









gluten & nuts.



# Eat Well, Be Well

Kitchen opens until 1pm daily / Made to order items take time Please see our grab-n-go selection for a quick freshly-made meal.

### Bomber Bagel \$12.50

Toasted plain/everything bagel or sprouted-grain english muffin with our house-made cilantro pesto cream cheese, fresh tomato, spinach with 2 fried eggs.

## Basin Bowl \$13.50 🛇 🚳

Warm bowl of quinoa sautéed with kale and Bragg's amino acids, topped with fresh carrots, avocado, beets & tomatoes with our Stellar seedy herb blend sprinkled atop & lemon tahini dressing on the side. Add avocado \$2.50

## Stellar-made Granola \$9.50 © @

Our house-made granola has toasted organic oats, nuts, coconut, cranberries and is delicately sweetened w/maple syrup. With yogurt or milk of choice.

#### Eastside Bread Pudding \$9.50

Bread pudding du jour with a side of whipped cream —or—served warm in a bowl with Stellar honey cream.

#### Acai Bowl \$13 0 @

Acai, banana, blueberries & strawberries blended with almond milk. Topped with Stellar granola, banana slices & coconut shreds.

## The #6 \$12.50

Sprouted-grain english muffin with pepper jack cheese, bacon, 2 fried eggs & arugula with a citrus vinaigrette.

## Add-Ins & Extras

We have tons of items to add to your meal, drink, salad... allowing you to customize your order. acai almond butter hemp protein hemp seeds spirulina flax seeds carrots chia sees beets maple syrup matcha maca dark chocolate yogurt avocado vegan protein powder **Smoothies** 12 0z \$7.50 / 16 0z \$8 / 20 0z \$8.50

Berry Banana—strawberries, raspberries, blueberries, banana, apple juice 🕖

Strawberry Blonde—Mango, strawberry, banana, orange juice 🕖

Green Smoothie-Mango, banana, kale, apple juice 🔕

Stellar Smoothie—Ginger, lemon, carrots, mango, beets, kale, apple juice 🔕

Unbelievable—Chocolate, almond butter, banana, milk 🔕

Banana Chai-Banana, chai, milk

Super Smoothies 12 0z \$8.50 / 16 0z \$9 / 20 0z \$9.50

Maca Magic—blueberries, banana, maca powder, almonds, cinnamon, almond milk Avoberry—blueberry, strawberry, avocado, cinnamon, nutmeg, almond milk

Gotcha Matcha—coconut milk, banana, mango, matcha green tea, touch of honey

Mushroom Chai—mushroom chai blend, almond butter, maple syrup, almond milk & banana 🕖 🛇

Protein Shakes 200z, organic / plant-based / 20g protein per serving 6

Green Machine—mango, kale, dark chocolate, cinnamon, protein powder, almond milk \$10.75

Blueberry Sensation—blueberries, banana, protein powder, cinnamon, almond milk \$10.75 Chai In The Sky—chai, banana, protein powder (non vegan) \$10.50

Purple Power—coconut milk, acai, blueberries, maca, dark chocolate, cinnamon, almond butter \$12 🔕

Be Eco Saavy! Bring your own mug for a \$1 discount!

**Coffee & Espresso** Organic & Locally Roasted by Black Sheep Hot, iced, or blended. Milk: cow / Alt: coconut, almond, hemp, oat ¢.75. Flavors: maple / honey ¢.75

Espresso: 1x \$2.50 / 2x \$2.75 / 3x \$3

Cappuccino: \$5 / \$5.25 / \$5.50

Latte: \$5 / \$5.50 / \$6

Americano: \$3.50 / \$4 / \$4.50

Mocha: \$5.50 / \$5.75 / \$6 organic dark or white

Macchiato Cortado: 2x: \$2.85 traditional

Botanical Chai: \$5.75 / \$6.25 / \$6.75 lavender, honey, vanilla, or maple syrup

Trail Mix Mocha: \$5.75 / \$6.25 / \$6.75

Stellar Brule: \$5.75 / \$6.25 / \$6.75

caramel white mocha

## Alternative Laffeine & Non-Laffeinated

Vanilla Steamer: \$4 / \$4.50 / \$5 Cocoa Mate: \$5 / \$5.50 / \$6

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Organic Dark Hot Chocolate: \$4.50 / \$5 / \$5.50

Yerba Mate Latte: \$5 / \$5.50 / \$6 Spiced Hot Cider: \$3.50 / \$3.75 / \$4 Botanical Chai Latte: \$5 / \$5.50 / \$6

spiced/vanilla

'Rasa' Cocoa Latte: \$6 / \$6.50 / \$7 adaptogens infused coffee, cacao & honey

Yerba Botanical Chai: \$5 / \$5.50 / \$6 lavender, vanilla, honey, or maple syrup

#### Tea

Loose Leaf—See our tea menu: \$5.50 Iced Tea—house brewed ginger peach: \$4.25 / \$4.50 / \$4.75