

## COFFEE BEVERAGES

	12oz	20oz
BREW COFFEE (hot or iced)	2.5	4
COLD BREW	4	5.5
ESPRESSO (2oz)	2	-
CAFE LATTE (hot or iced)	4.5	5
MOCHA	4	5.5
CAPPUCCINO	3.5	-
AMERICANO	3.5	4.5
FRENCH PRESS	-	6

## NOT COFFEE BEVERAGES

	12oz	20oz
BOTTLED WATER	1	-
ASST. SPARKLING	2	-
LAVENDER LEMONADE (sweet or unsweet)	3.5	4.5
ICED TEA (sweet or unsweet)	3	4
GREEN TEA (hot or iced)	3	4
ALMOND MATCHA (hot or iced)	4	5
HOT TEA	2.5	3.5
CHAI TEA	3	4
LAVENDER LONDON FOG	3.5	5
COOLER ASSTD.	VARIOUS	

## COLD PRESSED JUICE

\*12oz. or iced 20oz.

SUNRISE BURST	8.5
Carrot, apple, ginger.	
IT AINT EASY BEIN' GREEN	8.5
Spinach, celery, cucumber, granny smith apple.	

BROWSE OUR NEWLY  
RENOVATED BOUTIQUE  
WHILE YOU WAIT

## LUNCH

ALL SANDWICHES/WRAPS COME WITH A PICKLE

BUFF GRILLED CHEESE	8
Fresh made bread with buffalo chicken, American cheese and grilled to perfection.	
CAPRESE GRILLED CHEESE	8.5
Fresh thick sliced mozzarella, tomato, basil, balsamic glaze, melted inside 12 grain toast.	
CALIFORNIA TURKEY CLUB	9
3 slices of toasted 7 grain bread with oven roasted turkey, cheese, spring mix, avocado, turkey bacon, tomato, and mayo.	
TURKEY APPLE SANDWICH	9
2 large slices of sourdough bread with oven roasted turkey, gouda cheese, red apple, dijon mustard, spinach.	
TURKEY AVOCADO WRAP	8.5
Oven roasted turkey, fresh avocado, spring mix, American cheese, turkey bacon and ranch dressing (spicy option available).	
TUSCAN TURKEY WRAP	9
Oven roasted turkey, fresh spinach, roasted red pepper, American cheese, mayonnaise and balsamic glaze. (spicy optional)	
BUFFALO CHICKEN WRAP	9
Buffalo chicken, american cheese, shredded cheese, lettuce, blue cheese inside of a wrap.	
VEGGIE WRAP	8
Hummus, roasted peppers, tomatoes, cucumbers, spring mix, avocado, and balsamic glaze.	
BUDDHA BOWL v*/GF	9
Quinoa base topped with pico, cheese, corn, black beans, avocado, and sour cream. Drizzled with ranch and sracha. *Try this with buffalo chicken!	
BUDDHA LITE v*/GF	9
The same as our traditional buddha bowl only this one is over spring mix instead of quinoa for a lighter option. *Try this with buffalo chicken!	
RAINBOW BOWL v/GF	9
Quinoa base, roasted red peppers, hummus, avocado, blueberries, cucumber, spring mix, topped with balsamic glaze.	
BEET BUDDHA v/GF	10
Quinoa base, beets, goat cheese, strawberries, macadamia nuts, coconut, topped with honey and balsamic glaze.	
NEARME SALAD GF	8
Mozzarella cheese, roasted red peppers, pistachios, spring mix.	
BEET SALAD GF	8
Garden fresh red beets, goat cheese and pecans.	
SUMMER SALAD v/GF	9
Spring mix, strawberries, blueberries, pecans, and avocado.	
CAPRESE SALAD GF	10
Tomato, Mozzarella, basil on top of spring mix drizzled with balsamic reduction.	
SOUP OF THE WEEK 12oz.	5
Various soups - Call for weeks special.	
CHICKEN CHILI GF 12oz.	6
This is our secret recipe, you just have to try it! *Load it with shredded cheese, sour cream, and avocado for 1.25.	

V - VEGAN GF - GLUTEN FREE  
V\* - VEGAN OPTION AVAILABLE UPON REQUEST

## BREAKFAST

SMOKED SALMON TOAST	9
Vanilla yogurt topped with strawberries, blueberries, and granola.	
YOGURT PARFAIT	4.5
Vanilla yogurt topped with strawberries, blueberries, and granola.	
BANANA BOAT	7.5
Full banana filled with yogurt, strawberries, blueberries, granola, and coconut.	
BLUEBERRY PANCAKE MUFFINS	5
2 Fluffy pancake muffins with fresh blueberries and a side of maple syrup.	
TOASTED BAGEL	3
Fresh toasted plain, everything, or keto bagel with vegan butter or fresh cream cheese.	
MUFFIN	4
Your choice of a blueberry, banana nut, or chocolate muffin.	
ARTICHOKE, SPINACH & EGG BISCUIT	5
2 Scrambled eggs filled with artichoke hearts, spinach and asiago cheese on a biscuit.	
SAUSAGE, EGG & CHEESE BISCUIT	5.5
2 Turkey sausage, egg & American cheese on top of a biscuit.	
TOAST WITH ORGANIC PRESERVES v	5
2 slices of fresh 12 grain bread with seasonal preserves.	
BREAKFAST QUINOA BOWL v/GF	7
Warm maple, vanilla, cinnamon quinoa topped with strawberries, bananas, almonds, and coconut.	
THE VIP	6.5
7 grain toast with an over easy farm fresh chicken egg on top of avocado and seasoned with Himalayan salt & pepper.	
THE TRADISH	7
Two eggs scrambled, turkey sausage, cheese on your choice of 7 or 12 grain toast, plain or everything bagel.	
THE BASIC	7
Two eggs your style, turkey sausage, 2 slices of buttered toast. Keep it basic!	
THE HIPSTER v	11
Two slices of avocado toast and side of fruit	
AVOCADO TOAST v	4.5
Fresh made 7 grain bread topped with avocado, macadamia nuts, Himalayan salt and fresh cracked pepper.	

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MACCAROONS  
2 FOR \$4  
ASK ABOUT FLAVORS!

## LUNCH CONT'D

AVOCADO TOAST v	4.5
Fresh made 7 grain bread topped with avocado, macadamia nuts, Himalayan salt and fresh cracked pepper.	
CHEEKY BRUSCHETTA v	9
2 slices of toasted bread topped with tomato, basil, avocado, mozzarella and Cheeky Monkey Tomato Garlic Oil.	
VEGAN SANDWICH v	8
Fresh made bread 12 grain bread, roasted red pepper hummus, tomatoes, cucumbers, spring mix. *Add avocado for 1!	
BIGGIE SMALLS WRAP	9
Oven roasted turkey, american cheese, a whole deli spear pickle, mayo, spicy mustard, spring mix all wrapped up.	
CHICKEN AVOCADO SALAD	11
Seasoned grilled chicken over spring mix topped with festa cheese, cucumber, pistachio, avocado and ranch dressing.	

## LUNCH ADD ONS

GF BREAD	2
SHRIMP	5
GRILLED CHICKEN	4
BUFFALO CHICKEN	4
ROASTED RED PEPPERS	1.5
AVOCADO	2
HUMMUS	1.5
ASSTD. CHIPS	1

ASK ABOUT OUR  
MEAL PREP  
SERVICE

## FOR THE KIDDOS

PB&J & A DOSE OF MARIO	4
12 grain bread with organic peanut butter and preserves. *Dont forget to ask for a mario sticker!	
CLASSIC GRILLED CHEESE	4
Toasted 12 grain bread with melty cheese.	



## OPEN DAILY!

Mon. - Sun.  
10:00am - 3:00pm

Call to order ahead for quick pickup!  
570-471-3051

700 Main St. (side) Moosic, PA 18507



## SMOOTHIE BOWLS

ACAI ZEN BOWL v	11
Our special acai base topped with strawberries, blueberries, blackberries, coconut, granola, and banana.	
MERMAID BOWL v	10
Blue spirulina/matcha, banana, almond milk topped with mermaid chocolate tail, blueberries, granola, & coconut.	
PINK FLAMINGO v	10
Pink pitaya blend topped with bananas, strawberries, granola & local honey.	
ALMOND JOY	10
Banana, plant protein, almond milk smoothie base topped with blue coconut, dark chocolate, almonds, and chia seeds.	
CHUNKY MONKEY	11
Banana, chocolate plant protein, almond milk, and peanut butter base topped with cacao nibbs, reeses PB chips, banana, granola, chocolate drizzle.	

## SMOOTHIES \*20oz.

ACAI ZEN SMOOTHIE v	8
Our special acai blended with strawberries, blueberries, bananas and blackberries.	
MERMAID SMOOTHIE v	8
Blue spirulina/matcha, banana, blueberry, and almond milk blend.	
PINK FLAMINGO SMOOTHIE v	8
Pink pitaya blended with bananas, strawberries and almond milk.	
CHUNKY MONKEY SMOOTHIE v	8
Banana, chocolate plant protein, almond milk, and peanut butter.	
GREEN MACHINE SMOOTHIE v	8
Super greens, banana, spinach, apple juice blend.	
ALMOND JOY SMOOTHIE v	8
Super greens, banana, spinach, apple juice blend.	

## ADD ONS

PEANUT BUTTER	ALMOND BUTTER
NUTELLA	HONEY
VEGAN PROTEIN (chocolate/vanilla)	OATS
CHIA SEEDS	HEMP SEEDS
ALMONDS	COCONUT
VANILLA YOGURT	GRANOLA
BANANAS	STRAWBERRIES
BLUEBERRIES	BLACKBERRIES
RASPBERRIES	PINEAPPLE
GRAPES	KIWI
MANGO	SUPER GREENS
GRAHAM CRACKERS	WHIPPED CREAM
WHITE CHOCOLATE	CARAMEL
STRAWBERRY SYRUP	CHOCOLATE SYRUP
MARSHMELLOWS	COOL WHIP
CHOCOLATE CHIPS	PEANUT BUTTER CHIPS
CACAO NIBS	COLLEGEN