

Tacos

\$3 Simple Taco - spelt tortilla, avocado, garnished with green goddess dressing, pickled cabbage & sesame seeds

\$4 Lucky Squash Taco - spelt tortilla, kabocha mash, avocado, garnished with green goddess dressing, pickled cabbage & sesame seeds

\$5 Wild Mushroom Taco - spelt tortilla, wild mushrooms, avocado, garnished with spicy ginger dressing, pickled cabbage & sesame seeds

\$5 BBQ Brisket Taco - spelt tortilla, Texas BBQ brisket tempeh, avocado, garnished with spicy ginger dressing, pickled cabbage & sesame seeds

\$5 Breakfast Taco - spelt tortilla, kabocha squash mash, wild mushrooms, avocado, garnished with green goddess, pickled cabbage & sesame seeds

Chickpea Tortilla & Spelt Tortilla available for \$2 each

Chickpea Tortilla available for gluten-free option for each taco (made to order-- up to 15 minutes to make)

Taco Addons/Extras \$2 avocado | \$2 broccoli | \$2 chickpeas \$2 kabocha Mash | \$1 quinoa | \$2 cherry tomatoes \$2 wild mushrooms | \$2 Texas BBQ Brisket Tempeh (1 pc) \$2 kale | \$2 walnuts | \$2 hemp seeds | \$1 extra dressing

FAQ

Spicy Salsa- arboi chili, guajillo chili, tomatillos, ginger, salt **Green Goddess**- parsely, sesame seeds, ginger, lime, salt **Spicy Ginger**- sesasme seeds, chili flakes, ginger, lime, salt, agave **Spelt Tortilla**- spelt, ginger, salt, cactus & sea moss **Chickpea Tortilla**- chickpeas, ginger, salt, cactus & sea moss

Entrees & More

\$12 BBQ Brisket Entree - Texas BBQ brisket heirloom black eye bean tempeh, freshly picked field greens, toasted quinoa, broccoli, pickled cabbage, avocado, spicy ginger dressing on the side, garnished with sesame seeds

\$12 Goodness Gracious Wild Stir-fry- wild mushrooms, kale, red onions, bell peppers, toasted quinoa, pickled cabbage, avocado, spicy ginger dressing, garnished with sesame seeds

\$12 Wild Mushroom Sushi Salad- wild mushrooms, field greens, avocado, cherry tomatoes, pickled vegetables, squash mash, nori, green goddess dressing, garnished with sesame seeds

\$12 Squash Party Entree- Ume Kabocha Mash, freshly picked field greens, cherry tomatoes, toasted quinoa, avocado, pickled cabbage, green goddess dressing on the side, garnished with sesame seeds

\$12 Chickpea Power Bowl - wild mushrooms, freshly picked field greens, toasted quinoa, tender chickpeas, pickled cabbage, avocado, green goddess dressing on the side, garnished with sesame seeds

\$12 Electrified Wild Blueberry Pancakes- spelt, dates, walnuts, hemp, agave, sea moss, wild blueberries, coconut flakes

ADD A SCOOP OF DELICIOUS SQUASH GRAVY TO ENTREES \$3
Entree Addons/Extras \$3 avocado | \$3 broccoli | \$2 chickpeas \$3 kabocha Mash | \$2 quinoa | \$2 cherry tomatoes \$3 wild mushrooms | \$5 Texas BBQ Brisket Tempeh (3 pcs) \$2 kale | \$2 walnuts | \$2 hemp seeds | \$1 extra dressing

Ask about our Weekday Frequent Diner Special-10 meals for \$100 (\$150 value) must use meal plan within 1 yr of purchase.
*Includes any 3 taco combination, entrees, and/or smoothies.
*Extras/addons are extra charge.

Soup

\$6 Coconut Squash Soup - coconut milk, kabocha squash, red onions, ginger, vegetable broth, ume plum vinegar, garnished with sesame seeds

Sweets

\$8 Dates & Walnuts Trail Mix - 8oz shelled light walnuts & pitted deglet dates (amazing for sugar cravings)

\$3 Mango Chia Pudding - mango, chia seeds, walnuts, hemp seeds, dates, sea moss, agave

\$3 Cacao Pudding - avocado, walnut milk, cacao, agave, salt

Smoothies & More

+Omega Smoothie- avocado, raspberries, blackberries, blueberries, mango, bananas, dates, hemp seeds, sea moss **18oz \$14**

Powerpack Smoothie - raspberries, blackberries, blueberries, mango, bananas, dates, hemp seeds, sea moss **18oz \$12**

Very Berry Mango Smoothie - raspberries, blackberries, blueberries, mango, dates, hemp seeds, sea moss **18oz \$11**

Strawberry Banana Smoothie - strawberries, bananas, dates, hemp seeds, sea moss **18oz \$10**

Mango or- Strawberry or- Banana (choose 1 fruit smoothie) dates, hemp seeds, sea moss **18oz \$9**

Green Juice + Fiber - kale, parsley, lime, nettle, bladderwrack, coconut water + coconut meat **18oz \$10**

Mossy Cacao or Mossy OG (choose 1 flavor elixir) *Served HOT or COLD* dates, hemp seeds, sea moss, (cacao-in mossy cacao) **16oz \$6 | (10pack) 16oz \$50 -redeem within one year**

Beverage Addons/Extras \$2 avocado | \$2 Sea Moss | \$2 Mangoes \$2 Nettle | \$5 Highvibe Mushrooms | \$2 bladderwrack | \$7 Coconut water + meat | \$3 Nitro Cold Brew | \$2 Banana | \$2 Strawberries | \$2 Dates | \$2 Cacao | \$2 walnuts | \$2 hemp seeds | \$3 Wild Blueberries

Natural Coffee

\$3 Espresso
velvety, creamy & abundant

\$3 Americano**
Espresso + water = innovation
Available 8oz | 12oz | 16oz

\$5 Cappuccino
blissful chemistry in a cup
espresso + 6oz walnut milk

In-house Walnut Milk Latte**
sweet, rich & tasty
12oz \$6

Drip Coffee**
Smooth, consistent & reliable
12oz \$2.50 | 16oz \$3 | \$1 Refill

Nitro Cold Brew
Powerful, frothy & long lasting
9oz \$3 | 14oz \$4

Beverages & more

\$6 Young Coconut

\$3 Moontower Matcha

\$2 Waterloo Sparkling Water

\$4 Mayawell Prebiotic Drink

\$3 1wtr (12oz)

Wild Sea Moss

Wild Sea Moss contains up to 99 of the 102 organic minerals that make up the human body.
***Excellent source of organic plant collagen, calcium & iron.**

Raw Sea Moss | GOOD FOR 2 YEARS, STORE IN DRY, COOL & DARK PLACE
Organic, Hydrating & Mineral Rich
8oz \$30 | 4oz \$20 | 2oz \$15
*(Raw Sea Moss triples in size after cleaning and soaking)

Raw Sea Moss Gel | GOOD FOR 1 WEEKS | KEEP REFRIGERATED
Eat a spoon full or add to your smoothies, teas or food.
18oz \$25 | 5 for \$100

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Our Standard Is always 100% Organic, Natural and Healing.



IN-HOUSE alt-milks
Walnut Milk

Coffee Condiment
Agave

All shots are 2oz doubles

****AVAILABLE ICED**

\$5 Coconut Rolls

\$5 Rae Rae’s Energy Bar

\$2 Sea Moss Shot (1oz)

\$38 FED Utensils Kit

\$24 12pack 1wtr (12oz)

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