

## PANINIS, WRAPS & SANDWICHES

### Cubano Panini

Sourdough, ham, roasted pork, Swiss cheese, pickles, mustard  
\$12.49

### Grilled Cheese VEGETARIAN

Sourdough, Swiss cheese, cheddar cheese, provolone cheese, kalamata olives  
\$9.99

### Mediterranean Falafel Wrap VEGAN

Spinach tortilla, falafel, cauliflower, red peppers, hummus, tahini sauce  
\$11.99

### Philly Cheese Steak Wrap

Flour tortilla, beef, romaine lettuce, Swiss cheese, onion pepper mix, dill pickles, pickled onions, chipotle mayonnaise  
\$12.99

### Roasted Chicken and Red Pepper Sandwich

Sourdough, chicken, roasted red peppers, spinach, Swiss cheese, vegan basil pesto (WALNUTS), chipotle mayo  
\$12.99

### Roasted Chicken and Red Pepper Panini

GLUTEN-FREE, WHEAT-FREE  
Gluten-free bread, chicken, roasted red peppers, spinach, Swiss cheese, red onions, vegan basil pesto (WALNUTS), chipotle mayo  
\$12.99

### Roasted Yam Panini VEGAN

Sourdough, roasted yam, peppers, spinach, red onion, vegan cheese, grainy mustard  
\$11.99

### Tofu Scramble Breakfast Wrap VEGAN

Flour tortilla, tofu scramble, potatoes, black beans, peppers & onions, vegan cheese, tomatillo salsa  
\$12.49

## SIDES

### Soup de Jour

Freshly made soup of the day  
\$6.99

## SALADS & POWER BOWLS

### CNF Cobb Salad WHEAT FREE

Mixed greens, roasted chicken, bacon, egg, cherry tomatoes, red onions, mozzarella, hemp seeds, blue cheese ranch dressing  
\$14.99

### Veg Head Salad VEGAN, WHEAT FREE

Mixed greens, black olives, cucumber, red onion, cherry tomatoes, mixed peppers, roasted chickpeas, red quinoa, pumpkin seeds, nutritional yeast, preserved lemon dressing  
\$12.99

### Greens & Grain Salad WHEAT FREE

Mixed greens, roasted buckwheat, shredded beets, roasted beets, mixed peppers, peas, cucumber, pumpkin seeds, miso dressing  
\$13.99

### Cheeseburger Chop WHEAT FREE

Mixed greens, beef patty, bacon, pickle, cherry tomatoes, red onions, aged white cheddar, CNF Sauce  
\$14.99

### Bleu & Green Salad VEGETARIAN, WHEAT FREE

Mixed greens, red cabbage, carrot, roasted yams, corn, peas, almonds, blue cheese, balsamic dressing  
\$13.99

### Brown Rice Bowl WHEAT FREE

Brown rice, red cabbage, cucumber, carrot, red onion, egg, almonds, cilantro, miso dressing  
\$12.99

### Red Quinoa Bowl WHEAT FREE

Red quinoa, avocado, arugula, cucumbers, red onion, cherry tomatoes, hemp seeds, pumpkin seeds, shredded beets, blue cheese ranch dressing  
\$12.99

### Kasha Bowl WHEAT FREE

Roasted buckwheat, roasted yams, roasted beets, corn, red onion, carrot, mixed peppers, feta, roasted chickpeas, preserved lemon dressing  
\$12.99

### Build Your Own Salad

Mixed Green base  
Add one grain and one cheese  
Your choice of vegetables and dressing  
\$13.99



# Café Menu



## ELIXIRS

### Immune Defense 12oz

CAFFEINE FREE, VEGETARIAN

Almond milk, honey, ginger, bee pollen, elderberry syrup & lemon zest  
\$7.99

### Matcha Glow 12oz

Oat milk, matcha, coconut milk powder, moringa leaf, cacao butter, collagen & orange zest  
\$7.99

### Inflammation Blast 12oz

CAFFEINE FREE, VEGAN

Oat milk, turmeric, ginger, cinnamon, cardamom, black pepper, 5 mushroom blend, orange zest & nutmeg  
\$7.99

### Klean Kickstart 12oz

VEGAN

Almond milk, cordyceps mushroom, maple syrup, hemp seed & dark chocolate  
\$7.99

### Chaga Chai 12oz

CAFFEINE FREE, VEGAN

Oat milk, chaga mushroom, cardamom, turmeric, ginger, honey, cinnamon & black pepper  
\$7.99

### Bone Broth Elixir 8oz

Grassfed bison bone broth & cayenne pepper  
\$5.99

### Fat Coffee 12oz

KETO, VEGETARIAN

Coffee, MCT, grassfed butter  
\$7.99

### Smart Coffee 12oz

VEGAN

Coffee, lion's mane mushroom  
\$5.99

## SMOOTHIES

### Community Classic 16oz VEGETARIAN

Raspberries, banana, yogurt, orange juice  
\$10.99

### Blue Demon 16oz VEGAN

Blueberry, banana, hemp seed, spirulina, unsweetened almond milk  
\$10.99

### Green Goddess 16oz VEGAN

Kale, avocado, raspberry, parsley, brown flax, orange juice  
\$10.99

### Pina Colada 16oz VEGAN

Banana, turmeric, ginger, pineapple, coconut beverage  
\$10.99

### The Radiant 16oz

Blueberry, raspberry, pineapple, yogurt, orange juice, collagen, schisandra berry  
\$10.99

### Green Sweep

Botanica perfect greens, ancient nutrition collagen, orange juice, kale, pineapple, fresh mint  
\$10.99

### Smoothie Add Ons \$1

Hemp Seed, Flax Seed, Spirulina, Kale, Banana, Avocado

\*All smoothies are WHEAT-FREE

### Add Ons \$1.49

add to any elixir, specialty coffee, juice or smoothie

SURO Elderberry syrup

NATURAL FACTORS Antiviral

HARMONIC ARTS Reishi, turkey tail, cordyceps, lion's mane, 5 mushroom blend

### Add Ons \$1.99

Whey Protein; Plant Based Protein, Total Body Collagen, Botanica Perfect Greens  
MCT booster

## HOT BEVERAGES

12oz 16oz

Americano	\$4.49	\$4.99
Cappuccino	\$4.99	\$5.29
Café Mocha	\$4.99	\$5.29
Café Latte	\$4.99	\$5.29
Hot Chocolate	\$4.99	
Extra Espresso Shot	\$1.99	
Drip Coffee	\$2.49	\$2.79
Steeped Tea	\$2.99	

## FRESH JUICE

16oz 1L

<b>Community Immunity</b> Carrot, celery, orange, turmeric, ginger	\$10.99	\$19.99
<b>Green Energy</b> KETO Cucumber, celery, kale, parsley, lemon, ginger	\$10.99	\$19.99
<b>Good Gut</b> Carrot, apple, beet, ginger	\$10.99	\$19.99
<b>The Cure</b> Apple, cucumber, kale, lemon, mint	\$10.99	\$19.99

### BUILD YOUR OWN JUICE: \$10.99 \$19.99

Choose any combination of:

**Carrot · Beet · Apple · Celery**

### Add ONE premium item for FREE, then \$1 each:

Ginger · Turmeric · Kale · Lemon · Orange · Cucumber · Mint · Parsley

\*All juices are VEGAN and WHEAT-FREE