

BREAKFAST & LUNCH



GRANOLA BOWL 10
strauss organic whole-milk vanilla yogurt, housemade honey granola, apples, blueberry chutney, honey

GRANOLA & MILK 7
housemade honey granola & choice of milk

BEET BERRY BREAKFAST BAR 7
beets, berries, coconut, chia and maple syrup on a buckwheat, oat, almond crust

LEMON TART BAR 7
coconut, lemon juice, lemon zest, turmeric, maple syrup on a pecan, oat, coconut, date crust

TOASTS

choose your bread:
housemade flatbread (GF), sprouted english muffin, persephone bakery multigrain

AVOCADO 9
olive oil, smashed avocado topped with himalayan salt, turmeric, fresh cracked black pepper, crushed red chilis

CAPRESE 8
herb cashew cheese, slow roasted tomatoes, basil pesto, aged balsamic drizzle

ARGENTINIAN 7
herb cashew cheese, chimmichurri

NUT BUTTER 8
almond, chocolate-hazelnut or peanut butter, seasonal fresh fruit

SALADS & WRAPS

all below options offered as a salad or sprouted grain wrap

FALAFEL 13
falafel, romaine lettuce, hummus, cashew tzatziki, cucumber, tomato, kalamata olives, lemon herb vinaigrette
cypress grove goat feta +2

BAJA 13
seasonal mixed greens, walnut chorizo, spicy black bean hummus, house pickled jalapeno, lime cabbage slaw, cherry tomato,
guacamole, sprouted pumpkin seeds, jalapeno-lime dressing, blue corn tortilla chips

RAINBOW KALE 13
dinosaur kale, purple cabbage, carrot, avocado, cranberries, sprouted pumpkin seeds, house goddess dressing

SHANGHAI 12
spinach, romaine, carrot cabbage slaw, quick pickled red onion,
toasted tamari almonds, sesame seeds, ginger-tamari vinaigrette, miso cashew cream

SANDWICHES

choose your bread: housemade flatbread (GF), sprouted english muffin, persephone bakery multigrain

HB BURGER 11
veggie burger, fermented ketchup, spinach, carrot cabbage slaw, quick pickled red onion, mustard, pickles, house goddess dressing
herb cashew cheese +1
avocado +2

GREAT BIG VEGGIE 11
carrot, hummus, quick pickled red onion, guacamole, carrot cabbage slaw, cucumber, chimmichurri

DAILY SOUP

CUP 10 ounces 4 BOWL 16 ounces 7
side of plain toast +1

executive chef:kelsey hull
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SIDES

chickpea hummus.....5
spicy black bean hummus.....5
guacamole.....7
blue corn chips.....3
cypress grove goat feta.....2



we source from local and organic farms.
farm partners include: haderlie farms, white lake farms and huidekoper ranch.