



FRIDAY NIGHT • 7PM

ROOTED BURGER with BAKED KOHLRABI FRIES

Local organic beet, portabella mushroom, and black bean patty, topped with garlic dill hemp cheese, sautéed kale, avocado & tomato. Served with a calendula marmalade.

SATURDAY MORNING • 8AM

POWERFUL FORCES BREAKFAST BOWL

Sautéed cinnamon apples & strawberries over granola, vanilla almond yogurt, oats, and C's PB porridge.

SATURDAY LUNCH • 12:15PM

MINDFUL PANANG CURRY

Thai basil panang curry with carrots, snow peas mulberries and tempeh walnut crumble, all over raw cucumber noodles, quinoa, & Jasmine rice finished with avocado and mint.

HEALTHY HAPPY HOUR • 6:30PM

Mango curry guacamole and cashew queso served with crisp vegetables & tortilla chips.

Cocktail options

Strawberry kale daiquiri

Elderflower cucumber martini

Beet pineapple margarita

SATURDAY NIGHT • 7:30PM

MANIFEST A FIESTA

Quinoa cremini stuffed bell peppers served with crispy sweet potato & black bean taquitos stuffed with cashew queso.



SUNDAY MORNING • 8AM

GENTLE RISING

Avocado toast on local whole grain toast topped with pickled watermelon radish, hemp seeds, and crispy chickpeas.

SUNDAY • 11:30AM

REFLECTIONS BRUNCH

C's cinnamon vanilla French toast topped with fresh fruit, cashew icing pepitas, served with tempeh breakfast sausage.

SUNDAY • 7PM

GOUDA FOR THE SOUL GRILLED CHEEZE

C's coconut Gouda cheese grilled to perfection with quinoa, arugula, tomatoes, and caramelized onions. Served with creamy sweet potato and turmeric soup.

MONDAY

MIX IT UP MONDAY

Your choice of PB porridge, avocado toast, yogurt & granola, and fresh fruit.

