

# LUNCH

## **BAGELWICH \$6**

Toasted Everything Bagel, Roasted Red Pepper Hummus, Sliced Tomato, Sprouts, Olive Oil Drizzle.

## **BUDDHA BOWL \$11**

Brown Rice, Roasted Chickpeas, Sweet Potato, Pickled Cabbage, Kale, Avocado, Smoked Tahini.

## **SEOUL BOWL \$11**

Brown Rice, Pickled Cabbage, Pickled Cucumber, Shaved Onion, Shredded Carrot, Marinated Tofu, Gochujang Sauce.

## **ESCONDIDO BURRITO \$9**

Sweet Potato, Avocado, Brown Rice, Black Beans, Vegan Cheese, Vegan Sour Cream.

## **JIMBO BURRITO BOWL \$11**

Brown Rice, Sweet Potato, Black Beans, Avocado, Vegan Sour Cream & Cheese.

## **HAVANA \$9**

Local Sourdough Bread, Tempeh, Pickled Cucumbers, Pickled Cabbage, Shaved Onion, Dijonaise, Vegan Cheese.

## **VEGGIE BURGER \$6**

Chickpea & Quinoa Patty, Arugula, Shaved Onion, House Pickles, Special Sauce, Vegan Cheese.

## **SOPHIES QUESADILLA \$7**

Vegan Mature Cheddar, Vegan Shredded Cheddar, Black Beans, Onions, Roasted Red Pepper. Served with Vegan Sour Cream.

## **Contact:**

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**LIVE**  
**— CAFE —**



## JUICES \$7.50 | 12 OZ.

### HYDRATION STATION

Celery, Cucumber, Ginger,  
Lemon

### SWEET BEETS

Beet, Lemon, Cucumber,  
Pineapple

### SEE CLEARLY

Carrot, Orange, Ginger,  
Turmeric

### LEAN GREEN

Kale, Apple, Cucumber,  
Ginger, Lemon

### CITRUS CHILL

Grapefruit, Orange,  
Lemon, Lime, Mint

### IMMUNITY SHOT \$4

Apple, Ginger, Lemon

## DRINKS

Nitro Cold Brew Coffee  
Tea & Coffee

Beer, Wine, Cider, Kombucha,  
Cocktails

Water & Sparkling Water  
& More



## SMOOTHIES \$9 | 20 OZ.

### THE BEES KNEES



Blueberries, Strawberries,  
Banana, Bee Pollen, Honey, Oat  
Milk



### SIENNA SUMMER

Strawberries, Mango, Almond  
Milk, Banana

### LJ COOL J

Watermelon, Mixed Berries, Lime  
Juice, Banana, Coconut Water

### DAY BUZZ

Banana, Almond Butter, Cold  
Brew, Cacao

### GREENSTER

Kale, Pineapple, Mango, Spirulina,  
Coconut Water

### TRIPLE BERRY BLAST

Banana, Mixed Berries, Spinach,  
Goji. Almond Milk

### KIDS SMOOTHIE \$5

Strawberries, Banana,  
Almond Milk

### ACAI BOWL \$10

Acai, Mixed Berries, Banana  
Topped With: Granola, Coconut,  
Chia Seeds, Strawberries & Honey  
Drizzle

## BREAKFAST

### EVERYTHING I AVO WANTED \$5

Avocado Toast On Fresh Local  
Sourdough Bread. Add Pouched Egg or  
Tofu \$1

### WRAP AROUND \$8

Potato, Kale, Roasted Peppers, Garlic,  
Caramelized Red Onion, Tofu, Avocado.  
Add Egg \$1

### FRESH TRACKS \$8

Potato, Kale, Roasted Peppers, Garlic,  
Caramelized Red Onion, Smoked Tahini  
Sauce. Add Egg, Tofu or Avocado \$1

### DAWN PATROL \$7.50

Breakfast Sandwich, Vegan Cheese,  
Tofu, Sausage, Spinach, Maple Dijonaise

## SALADS

### KALE CAESAR \$9

Marinated Kale, Shredded Carrot,  
Shaved Onion, Grape Tomato, Pepitas,  
Nutritional Yeast. Cashew Caesar  
Dressing.

### THIS SALAD IS FIRE \$9

Romaine Lettuce, Roasted Buffalo  
Cauliflower, Cherry Tomatoes,  
Shredded Carrot, Cucumber, Red Onion  
& Vegan Ranch.

### LIVE SALAD \$9

Spinach, Shredded Carrots,  
Cucumbers, Goji Berries, Sunflower  
Seeds. Citrus Vinaigrette.

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## WEEKLY ROTATING SPECIALS