



November Specials

HARVEST BOWL

Roasted butternut squash, roasted brussels sprouts, shredded carrots, crispy shallots, spinach, feta, spiced pumpkin seeds, over your choice of grains with house made maple vinaigrette

THANKSGIVING PANINI

House-made stuffing, turkey, cranberry aioli, spinach, Swiss cheese on your choice of bread

PUMPKIN PIE SMOOTHIE BOWL

Base: Pumpkin, banana, granola, almond butter, agave, vanilla, pumpkin pie spice, almond milk
Topped with granola, coconut, banana, spiced pumpkin seeds, honey

CRANBERRY ORANGE SMOOTHIE

Cranberry, banana, orange, hemp seeds, cinnamon, honey, almond milk



 Stop in to try them all! 