

\*Allergy statement: Menu items may contain or come into contact with GLUTEN, EGGS, PEANUTS, TREE NUTS, & DAIRY.

## SANDWICHES

CHOOSE SIDE: CUCUMBER SALAD, SWEET GREEN SALAD\*, COLESLAW, CHIPS, OR PICKLES

### CHICKEN SALAD WRAP 12

ANTIBIOTIC-FREE SOUS VIDE CHICKEN, CELERY\*, GREEN APPLE\*, CRANBERRIES, ROMAINE LETTUCE\*, HONEY DIJON DRESSING, WHOLE WHEAT WRAP

### CHIPOTLE CHICKEN 12

ANTIBIOTIC-FREE SOUS VIDE CHICKEN, CHIPOTLE GOUDA, MIXED GREENS\*, HOUSE-MADE PICKLED RED ONIONS, CAGE-FREE CHIPOTLE MAYO. TOASTED ON LOCALLY BAKED FLATBREAD

### RACHEL 12

ANTIBIOTIC-FREE TURKEY, SWISS, PICKLES, HOUSE-MADE COLESLAW, THOUSAND ISLAND DRESSING. TOASTED ON LOCALLY BAKED RYE BREAD

### GV TURKEY 12

ANTIBIOTIC-FREE TURKEY, CHEDDAR, MIXED GREENS\*, TOMATO, AVOCADO, CAGE-FREE SRIRACHA MAYO. TOASTED ON LOCALLY BAKED FLAT BREAD

### GV ITALIAN 12

NITRITE-FREE & UNCURED MEATS. HAM, PROSCIUTTO, FRESH MOZZARELLA, ROMAINE\*, TOMATO, PICKLED ONIONS, NON-GMO ITALIAN VINAIGRETTE. TOASTED ON LOCALLY BAKED FLATBREAD

### HUMMUS VEGGIE WRAP <sup>VEGAN</sup> 11

HUMMUS\*, AVOCADO, GREENS\*, MIXED CABBAGE, CUCUMBERS\*, TOMATO, HOUSE-MADE PICKLED ONIONS, NON-GMO GV VINAIGRETTE, WHOLE WHEAT WRAP

### CAPRESE 10

FRESH MOZZARELLA, PEPPER, HOUSE-MADE PESTO, TOMATO, NON-GMO BALSAMIC VINAIGRETTE. TOASTED ON LOCAL FLAT BREAD  
\*PESTO CONTAINS ALMONDS

## GV KIDS

INCLUDES: JUICE AND PIRATE'S BOOTY OR APPLES

### GF CHICKEN\* TENDERS <sup>GF</sup> 6.50

4 GLUTEN-FREE TENDERS\*  
+ \$1.50 FOR 2 EXTRA TENDERS

### KID SAMMIE 6.50

CHOOSE: TURKEY OR NITRITE-FREE HAM.  
CHOOSE: CHEDDAR, SWISS OR AMERICAN  
SERVED ON WHOLE WHEAT OR FLAT BREAD

\* Sub GF Bread any sandwich + \$2

## SALADS

ADD ANTIBIOTIC-FREE SOUS VIDE CHICKEN TO ANY SALAD + \$2.75

### GREEN LIFE SALAD 11

GREENS\*, PROSCIUTTO, MANGO, STRAWBERRIES, PECANS, GOAT CHEESE, NON-GMO HONEY BALSAMIC VINAIGRETTE

### MOM'S BIRTHDAY SALAD 11

KALE\*, RADISHES, GREEN APPLE\*, ALMONDS, CRANBERRIES, GOAT CHEESE, NON-GMO HONEY DIJON VINAIGRETTE

### CHICKEN CAESAR SALAD 12

ROMAINE\*, ANTIBIOTIC-FREE SOUS VIDE CHICKEN, PARMESAN, CROUTONS\*, NON-GMO CAESAR DRESSING

### ZOI QUINOA BOWL 12

ROMAINE LETTUCE\*, QUINOA\*, CUCUMBER\*, GRAPE TOMATO, RED ONION, SUN DRIED TOMATO FETA MIX, NON-GMO GREEK VINAIGRETTE  
HALF \$7

### POWER-KALE QUINOA BOWL <sup>VEGAN</sup> 12

KALE\*, QUINOA\*, GARBANZO, GRAPE TOMATOES, RED ONION, ALMONDS, NON-GMO CILANTRO GINGER VINAIGRETTE  
HALF \$7

## TOASTS

\* Sub GF Bread any toast + \$2

### AVOCADO TOAST 8

SPROUTED TOAST\*, AVOCADO, GRAPE TOMATOES, HOUSE-MADE PICKLED ONIONS, & HOUSE-MADE HONEY DIJON DRESSING AND GV VINAIGRETTE

### LOX TOAST 8

SPROUTED TOAST\*, CREAM CHEESE, LOX (SMOKED SALMON), CAPERS, FRESH PEPPER

### MEDITERRANEAN TOAST <sup>NEW</sup> 8

SPROUTED TOAST\*, HUMMUS\*, CUCUMBER\*, GRAPE TOMATO, FETA, HOUSE-MADE GREEK DRESSING, DILL

### GRILLED PEACH TOAST <sup>NEW</sup> 8

SPROUTED TOAST\*, GRILLED PEACHES, DATES\*, GOAT CHEESE, RAW LOCAL HONEY

### SWEET TOAST 7

SPROUTED TOAST\*, NUTELLA, BANANA, STRAWBERRY AND COCONUT

We make ALL dressings & vinaigrettes in-house with pure olive oil & whole ingredients!

## NEW BREAKFAST

LOCAL WE USE FRESH LOCAL PASTURED EGGS!

### TURKEY BACON SANDWICH 6

LOCALLY BAKED FLATBREAD, BAKED PASTURED EGGS, CANADIAN TURKEY BACON, CHIPOTLE GOUDA

### SPINACH GOAT CHEESE SANDWICH 7

SPROUTED BREAD\*, BAKED PASTURED EGGS, GOAT CHEESE, SPINACH\*, TOMATO

### AVO CHICKEN SAUSAGE SANDWICH 8

SPROUTED BREAD\*, BAKED PASTURED EGGS, CHICKEN SAUSAGE, AVOCADO, CHEDDAR, HOUSE-MADE PICKLED ONIONS

### BAKED PESTO FRITTATA 7

PASTURED EGGS, UNCURED PROSCIUTTO, FRESH MOZZARELLA, HOUSE-MADE PESTO, TOMATO, LOCALLY GROWN MICROGREENS, NON-GMO CILANTRO VINAIGRETTE

### BAKED MORNING FRITATTA 7

PASTURED EGGS, NITRITE-FREE HAM, CHEDDAR, SPINACH\*, TOMATO, LOCALLY GROWN MICROGREENS, HOUSE-MADE PICKLED ONIONS

## CAFÉ



ESPRESSO DRINKS ARE DOUBLE SHOT & MADE WITH DEVOCION COFFEE & ORGANIC WHOLE MILK + \$1 ALMOND OR OAT MILK

### ESPRESSO 3

### AMERICANO 3

ESPRESSO + HOT WATER

### CORTADO 3.50

ESPRESSO + MICROFOAM

### CAPPUCCINO 3.75

### LATTE 4.00

### MOCHA\* LATTE 4.75

### MATCHA LATTE 5.00

ORGANIC JAPANESE MATCHA & MILK\*

### BULLETPROOF COFFEE 5.50

BLENDED COFFEE, GRASS FED BUTTER & MCT OIL

### DRIP COFFEE SM 3 LG 3.50

DEVOCION FARM FRESH COFFEE

### AROMATICAS 3.50

DEHYDRATED FRUIT & HERBAL TEA INFUSION.  
CHOOSE: YELLOW, WHITE, GREY

### TEA 3.00

SEE CURRENT SELECTION OF TRADITIONAL TEAS

\* organic