

# URBAN REMEDY

FOOD IS HEALING

## Breakfast

Beet Apple Granola	\$4.95
Chia Parfait	\$5.95
Raw Steel Cut Oatmeal	\$5.95

## Salads & Bowls

Rainbow Salad	\$8.95
Zen Salad	\$8.95
Chinese Noodle Salad	\$9.75
Green Tea Leaf Salad	\$9.75
Purple Power <i>(seasonal)</i>	\$9.75
Soba Noodle	\$9.75
Thai Veggie Noodles	\$9.75
Black Rice Umeboshi Bowl	\$9.95
Burrito Bowl	\$9.95
Macro Bowl	\$9.95
Tahini Bowl	\$9.95
The Benedict Brunch Bowl	\$9.95
The Vegan Caesar	\$9.95
Keto Brunch Bowl	\$11.50

## Sustainable Animal Proteins

Pasture-Raised Hard Boiled Egg	\$1.50
Mary's Free-Range Chicken	\$4.95
Wild Salmon	\$5.50

## Wraps & Rolls

Spring Rolls <i>(seasonal)</i>	\$6.95
Veggie Burger	\$7.95
Mock Tuna Wrap	\$8.95
Samosa Cauli Wrap	\$8.95
Smoked Kale & Egg Wrap	\$8.95
The VLT	\$9.50
Soups	\$11.95

Cauli-Dal Soup
Carrot Avo Soup
Lemony Greens Soup

## Savory Snacks

Sweet Potato Hummus & Veggies	\$5.95
Carrot Curry Crackers	\$5.50
Veggie Crackers	\$5.50
Sour Cream & Chive Kale Chips	\$7.95
Sour Cream & Chive Zucchini Chips	\$5.50
Spicy Lemon Almonds	\$4.25

## Sweet Snacks

Almond Brownie	\$3.75
Banana Brittle	\$6.95
No Oatmeal Cookies	\$5.95

## Bars

Cacao Chip Bar
Matcha Energy Bar
Superfood Chaga Bar

## Desserts

SunSquares	\$3.75
Grasshopper Pie <i>(seasonal)</i>	\$5.95
Raw Cacao Mousse	\$4.50
Tiramisu	\$5.95

## Cold Pressed Juices

\$8.75

After Party
Cold Crusher
Deep Cleaning
Digestif with Probiotics
Glow
Happy Belly with Probiotics
Matcha Moringa Greens
Slender Greens
Super Celery
Super Green Moringa

## Lemonades

\$5.95

Boost
Refresh
Time Machine

## Coffees & Teas

\$5.50

Cacao Mocha
Matcha Au Lait

## Meal Replacements

\$8.95

Chai Nana
Chocolate Banana
Green Berry
Java Shake
Mint Cacao Chip
Warrior

## Nut Milks

\$8.95

Almond Maca
Blue Magic
Cacao Almond Milk
Vanilla Lucuma

## Shots

\$4.25

Booster Shot
Hydration
Inflamm-relieve

## Tinctures

\$2.95

De-stress
Detox
Diet
Immuno
Youth
MCT Oil

\$6.95

## Cleanses

Low-Glycemic Cleanse	\$49.00
Purify Cleanse	\$49.00
Refresh Cleanse	\$49.00
Super Green Cleanse	\$49.00
Warming Soup Cleanse	\$35.00

## Salad Dressings

\$7.50

Apple Cider Vinaigrette
Cilantro Ginger Vinaigrette
Tahini Vinaigrette

Prices subject to change