



Breakfast Bowls \$9

CHIA OVERNIGHT OATS*

GF oats, non-dairy milk, maple syrup, seasonal fresh fruit, housemade granola

Only available until 11AM

SAVORY OATS WITH TAMARI GREENS

GF oats, garlic-tamari greens, roasted vegetables, steamed egg, avocado, miso sesame sauce

Only available until 11AM

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

Nourish Bowls \$10

ROASTED VEGGIE

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

SPICY SOUTHWEST

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

MEDITERRANEAN HUMMUS

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

GOLDEN GODDESS

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

Bowl Protein Add-Ins:

Chicken, Tempeh, Steamed Egg, Steamed Kale

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, drizzle tahini garlic sauce

SEASONAL CHOPPED

Salad Protein Add-Ins: Chicken, Tempeh, Steamed Egg, Steamed Kale

Soups \$5 - \$7

COCONUT GREENS (SIGNATURE)

steamed kale & coconut milk with herbs and spices

SEASONAL

Ala Carte

HANDMADE ROSEMARY GF CRACKERS \$2

BEN'S GIANT CHOCOLATE CHIP COOKIE \$4

Little Sprouts \$5

OVERNIGHT OATS*

GF oats, non-dairy milk, maple syrup, seasonal fresh fruit, homemade granola

SOUTHWEST BOWL

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

RASPBERRY ORANGE SMOOTHIE

banana, raspberries, fresh OJ, vanilla

"PBJ" SMOOTHIE

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



DAIRY FREE



GLUTEN FREE



NON-GMO



NO ADDED SUGAR

*CONTAINS NUTS



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

Smoothie Bowls \$10

SWELL*

Toppings: banana slices, raspberries, homemade granola

1-UP*

Toppings: banana slices, pineapple chunks, homemade granola

BEST LIFE*

Toppings: mango chunks, wild blueberries, homemade granola

BERRY BLAST*

Toppings: banana slices, mango chunks, homemade granola, almond butter

**Milk Options:
Unsweetened Almond, Coconut or Soy Milk**

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



Juices \$7

HEART OF GOLD

carrots, cucumber, turmeric, OJ, lime juice

SPRIG GREEN JUICE

kale, baby spinach, celery, cucumber, granny smith apple, 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 \$7

MIDAS MILK

golden milk, turmeric

NEXT LEVEL HOT COCOA

soymilk, chocolate



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