizzled roasted garlic tahini sauce

SPRING CHOPPED*

spinach, strawberries, avocado, peas, red onion, ginger candied walnuts, house lemon vinaigrette, drizzle sweet sesame sauce, super seed blend

Soup \$5 - \$7

SPRING SOUP

asparagus & pea, mint, basil, drizzle house lemon dressing, Colorado chili crunch

Nourish Bowls \$10

SWEET FIRE BBQ*

quinoa or brown rice, veggie slaw, sweet corn, spicy pickles, black beans, smoky agave bbq, white cashew bbq, chopped scallions

BANH MI

quinoa or brown rice, maple sriracha roasted sweet potatoes, pickled veggies, avocado, cilantro, sweet sesame sauce, Colorado chili crunch, toasted sesame seeds

TAMARI GREENS

quinoa or brown rice, garlic-tamari greens, roasted mushrooms, roasted tomatoes, avocado, miso sesame sauce, drizzle sweet sesame sauce, super seed blend

ROASTED VEGGIE

quinoa or brown rice, steamed kale, roasted veggies, pickled red onion, avocado, roasted garlic tahini sauce, toasted pumpkin seeds, drizzle golden goddess dressing

SPICY SOUTHWEST

quinoa or brown rice, black beans, corn, pico de gallo, jalapeño, avocado, toasted pumpkin seeds, cilantro, spicy avocado sauce

MEDITERRANEAN HUMMUS

quinoa or brown rice, hummus, steamed kale, roasted cherry tomatoes, cucumber, kalamata olives, drizzle roasted garlic tahini sauce

GOLDEN GODDESS

quinoa or brown rice, roasted cauliflower, steamed kale, avocado, roasted mushrooms, crumbled toasted nori, golden goddess dressing

A La Carte

ROSEMARY & OLIVE OIL GF CRACKERS \$2

KAREN'S HEAVENLY COOKIE \$4

FROZEN BANANA POP* \$4

1/2 banana rolled in vanilla coconut yogurt, housemade granola, vegan chocolate chips

COCONUT YOGURT GOODNESS CUPS* \$6

vanilla coconut yogurt, housemade granola, choice of fresh raspberry, blueberry or mango

Protein Add-Ins: Chicken, Tempeh, Steamed Egg



Smoothies \$9

SWELL

banana, raspberries, non-dairy milk, cocoa powder, maple syrup, vanilla, cinnamon

1-UP

mango, pineapple, non-dairy milk, carrot, ginger, turmeric

BEST LIFE

avocado, kale, mango, banana, coconut water, dates

BERRY BLAST

banana, wild blueberries, non-dairy milk, OJ, GF oats, maple syrup, vanilla

ESPRESSO ALMOND*

banana, non-dairy milk, almond butter, hemp seeds, espresso powder, vanilla, cocoa powder

Smoothie Bowls \$10

SWELL*

Toppings: banana slices, raspberries, housemade granola

1-UP*

Toppings: banana slices, pineapple chunks, housemade granola

BEST LIFE*

Toppings: mango chunks, wild blueberries, housemade granola

BERRY BLAST*

Toppings: banana slices, mango chunks, housemade granola, berry puree

Juices \$7

HEART OF GOLD

carrots, cucumber, turmeric, OJ, lime juice

SPRIG GREEN JUICE

kale, baby spinach, celery, cucumber, granny smith apples, ginger, lemon juice

TROPICAL GREENS

baby spinach, pineapple, mint, OJ, coconut water

UPBEET

OJ, grapefruit juice, beet, mint

Shots \$2

IMMUNE

OJ, lemon juice, turmeric, ginger root, cayenne

DIGESTIVE

apples, fennel, mint, ginger root, Kefir water

ANTI-INFLAMMATORY

pineapple, baby spinach, ginger root, turmeric, lemon juice, matcha powder

Hot Beverages

HOLD FAST COFFEE \$3

MIDAS MILK \$7
golden milk, turmeric

NEXT LEVEL HOT COCOA \$7
soy milk, chocolate

Milk Options: Unsweetened Almond, Coconut or Soy Milk

Add-Ins: Vegan Protein Powder, Flax Meal, Almond Butter, Chia Seeds, Hemp Seeds, Maca Powder

Little Sprouts \$5

BANANA CRUNCH BOWL*

vanilla coconut yogurt, banana slices, seasonal fruit, housemade granola, almond butter sauce, vegan chocolate chips

SOUTHWEST BOWL

brown rice, black beans, chicken or tempeh, pico de gallo, corn, avocado

RASPBERRY ORANGE SMOOTHIE

banana, raspberries, OJ, vanilla

“PBJ” SMOOTHIE*

banana, almond butter, non-dairy milk, berry purée, cocoa powder



DAIRY FREE



GLUTEN FREE



NON-GMO



NO ADDED SUGAR

*CONTAINS NUTS