

FOOD MENU

organic. plant forward

scratch-made. allergy friendly & 100% gluten-free



Rise & Shine

pasture-raised eggs from Lancaster Valley, PA
avocado +\$3

Breakfast Burrito\$13.95
eggs, black beans, potatoes, chipotle butternut
cheeze sauce (DF)

✓ VEGAN with TOFU no egg

The BEC\$13.95
gf multigrain bun, tempeh bacon, scrambled eggs,
sriracha-Vegenaise aioli & cheddar cheese

✓ VEGAN with TOFU & Violife Cheese



Green Egg Sammie\$13.95
gf multigrain bun or toast with eggs, greens
& pesto sauce

✓ VEGAN with TOFU no egg

Chia Parfait\$6.95
chia seeds, house made non-dairy milk, flavor of
the week

Ask about our weekly chia parfait special! ✓

Overnight Oats\$6.95
gf oats, house made non-dairy milk, flavor of the
week

Ask about our weekly oat special! ✓

Build your OWN



GF Bread

Multigrain Bun+3.95
Everything Bagel+3.95
Multigrain Toast+3.95

Spread Wrap+2.95

Organic Cream Cheese+2.00
Violife Cream Cheeze+3.00
Grass-Fed Butter or Vegan Butter ...+1

Protein

Scrambled Eggs+4.95
Tofu+3.95
Tempeh Bacon+3.00

Additions

Greens+1.00
Avocado+3.00
Tomato+2.00
Grass-Fed Cheddar+2.00
Violife Shredded Cheeze...+2.00



Sandwiches

avocado +\$3

Baked Falafel Wrap\$13.95
gf wrap, baked falafel, house made pickles, spiced
tahini sauce, greens, caramelized onion ✓

Lentil 'Meat'ball Parm\$14.95
gf bun, house made marinara sauce, lentil
'meat'balls with grass-fed cheddar

✓ VEGAN with Violife Mozzarella

Pulled Mushroom Sandwich ...\$16.95
gf multigrain bun, lifecap farms mushrooms,
sriracha-maple bbq sauce, avocado, ✓
kale & cabbage slaw, Vegenaise, acv pickles

Avocado TLT\$13.95
gf wrap, tempeh bacon, avocado, fresh greens,
tomato, Vegenaise ✓



Bowls & Salads

pasture-raised chicken +\$5.95
chickpeas +\$2 | avocado +\$3 | cheese +\$1

Buddha Bowl.....\$13.95
mixed whole grain bowl with fresh greens, ✓
roasted veggies, spiced pitapas

Butternut Mac & Chz\$14.95
✓ gf brown rice pasta covered in our
butternut squash 'cheeze' sauce (butternut
squash, sweet potato, coconut milk,
olive oil, nutritional yeast, spices) 

Lemon Chickpea Kale Salad ...\$13.95
chopped kale and chickpeas massaged in lemon
pepper dressing ✓

Weekly Specials

ask about our specials!
new options every week

