



BREAKFAST

\$6.89

STEEL CUT OATMEAL

MADE WITH ALMOND MILK
 BLUEBERRIES, HEMP SEEDS
 & RAW COCOA
 DRIED APRICOTS, PECANS, CINNAMON
 & PUMPKIN SEEDS

\$7.81

SCRAMBLED EGGS BOWL

MADE WITH ORGANIC LOCAL EGGS
 CILANTRO LIME QUINOA & CABBAGE,
 ARUGULA, CORN SALAD
 ZA'ATAR QUINOA & BEET, SPINACH,
 FETA SALAD

LUNCH BOWLS

\$13.32

NOMAD'S FANCY

CHICKPEA & TOMATO STEW,
 ZA'ATAR QUINOA,
 ROASTED SQUASH,
 BEET, SPINACH & FETA SALAD

EL DORADO MEDLEY

CHIPOTLE & PINTO BEAN STEW,
 CILANTRO LIME QUINOA,
 ROASTED SWEET POTATO,
 CORN, ARUGULA & CABBAGE SALAD

SATORI BENTO

TAMARI BAKED TOFU,
 SESAME SAUCE QUINOA,
 ROASTED SWEET POTATO,
 EDAMAMDE & CUCUMBER SALAD

SHANTI EXPRESS

CHICKPEA & TOMATO STEW,
 MASALA QUINOA,
 CURRIED CAULIFLOWER,
 KALE, LENTILS & RAISINS SALAD

* YOU CAN MAKE YOUR OWN BOWL FROM THE COMPONENTS ABOVE

SUMMER ROLLS

ANY TWO ROLLS - \$9.18, ANY THREE ROLLS - \$12.4

LENTIL ROLL

QUINOA, RAISINS, KALE, MASALA DRESSING

CORN ROLL

QUINOA, ARUGULA, CABBAGE, CILANTRO LIME DRESSING

BEET ROLL

QUINOA, FETA, SPINACH, ZA'ATAR DRESSING

WINTER SPECIAL

EVENINGS & WEEKENDS ONLY

\$8.73

MISO SOUP BOWL
 WITH QUINOA & VEGGIES