

Menu

100% Vegan & Organic
gluten, soy and peanut-free



Hours

Tues–Sun | 12–6 p.m.
closed Mondays

Drinks

(hot or iced)

	S: 12oz	M: 16 oz	L: 20 oz
Superfood Lattes Golden Milk, Red Velvet, Matcha (Caffeinated)	\$3.75	4.50	5.25
Herbal Coffees..... French Roast, Hazelnut, French Vanilla	\$3.75	4.50	5.25
Herbal Teas..... Choose from market selection	\$3.00	—	4.00
Hot Chocolate..... Cacao, Dates, Coconut Milk	\$3.75	4.50	5.25

Smoothies

(24 oz)

Green Smoothie (Vacuum Blended Kale, Apple, Banana)	\$8.00
Tropical Smoothie (Pineapple, Mango, Banana).....	\$8.00
Mixed Berry Smoothie (Mixed Berries, Banana)	\$8.00

Banana Mylkshakes

(24 oz, almond/oat milk, regular/thick)

Strawberry Banana.....	\$8.00
Vanilla Banana (Add Cherries + \$1.50).....	\$8.00
Chocolate Banana (Add Cherries + \$1.50)	\$8.00

Quesadillas

(coconut wrap with side of coconut sour cream)

Cheese Quesadilla..... Hummus, Cashew Mozzarella, Oat Milk Cheddar, RealSalt, Chipotle, Garlic	\$12.25
Veggie Quesadilla..... Cilantro Jalapeno Hummus, Cashew Mozzarella, Tomato, Bell Pepper, Onion, RealSalt, Chipotle, Garlic	\$11.50
Pulled Mushroom..... Sun-Dried Tomato Hummus, Cashew Mozzarella, Pulled Mushroom, Bell Pepper, RealSalt, Chipotle, Garlic	\$14.50
Curry Quesadilla..... Curry Turmeric Hummus, Cashew Mozzarella, Tomato, Onion, Carrot, Bell Pepper, RealSalt, Chipotle, Garlic	\$12.25

Sides

Pulled Mushrooms and Onions (Cheese +\$1).....	\$4.00
Pico De Gallo (Made to Order, Chips +\$1).....	\$3.00
Carrot & Hummus Fritters (Four).....	\$4.75
Open Your Coconut.....	\$1.00

Pizzas

(wrap pizza crust; SPG = salt, pepper, garlic)

Cheese Pizza..... Sun-dried Tomato Hummus, Mozzarella Cheddar, SPG	\$11.25
Veggie Lovers Pizza..... Hummus, Tomatoes, Onions, Basil, Mushrooms, Peppers, Mozzarella, SPG	\$13.00
Haven Pizza..... Sun-dried Tomato Hummus, Peppers, Onions, BBQ Sauce, Cheddar, Pulled Mushrooms, RealSalt, Black Pepper, Garlic	\$14.75
Reuben Pizza..... Hummus, Kraut, Mozzarella, Onion, Pulled Shroom, Ketchup, Mustard, SPG	\$13.75
Fresca Pizza (served cold)..... Hummus, Mushrooms, Tomatoes, Onions, Lime, Bell Pepper, Sauerkraut, Carrots, Beets, Cocomo, Cilantro, SPG	\$13.75
Greek Pizza (served cold)..... Tzatziki Sauce, Hummus, Cucumber, Onion, Tomato, SPG	\$11.75

Paninis

(on our own sprouted, gluten-free buckwheat bread; SPG = salt, pepper, garlic)

Grilled Cheese..... Hummus, Oat Milk Cheddar, Cashew Mozzarella, SPG	\$8.00
Veggie Panini..... Cilantro Jalapeno Hummus, Cashew Mozzarella, Tomato, Onion, Basil, SPG	\$8.25
BBQ Pulled Mushroom..... Sun-dried Tomato Hummus, Pulled Shroom, Mozzarella, Onion, BBQ, SPG	\$11.50
Curry Panini..... Curry Turmeric Hummus, Cashew Mozz, Tomato, Onion, Carrot, SPG	\$9.00
Veggie (Sunshine) Burger..... Cilantro Jalapeno Hummus, Mozzarella, Lettuce, Tomato, Onion, SPG	\$11.25
Reuben..... Hummus, Kraut, Mozzarella ozz, Onion, Pulled Shroom, Ketchup, Mustard, SPG	\$10.50
"Egg" & Cheese (Pumfu)..... Spinach Artichoke Dip, Mozzarella, Cheddar, Onion, Turmeric, Ketchup, SPG	\$11.00

Homemade Soups

(hot/cold — soups change regularly; check for current)

S–8oz.....	M–12oz.....	L–16oz.....	XL–32oz.....
\$4.50.....	5.50.....	6.50.....	10.75

Today's Soups
