

nutbar

balls

cookie dough \$3

chocolate \$3

key lime pie \$3

supersuperfood \$3

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box of 16 \$45

bars

nutbar \$4.75

breakfast \$4.75

superseed \$4.75

We are committed to sourcing the highest-quality food. That means **organic**, and **local** when the seasons permit.

smoothies

vanilla \$9.50

cashews, vanilla, nutbar nutmilk, dates, sea salt
espresso shot + \$1.50

chocolate \$11

cacao, sunflower seed butter, maca, lucuma, banana, vanilla, nutbar nutmilk, dates, sea salt

green \$11

seasonal greens, spirulina, matcha, lemon, mint, apple, cucumber, banana

pink \$12

raspberries, beets, hemp seeds, banana, vanilla, nutbar nutmilk, dates

orange \$10.50

mango, orange, ginger, turmeric, lemon, banana, nutbar nutmilk

\$16smoothie \$16

matcha, moringa, E3 live, turmeric, ginger, bee pollen, hemp seeds, red pepper flakes, seasonal greens, blueberries, avocado, carrots, almond butter, vegan protein powder

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add-ons + \$1.50

vegan protein powder
seasonal greens
housemade granola

toast

Made on double-fermented organic multigrain bread from local Prairie Boy Bread bakery.

avocado \$6.50

avocado, red radish, smoked olive oil, lemon juice, nutritional yeast, sea salt

savory \$6

housemade cashew spread, watermelon radish, black sesame seeds

fresh \$6

housemade white bean hummus, cucumbers, seasonal sprouts, hemp seeds

sweet \$6.50

almond butter, coconut butter, banana, hemp seeds, chia seeds, raw honey

bowls

golden noodle \$9

kelp noodles, shredded carrots, shredded cabbage, cilantro, housemade miso sesame dressing

acai (ah-cy-ee) \$10

acai, raspberries, almond butter, seasonal greens, banana, dash of nutbar nutmilk, topped with housemade granola

pink chia \$6.50

chia pudding (chia seeds, raspberries, lemon, vanilla, nutbar nutmilk), topped with housemade granola

coffee

nutbar nutmilk is a custom housemade blend of organic cashew, almond and coconut milks.

Dairy milk is organic.

drip \$2.50 / \$3

nutbar drip \$4

drip coffee with steamed nutbar nutmilk

espresso \$3

americano \$3.25

macchiato \$3.75

cappuccino \$3.75

flat white \$3.75

cortado \$3.75

latte \$4.50

nutbar latte \$6.20

espresso, nutbar nutmilk, chaga

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nutbar nutmilk + \$1.50

specialty drinks

(hot)

ginger bomb \$4.50

freshly shredded ginger, turmeric, lemon, raw honey

matcha latte \$6

nutbar nutmilk, ceremonial matcha

turmeric latte \$6

turmeric, black pepper, cinnamon, vanilla, nutbar nutmilk, raw honey

fresh cranberry \$4

whole cranberries, lemon, raw honey

fresh chai \$5

blend of 10 freshly ground spices, raw honey, nutbar nutmilk

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(cold)

morning boost \$4.75

filtered water, lemon, turmeric, ginger, cayenne

detox \$4.75

filtered water, mint chlorophyll, E3 live

hangover helper \$4.75

filtered water, milk thistle, activated charcoal, lemon

magic mushroom \$4.75

filtered water, chaga, burdock root, dandelion, cinnamon, cardamom

tea

black \$3

orange pekoe
chaiwala chai
earl grey with vanilla bean

green \$3

classic green
detox
anti-aging

herbal \$3

peppermint
ginger coconut
superberry
anti-stress

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misto + \$1.50