A HEALTHFUL, GLUTEN-FREE EATERY
HOURS: Monday - Friday 8AM - 7PM, Saturday 8AM - 5:30PM, Closed Sunday

Please let us know of any allergies and/or dietary restrictions. Consuming raw or undercooked meats, poultry, or eggs may increase your risk of foodborne illness.

MAIN MENU

MAINS 9

SHERRIE’S NACHOS
diced chicken, cotija & cheddar cheeses, refried beans, smashed avocado, Sherrie’s medium salsa, house-made cilantro cream on gf tortilla chips

LOW CARB: substitute mixed greens for chips
Calories: 548  Net Carbs: 9  Fat: 40  Protein: 35

BOWL OF SEASONAL SOUP
(see seasonal menu)
includes choice of 1 side

BREAKFAST

SEASONAL PANCAKES OR WAFFLES 9
gf pancakes or waffles in seasonal flavors
(see seasonal menu)

half-order $6
add bacon & eggs for $3 more

SMOOTHIE BOWL 9.5
Your choice of smoothie topped w/fresh fruit, toasted coconut, & superseeds. Choose between a honey, chocolate or almond butter drizzle.

SANDWICHES 9

served on toasted gf multigrain bread, with a choice of 1 side

BACON, EGG, AVOCADO
turkey bacon, avocado, scrambled egg, cheddar cheese with choice of mild green chili OR spicy chipotle cream sauce

LOW CARB: served as a 4-egg omelet
Calories: 532  Net Carbs: 5  Fat: 36  Protein: 42

TURKEY CRANBERRY
roasted turkey, cheddar cheese, arugula, house-made cranberry sauce

TURKEY CLUB
roasted turkey, cheddar cheese, arugula, turkey bacon, avocado, mayo

KIDS 6

GRILLED CHEESE & CHIPS
gf multigrain bread and cheddar cheese with a side of Terra chips and sliced apples

SMILEY FACE PANCAKES
large gf pancake with topped with fresh fruit, served with maple syrup & Gogurt

GRAB & GO

TERRA VEGETABLE CHIPS 3

HOUSE-MADE CRAN-APPLE PROTEIN BAR 3
craisins, apples, vanilla, maple, oats, almond butter
Protein: 11g

HOUSE-MADE PALEO ALMOND JOY BAR 3
cocoa, almond, maple, coconut

FRUIT & YOGURT PARFAIT 3
Greek yogurt, vanilla, agave, mixed berries, gf granola

TURKEY & CHEDDAR SANDWICH 5
roasted turkey, cheddar cheese, mayo, brown mustard on a gf seeded bun

GARDEN SALAD 3
mixed greens, cherry tomatoes, cucumber, carrots, cheddar with ranch dressing

ASSORTED PROTEIN SNACK PACKS 4
assortment of nuts, cheese, & dried fruit
Protein: 18-26g

KOMBUCHA ON TAP 3.5 / 5
choose 12oz or 16oz

ASSORTED BEVERAGES 2
## DRINKS

### SMOOTHIES 7.5

**BERRY CIDER**  - anti-inflammatory -
cranberry, orange, strawberry, apple, date, cinnamon, almond milk  
**Calories:** 376

**BLACK & BLUE**  - detox -
charcoal, blueberry, raspberry, spinach, apple, date  
**Calories:** 256

**CHOCO MONKEY**  - boost metabolism -
cocoa, banana, almond butter, almond milk, date  
**Calories:** 603

**CHOCOLATE LOVE BOMB**  - boost immunity -
cocoa, strawberry, banana, agave, almond milk  
**Calories:** 213

**MATCHA MONSTER**  - energize -
matcha green tea, mango, banana, spinach, coconut milk  
**Calories:** 265

**PEACHSICLE**  - fortify -
peach, raspberry, apple, vanilla, almond milk, date  
**Calories:** 253

**PIÑA COLADA**  - heart health -
pineapple, orange, lime, coconut milk  
**Calories:** 222

**STRAWBERRY COLADA**  - strengthen -
gf vanilla protein powder, strawberry, banana, coconut milk, almond milk  
**Calories:** 331  **Protein:** 11g

**SUPER C**  - boost immunity -
turmeric, mango, orange, carrot, cashew butter, coconut milk  
**Calories:** 339

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### 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, celery - just one or any combo!  
**Calories:** 192

### SMOOTHIE BOWL 9.5

Your choice of smoothie topped with fresh fruit, toasted coconut, & superseeds. Choose between a honey, chocolate or almond butter drizzle.

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### SMOOTHIE & COFFEE ADD-INS  .5 each

- **VANILLA PROTEIN POWDER**
- **ACTIVATED CHARCOAL**
- **SPINACH**
- **MATCHA POWDER**
- **ESPRESSO SHOT**
- **FLAVORED SYRUP**
  - caramel, chocolate, coconut, hazelnut, raspberry, sugar-free vanilla, vanilla, white chocolate

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### COFFEE

served HOT or ICED

**SELF-SERVE COFFEE**  2.75
(includes unlimited refills)
with a to go cup  3.25

**AMERICANO/ESPRESSO**  2.5
standard double

**LATTE/CAPPUCCINO**  4
espresso, milk, foam

**BREVE**  4
espresso, half & half, foam

**DIRTY CHAI LATTE**  4.5
chai tea, espresso, milk, foam

**MOCHA**  4.5
espresso, chocolate, milk, foam

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### STEAMERS

- **HOT CHOCOLATE/STEAMER** 3
  steamed milk with choice of 1 flavor

### TEA

- **CHAI LATTE**  4
  chai tea, milk, foam

- **MATCHA LATTE**  4
  matcha, milk, foam

- **LONDON FOG**  4
  earl gray tea, milk, vanilla syrup

- **ASSORTED BAGGED TEAS**  2
  2% Milk, Almond Milk & Coconut Milk Available

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*All smoothies & juices are dairy-free & vegan*
SECRET MENU
BRICK CANVAS GUEST & EMPLOYEE CREATIONS

MAINS 9

SHERRIE’S NACHOS - NATASHA’S WAY
everything you love about the nachos, with melted cheese

HADLEIGH’S CHEDDAR MELT
served with a choice of 1 side
chicken breast, green apple, melted cheddar cheese & herb mayo on toasted gf multigrain bread OR in a lettuce wrap

BREAKFAST

PANCAKES YOUR WAY 9
4 fluffy gf buttermilk pancakes with butter & maple syrup
add bananas, chocolate chips, blueberries, pecans, almond butter $1.50 each

SHELLI’S GRANOLA 5
gf granola, fresh fruit, & almond milk

SMOOTHIES

HANNA’S CINNA-MONKEY 7.5
choco monkey smoothie with cinnamon & hemp hearts instead of cocoa

KETO BLACK & BLUE 7.5
black & blue smoothie with coconut water instead of apples

BRANDY’S ENERGIZED CHOCO MONKEY 8
choco monkey smoothie plus 2 shots espresso

COFFEE 4.5

KETO SUGAR-FREE VANILLA LATTE
espresso, sf-vanilla syrup, unsweetened almond milk, heavy cream
HOT COCOA WAFFLES  9
add bacon & eggs for $3 more
half-order  6
two gf double chocolate chip belgian waffles topped with marshmallows and Ghirardelli chocolate syrup; served with a side of marshmallow glaze

ROASTED POBLANO CORN CHOWDER  9
served with a choice of 1 side
cup  3
bowl of zesty vegetarian chowder loaded with poblano peppers, corn, and potatoes in a creamy broth; served with tortilla chips

PEPPERMINT HOT CHOCOLATE  3.5
OR MOCHA  4.5
steamed milk, ghirardelli chocolate syrup and peppermint bark syrup; with or without espresso

Seasonal
WINTER 2019/2020