**Breakfast / Lunch Menu**

All Items Made to Order from Open to 2pm

All Items on Menu are 100% Organic

This will be a one-page menu. leave room for some pictures of the products

**Open Face Breakfast Toast**

All Toast comes on Locally Made Sourdough or Wheat Bread

Avocado Toast -

Sliced Avocado, Sliced Watermelon Radish, Vine Ripened Tomatoes, Sunflower Sprouts, Locally Grown Microgreens, Edible Flower Petals, Olive Oil, Lemon Juice, Pepper, and Himalayan Sea Salt

Garlic Cashew Cheese Toast -

Juice’d Garlic Cashew Cheeze Spread, Sliced Avocado, Marinated Onion Olive Oil, Locally Grown Microgreens, Dried Rose Petals, Edible Flower Petals, Pepper, and Himalayan Sea Salt

Cashew Beet Toast -

Juice’d Garlic Beet Cashew Cheeze Spread, Sunflower Sprouts, Edible Flower Petals, Hemp Seeds, Sprouted Pumpkin Seeds, Pepper, and Himalayan Sea Salt

Vegan Egg Toast

Vegan Egg Spread, Watermelon Radish, Avocado Slices, Marinated Onion Olive Oil, Sunflower Microgreens, Edible Flower Petals, Pepper, and Kala salt

Peanut Butter Toast

Juice’d Homemade Peanut Butter, Banana Slices, Strawberries, Cacao Nibs, and Local Raw Honey

Sprouted Almond Butter Toast

Juice’d Sprouted Almond Butter, Bananas, Goji Berries, Cacao Chocolate Drizzle, and Local Raw Honey

**Lunch Menu –**

All Items are 100% Organic and 100% Vegan

All lunch items come with one side: Garlic Kale Chips, Kale Cesar Salad, Juice’d Guacamole or Juice’d Salsa with Homemade Jalapeno Flax Crackers or Homemade Vegan Corn Chips (not fried).

Rawco’s Tacos - Combine our Juice’d Buckwheat 'Beans', Juice’d Savory Walnut Crumble*,* Juice’d Cashew Sour Creme and Juice’d Pico de Gallo. Served on Romaine Lettuce Shells

Grilled Cheddar Cheeze Sandwich - Grilled Sourdough Bread with Vegan Cheddar Cheeze with a Tomato Slice.

Tu-Nah Sandwich - Choice or Wheat or Sourdough Bread, Homemade Juiced’ Tu-Nah, Mayo, Romaine Lettuce, Tomato Slices, Pepper and Himalayan Sea Salt

TLT – Choice of Wheat or Sourdough Bread, Mayo, Marinated Tempeh, Romain Lettuce, Sliced Tomatoes.

Organic marinated Tempeh Veggie Sandwich – Choice of Organic wheat or Sourdough bread, Vegan Mayo, Lettuce, Tomatoes, Carrots, Beets. Best with Juiced Hemp ranch dressing

**Goodies**

Chipotle Nacho Cheeze Dip with Savory Walnut Ground "Beef" served with Homemade Corn Chips

Homemade Nachos - Topped with Tomatoes, Savory Walnut Ground "Beef", Juice’d Cashew Sour Creme, Jalapenos Slices, Drizzled with Chipotle Nacho Cheeze, Juice’d Pico de Gallo, Juice’d Guacamole, and Fresh Cilantro

Stuffed Avocado – Entire Avocado – Half filled with our Homemade Quinoa & Avocado Mixture, the Other Half with Juice’d Garlic Cheeze Spread, Sesame Seeds, and Microgreens

Sliced Banana – Fresh Banana topped with Mulberries, Goji Berries, Chia Seeds, Dried Rose Petals, Mint Leaves, and Local Raw Honey Drizzle

**100 % Organic Salads $7.99** Your choice of homemade organic dressings

**Asian Salad** – Kale, Spinach, Watermelon Radish, Goji Berries, Sesame Seeds

**Waldorf Salad** – Kale, Spinach, Celery, Apple, Walnuts, Raisins

**Garden Salad** – Kale, Spinach, Carrots, Beets, Tomato, Cucumber

**Kale Salad** – Kale, Strawberries, Apples, Carrots, Almonds

**Caesar Salad** – kale, romaine, \*\*\*Rest of detail?

**Build your Own** – Your Choice of Kale, Spinach, Romaine or any combo and your choice of 4 Toppings

**Organic Toppings**

Apple, Strawberries, Blueberries, Beets, Tomato, Cucumber, Carrots, Spinach, Celery, Avocado, Watermelon Radish, Goji Berries, Mulberries, Golden Berries, Raisins, Walnuts, Almonds, Pecans, Sunflower Seeds, Sesame Seeds, Cashews, Bee Pollen, Chia Seeds, Mango, Pineapple

Extra Toppings $2.49

Savory Walnut Ground “beef”

Marinated Tempeh

Quinoa

**100% Organic Homemade Dressings**

Avocado Miso Cucumber Miso

Hemp Ranch Fig Vinaigrette

Honey Jalapeno Vinaigrette

Cesar Dressing

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