



DEFINING WHAT HEALTHY MEANS

gluten-free, and delicious with a unique menu and setting



chicken
FAJITA SALAD
NOW SERVING

Brick Canvas Cafe

MAIN..... 8.5

SHERRIE'S NACHOS

shredded chicken, cotija and cheddar cheese, refried beans, avocado, sherrie's medium salsa, and house-made cilantro cream served on gluten-free tortilla chips OR a bed of mixed greens

(calories: 1305 w/chips 905 w/ greens)

LOW CARB OPTION: served as a salad with a side of ranch (no beans or cilantro cream)

(calories: 548 net carbs: 9 fat: 40 protein: 35)

BOWL OF SEASONAL SOUP

served with your choice of any side

SWEET POTATO CHILI

vegetable broth, sweet potato, black and white beans, green chilies, corn, topped with cheddar cheese

(calories: 292)

SANDWICHES..... 8.5

served on toasted gluten-free multigrain bread, with a choice of 1 side

BRIE MELT

brie cheese, chicken, pickled onion, arugula, cucumber, green apples with herb mayo

(calories: 570)

LOW CARB OPTION: served as a lettuce wrap (no apples)

(calories: 414 net carbs: 3 fat: 31 protein: 32)

BACON, EGG, AVOCADO

turkey bacon, avocado, scrambled egg, cheddar cheese with a choice of green chili or chipotle cream sauce

(calories: 509)

LOW CARB OPTION: served as a 4-egg omelet with green chili sauce

(calories: 548 net carbs: 9 fat: 40 protein: 35)

TURKEY CRANBERRY

smoked turkey, cheddar cheese, arugula with house-made cranberry sauce

(calories: 455)

KIDS..... 5

GRILLED CHEESE & CHIPS

gluten-free multigrain bread and cheddar cheese with a side of terra chips and sliced apples



SALADS..... 8.5

THE COBB (LOW CARB)

mixed greens, chicken, turkey bacon, avocado, carrots, cheddar cheese, cherry tomatoes with ranch dressing
(calories: 526 net carbs: 9 fat: 32 protein: 43)

ASIAN CITRUS

mixed greens, chicken, oranges, beets, carrots, avocado, almonds with house-made ginger lime soy dressing
(calories: 366)

CHICKEN FAJITA

mixed greens, chicken, sautéed peppers and onions, avocado, cherry tomatoes with house-made honey cilantro lime dressing
(calories: 356)

SMOOTHIES..... 7.5

BLACK & BLUE *detox*

charcoal, blueberry, raspberry, spinach, apple, date
(calories: 256)

CHOCO MONKEY *boost metabolism*

cocoa, banana, almond, date
(calories: 603)

PEACHSICLE *fortify*

peach, raspberry, apple, vanilla, almond, date
(calories: 253)

PINA COLADA *heart healthy*

pineapple, orange, mint, coconut
(calories: 222)

SUPER C *boost immunity*

turmeric, mango, orange, carrot, cashew, coconut
(calories: 339)

STRAWBERRY COLADA *build muscle*

ideal raw vanilla protein powder, strawberry coconut, banana
(calories: 272)

all smoothies & juice are dairy-free and vegan

GRAB & GO

TURKEY & CHEDDAR SANDWICH..... 5

smoked turkey, cheddar cheese, real mayo, brown mustard on a gluten free seeded bun
(calories: 431)

PROTEIN PACK..... 4

assortment of nuts, gluten-free granola, cheese, and fruit

KOMBUCHA..... 5

ASSORTED BEVERAGES..... 2

JUICES..... 6.5

CLEAN GREEN *replenish*

apple cucumber, spinach, lime, coconut water
(calories: 130)

HOT PINK *energize*

beet, carrot, spinach, lemon, ginger, apple
(calories: 149)

100% PURE *fortify*

orange, apple, carrot, or celery—just one or any combination!
(calories: 192)

ADD INS .5 each

-smoothie & juice-

VANILLA PROTEIN POWDER • SPINACH

HEMP SEEDS • CHIA SEEDS

ACTIVATED CHARCOAL • FROZEN FRUIT



SIDES 3

MADE TO ORDER

SEASONAL FRESH FRUIT

CUP OF SEASONAL SOUP

GARDEN SALAD

mixed greens, cherry tomatoes, cucumber, carrots, cheddar with ranch dressing
(calories: 100)

GRAB & GO

PALEO ALMOND JOY BAR

cocoa, almond, maple, coconut
(calories: 528)

House-Made Protein Bar

Fruit & Yogurt Parfait

mixed yogurt, mixed berries, gluten-free granola
(calories: 260)

Terra Vegetable Chips



COFFEE -served hot or iced-

SELF SERVE POUR OVER

in our mug with unlimited refills..... 4

16oz to-to (one fill)..... 2.75

with mug purchase..... 1.5 per fill

AMERICANO/ESPRESSO..... 2.5

standard double

LATTE/CAPPUCCINO..... 4

espresso, milk

DIRTY CHAI LATTE..... 4.5

chai tea, espresso, milk

MOCHA..... 4.5

espresso, chocolate, milk

2% milk, almond milk, & coconut milk available

NOT COFFEE

HOT CHOCOLATE..... 3

steamed milk, chocolate, seasonal flavors

STEAMER..... 3

steamed milk with your choice of 1 flavor

CHAI LATTE..... 4 -served hot or iced-

chai tea, milk

LONDON FOG..... 4

earl gray tea, milk, vanilla

ASSORTED BAGGED TEAS..... 2

2% milk, almond milk, & coconut milk available

