

## SMOOTHIE & BOWL

### Classic Smoothies

- South Beach**.....6  
strawberry . banana . orange juice
- Natural**.....6  
strawberry . peanut butter . banana . milk
- Elvis**.....8  
espresso . banana . peanut butter . chocolate . cinnamon . milk

### Fruit Refresher Smoothies

- Mangolorian**.....8  
mango . strawberry . banana . basil ginger . lemonade
- Izzy**.....7  
blueberry . basil . banana . lemonade

### Green Smoothies

- Super Green Machine**.....9  
spinach . carrot . basil . banana . orange juice . milk . super green powder
- Mango Matcha Energy**.....8  
mango . matcha . pineapple . basil . lemonade

### Rebuild Smoothies

- Hollis**.....9  
blueberry . banana . oats . cocoa nibs . peanut butter . milk
- Underhill**.....8  
blueberry . banana . almond butter . milk

### Smoothie Supplements: +1

- whhey protien . espresso . matcha . super green powder . collagen peptides . peanut butter powder . hemp hearts . cocoa nibs . almond butter . oats . almonds . turmeric . ginger reduction . spinach . basil . yogurt . chia seed

## BEVERAGE

### Hot Coffee

- Drip Coffee**.....3
- Americano**.....4
- Latte**.....5
- Mocha**.....6
- Espresso**.....4

### Iced Coffee

- Cold Brewed Coffee**.....5
- Sweet Cream Cold Brewed**.....6
- Iced Latte**.....5
- Iced Mocha**.....6
- Frozen Vanilla Latte**.....6

### Signature Latte served iced, or hot

- Sean's Cuban**.....6  
espresso . brown sugar . nutmeg . milk
- Adirondack Latte**.....6  
espresso . ginger . maple . milk
- Cinnamon Vanilla Latte**.....6  
espresso . cinnamon . vanilla . milk
- Rustic Chai Latte**.....6  
our house made chai tea . milk . {add espresso +1}
- Matcha Latte**.....6  
matcha green tea . maple . milk . {add espresso +1}

### Flavor add ins +1

- ginger reduction . hazelnut . vanilla . chocolate . toasted marshmallow . sweet cinnamon . lavender milk tea . coconut . golden turmeric (unsweet)

### Build Your Own Smoothie.....9

- base options:** orange juice . lemonade . milk options . or chai tea & milk +1
- fruit options:** strawberry . blueberry . mango . banana . pineapple
- veggie options:** shaved carrot . spinach . basil .
- boost options:** peanut butter . almond butter . oats
- sweet options:** sugar . brown sugar maple +1 . honey +1

### Signature Bowls

- Gale Wins Bowl**.....9  
blueberry . mango . pineapple . banana . cocoa nibs . over chia seed pudding . maple
- Sylvia Bowl**.....8  
strawberry . banana . peanut butter . almonds over overnight oats . apple butter . honey
- GG James Super Parfait**.....9  
blueberry . almond . hemp heart . maple . blueberry compote . over bulgarian full fat yogurt

### Build Your Own Bowl.....9

- bowl base option:** chia seed pudding . overnight oats . shelby granola . bulgarian yogurt
- bowl topping options {choose up to 4}:** blueberry . strawberry . mango . banana . pineapple . almond butter . hemp hearts . almonds . peanut butter . cocoa nibs . milk . granola . golden turmeric

### bowl dressing options:

- honey . maple . apple butter . nutmeg . blueberry compote . cinnamon . chai spice

### Milk Option

- whole milk . oat milk . almond milk

### Iced Tea

- Classic Tea** {sweet or unsweet}.....3
- Blueberry Ginger Iced Tea**.....4
- Strawberry Basil Iced Tea**.....4
- Hot Tea**
- Earl Grey** {with bergamot}.....6
- Green Tea** {harvest blend}.....6
- English Breakfast** {twinings}.....3
- Lavender Milk Tea** {black tea}.....5
- Ruby Sipper Hibiscus** {herbal}.....6

### Fresh Lemonade

- Fresh Daily Lemonade**.....3
- Strawberry Basil Lemonade**.....4
- Mango Matcha Lemonade**.....5

### Milkshake

- Vanilla**.....6
- Chocolate**.....6
- Strawberry**.....6
- Sweet Cream Chai Latte**.....7

### Slushy

- Pina Colada**.....4
- Mango Lemonade**.....4

### Milk Option

- whole milk . oat milk . almond milk

## BREAKFAST {ALL DAY} served with a side option, or chips

- Farmer's Breakfast Panini**.....13  
guacamole . cucumber . tomato . roasted bell pepper . onion . lemon tossed arugula . our three cheese melt . everything seasoning . fried egg . on cuban bun
- Solstice Omelette Wrap**.....13  
chick pea medley . guacamole . tomato . lemon tossed arugula . feta . scrambled egg . in a tortilla wrap
- Bacon, Apple & Cheddar Croissant**.....13  
hickory bacon . apple butter . fried egg . cheddar . on butter toasted croissant
- Potato Hash Breakfast Bowl**.....13  
{choose 1: patty sausage, hickory bacon, pulled pork, turkey sausage, or veggie sausage} . fried egg . cheddar . tomato . grilled onion . over skillet hash potatoes
- Original Breakfast Amber Biscuit**.....13  
{choose 1: patty sausage, hickory bacon, pulled pork, turkey sausage, or veggie sausage} . fried egg . cheddar . tomato . apple butter . grilled onion . on Amber Biscuit

## LUNCH {ALL DAY} served with a side option, or chips

- Holy Guacamole Chicken Salad Sandwich**.....13  
sean's chicken salad . guacamole . tomato . romaine . on sour dough
- Beltline Burrito**.....13  
chick pea medley . quinoa & wild rice . guacamole . toasted almond shaved carrot . feta . lemon tossed arugula . in tortilla wrap
- Gladys Jane Burrito**.....15  
hickory bacon . roasted red bell pepper hummus . guacamole . chick pea medley . feta . shaved carrot . tomato . onion . romaine . quinoa & wild rice . in tortilla wrap
- Dill Caper Salmon Mousse Sandwich**.....16  
our fresh dill caper salmon mousse salad . cucumber . tomato . on sour dough
- Pulled Pork Chopped Cheese**.....16  
crispy grilled pulled pork . our three cheese melt . onion . tomato . roasted red bell pepper . on philly bun

## SALAD {ALL DAY} served with a side option, or chips

- House Salad**.....8  
romaine . tomato . cucumber . shaved carrot . onion . feta . choice of dressing
- Harvest Market Salad**.....11  
lemon tossed arugula . guacamole . tomato . shaved carrot . cucumber . everything seasoning . feta . shaved almond . choice of dressing
- salad topping options:** sean's chicken salad +6 . dill caper salmon mousse salad +6 . guacamole +4 . almonds +2 . hemp hearts +2 . hickory bacon +5 . pulled pork +6
- salad dressing options:** lemon vinaigrette . herb garden ranch

## A LA CARTE

- Chicken Salad Cool Wrap**.....10  
sean's chicken salad . tomato . onion . romaine . feta . in tortilla wrap
- Garden Queso Warm Burrito**.....10  
{choose 1: chick pea medley, or pulled pork} . cheese melt . roasted red bell pepper . tomato . onion . quinoa & wild rice . in toasted tortilla
- Avocado Toast**.....8  
avocado . tomato . everything seasoning . tossed arugula . on sour dough . {add: egg +2}
- Breakfast Burrito**.....10  
{choose 1: hickory bacon, patty sausage, turkey sausage, skillet hash potatoes, or veggie sausage} . scrambled egg w/ cheese . in tortilla wrap
- Gas Station Biscuit**.....8  
{choose 1: hickory bacon, patty sausage turkey sausage, or veggie sausage} . cheese . in an Amber Biscuit . {add: scrambled eggs +2}

## KID {ALL AGES} served with chips

- Attack of the Killer Grilt Cheese**.....8  
our three cheese melt . in butter griddled toast
- Joy Division PB&J**.....8  
blueberry compote . split banana . maple peanut butter . pressed in soft bun
- Classic Hot Dog**.....8  
split grilled polish beef frank . toasted bun
- hot dog topping options +1:** turkey chili . tomato . guacamole . onion . roasted red bell pepper . cheese melt . feta

## BAKERY & DESSERT

- Amber Biscuit** . **Sesame Gruyere Croissant Twist** . **Ham & Swiss Pastry** . **Raspberry Cream Cheese Danish** . **Nana's Chocolate Chip Cookie** . **Midnight Chocolate Brownie** . **Ooey Goey Blondie** . **Banana Pudding**

## SIDE OPTION {AVAILABLE A LA CARTE}

- Amber Biscuit** . **Skillet Hash Potatoes** . **Berry & Granola Bowl** . **Burnt Garlic & Cheddar Grits** . **Fresh Fruit Cup** . **Baked Sweet Potato** . **Roasted Red Bell Pepper Hummus** . **Side Salad** . **Turkey Chili** . **Dill Pickle Mac & Cheese** . or **Chips**