



Core Fresh



Breakfast

Breakfast Bowls

Chia Seed Pudding 9
chia seeds, blackberry preserves, blueberries, almond milk

Steel Cut Oatmeal 8
steel cut oats, almond milk, cinnamon, orange zest, cardamom

Quinoa Breakfast Bowl 9
quinoa, asparagus, prosciutto, poached egg

Greek Yogurt Parfait 8
vanilla greek yogurt, strawberries, blueberries, granola, honey drizzle

*Add Ins \$.99 Antioxidant- Acai Powder, Seasonal Berries / Energy- Matcha Powder, House Made Trail Mix / Immune Booster- Ginger, Turmeric / Focus- Cinnamon, Flax Seed, Cocoa Nibs

Breakfast Wraps (2)

Kale Mushroom Wrap 10
free range eggs, fresh herbs, local mushrooms, baby kale, caramelized onion

Egg White Scramble 9
free range eggs, fresh herbs, tomato, spinach, green onion, goat cheese

Sweet Potato Hash 10
sweet potato cubes, black beans, roasted red pepper, caramelized onion, lime, cilantro

Grass Roots Wrap 9
free range eggs, local bacon, sharp cheddar (side of house pico)



Lunch

Soup Bowls

Broccoli Basil Soup 9
avocado, sesame seeds, zucchini noodles, pureed fresh broccoli, house grown fresh basil

Moroccan Sundried Tomato Soup 9
vegetable broth, fire roasted tomato, red pepper, chickpeas, quinoa garnish, sundried tomatoes, ginger, garlic, spices

New Mexico Black Bean Soup 10
vegetable broth, free range rotisserie chicken, fire roasted tomatoes, black beans, cilantro, jalapeños, corn, hatch green chilis, mango

Salads

Core Fresh Salad 12
kale and spring mix, quinoa, mango, blueberry, basil, pistachios, green onions, radish. sweet onion dressing

Strawberry Spinach Salad 10
spring mix, fresh strawberries, farro, chopped asparagus, cucumber, pickled red onions, almonds, poppy seeds
Poppy Seed Dressing

Sunny Apple Salad 10
spring mix, green apples, red grapes, dried cherries, shaved carrots, candied walnuts, fennel, smoked gouda cheese. Balsamic Vinaigrette Dressing

*All salads come with dressing on the side and add to any Salad: Sliced Chicken Breast \$3, Sauteed Shrimp \$3, 6oz Salmon Filet \$6

Grain Bowls

Wild Rice Bold Bowl 9
wild rice, pomegranate seeds, coconut oil, roasted seasoned parsnip, chervil, toasted walnut sauce

Harvest Bowl 10
quinoa, kale, roasted root vegetables (radish, beets, sweet potato, squash), parsnip purée, olive oil, sage

Rainbow Hummus Bowl 9
hummus, carrots, celery, sweet pepper, green beans, cherry tomatoes, pesto drizzle

All Day

Core Snacks

Sliced Apple, Almond Butter, Hard Boiled Egg, Grapes, Cheese	5
Rotisserie Chicken Salad, Cheese, Celery, Crackers	5
Sliced Turkey, Cheddar Slices, Grapes, Crackers	5
Carrots, Celery, Hummus, Crackers, Grapes	5

Core Bars (Base of Oats, Almond Milk, Nut Butter, Honey, Vanilla)

Antioxidant- Blueberry, Goji Berry, Acai Powder, Fig	4
Chocolate Cashew Pomegranate with Cherries and Dates	4
Peanut Butter, Flax Seed, Honey, Chia Seeds	4

Core Truffles (2) (Base of Oats, Nut Butter, Honey, Flax and Chia Seeds)

Hazelnut and Cacao	3
Honey and Lime	3
Chocolate and Coconut	3

Hydration

Smoothies 16oz.

The Greens Spirulina, Apple, Spinach, Banana, Mango, Flax Seeds, Orange Juice	7
The Antioxidant Blueberry, Blackberry, Raspberry, Vanilla Greek Yogurt, Chia Seeds, Almond Milk	7
The Protein Peanut Butter, Banana, Steel Cut Oats, Dates, Cinnamon, Vanilla Greek Yogurt, Almond Milk	7

H2O 16oz

Infused Water Rotating seasonal Fruit and Vegetable Infused Water	2
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Java 16oz

Cold Brew Coffee Local Coffee Roasters. Rotated Monthly. Cold Brewed to Perfection.	4
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