

Smoothies and Bowls

Blueberry 8

blueberry, cashews, lemon, dates, vanilla, flax

Almond 8.5

almond butter, cacao, dates, chia, coconut milk

Vanilla Cacao 8.5

banana, vanilla, walnuts, cacao, maple syrup, hemp and sunflower seeds, coconut milk

Green 7.5

kale, banana, ginger, lime, pear, hemp seeds, mint

Green Smoothie Bowl 10

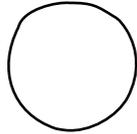
avocado, kale, banana, mint, parsley, lemon, chia, dates, coconut milk, topped with berries, chia, hemp seeds, house granola

Blue Smoothie Bowl 10

blueberries, avocado, cashew butter, lemon, dates, vanilla, flax, topped with berries, chia, hemp seeds, house granola

Enhancers

sprouted protein	3
espresso	3
chia	3
spirulina	3
almond butter	3
flax	2.5
hemp seeds	2.5



Brunch Everyday

Avocado Toast 9

sourdough, dukkah, pomegranate, pickled onions, arugula

Almond and Banana French Toast 11

sourdough french toast topped with almond butter, banana, hemp seeds

K and K Waffle 11

gluten-free waffle topped with fruit, hemp seeds and coconut-cashew cream (substitute ice cream +2)

Hello Pancakes 12

gluten-free pancakes with banana, strawberries, walnuts, hemp, chocolate sauce

Breakfast Bowl 13

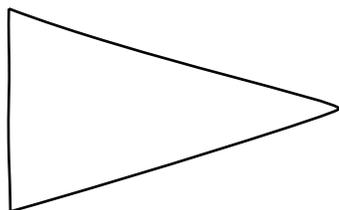
brown rice, sauteed mushroom and kale, tofu scramble, smashed avocado, chili sin carne, tomato and cucumber salsa, dukka

Benny Benny 14

whole wheat bun, tofu and kale ricotta, smashed avocado, tomato, house hollandaise, coconut, side salad

Irene's Massive Breakfast 17

chickpea and kale omelette in ranchero sauce, home fries, sourdough toast, pancakes, seared tempeh, side salad



Hands

Tempeh and Tomatillo 8

house rub, tomatillo salsa verde

Pulled Pineapple Slider 8.5

cabbage slaw, adobo sauce, aioli

Tempeh Club 14

sourdough, tempeh, tomato, avocado, beets, carrots, pea shoots, red onion, aioli, side salad

Smashed Avocado Burger 14

house patty, red onion, tomato, lettuce, aioli, pickle, in either bun, or on brown rice with side salad
make it sky high and add tempeh + 4

Kimchi Burger 14

house patty, cucumber, gochujang, house kimchi, lettuce, asian pear, in either bun or on brown rice with side salad

Fork, Spoon, Chopsticks

123 Loaded Sweet Potato 8 add smashed avo +3

chili sin carne, chimichurri, cashew cream, scallions, radish, arugula, coconut

Braised Caesar 12

braised romaine and cabbage, sunflower crumble, parsley, house crouton, pickled onions, to add protein see options below

Spicy Bap 13

brown rice, house white kimchi, tofu, mushroom, kale, carrots, eggplant, zucchini, sprouts, nori, gochujang

Just Like Oaxaca 13

brown rice, kale, chili beans, guac, salsa, hemp seeds, tortilla chips, lime wedge, cashew cream

Hello Broth Bowl 13

coconut lemongrass broth over sweet potato noodles, tofu, broccoli, carrots, mushroom, napa cabbage, sprouts, sesame

Cauliflower Tahini 13.5

quinoa, roasted cauliflower, sunflower hummus, greens, za'atar salsa, carrots, cabbage, beets, mint, pomegranate, radish, sesame, pickled onions, seed flatbread with lemon tahini

Green xxxxx 14

pesto quinoa, steamed greens and bok choy, cucumber, zucchini, smashed avocado, pumpkin seeds, seared tempeh or hemp and sunflower balls, tahini or pumpkin pesto dressing

Chana Chaat 13

chickpea chana, coconut raita, roasted cauliflower, brown rice, green chutney, crushed seeds, cucumber, carrot, cabbage, onion, mint

Chili Cumin Noodle 13

sweet potato noodle, cilantro, scallion, almonds, lime, sesame

Extra protein for above dishes

chana	3.5
chili beans	3.5
grilled tofu	4
seared tempeh	4.5
hemp and sunflower balls	4.5

Dessert

Chocolate Avocado Pudding 7

Mocha or Berry Cashew Cheesecake 8

Lemon Tart 8

Daily Treats, ask server for details