



BREAKFAST

Breakfast Cookie

Homemade organic gluten free/dairy free rolled oat, coconut oil, maple syrup, raisins. May contain nuts.

5.00**Bagel**

Homemade gluten free/dairy free w/ almond butter & fruit.

7.50**Muffin**

Homemade gluten free & dairy free with almond butter & fruit.

7.50**Morning Porridge**

Gluten free/dairy free cinnamon & raisins w/ almond or coconut mylk.

7.50**Muesli**

Homemade gluten free/dairy free granola, banana w/ almond or coconut mylk.

9.95**ABn'B**

Gluten free toast w/ almond butter, banana, drizzled w/ pure maple syrup.

10.95**Smashed Avocado on Toast**

Gluten free toast w/ guacamole, sliced avocado & microgreens.

10.95**Pancakes**

Homemade gluten free/dairy free pancakes w/ fruit, garbanzo butter & maple syrup.

14.95**Waffles**

Homemade gluten free, dairy free waffles w/ fruit, garbanzo butter & maple syrup.

14.95**Morning Wrap**

Scrambled tofu, black beans & avocado served in a gluten free wrap.

10.95**Simply Breakfast**

Scrambled tofu (or veggies), home fries sautéed greens & maple sausage.

13.50

LUNCH & DINNER BOXES

"Meatball" Sliders Lunch Box

Mushroom sliders served on a homemade gluten free, dairy free bun with basil and marinara sauce. Served with fruit salad and a bottle of Alkaline Water.

12.50

Classic Burger Lunch Box

Mushroom and fresh lentil burger w/ lettuce, tomato, onion, DF Mayo or Beet Ketchup and served on a homemade gluten free/dairy free Bun. Served with fruit salad and a bottle of Alkaline Water.

15.95

Please consider adding a 16oz. hot seasonal soup to your order. All of our soups are homemade from the freshest organic ingredients.

"Turkey" Burger Lunch Box

White bean & mushroom "Turkey" Burger w/ sautéed onions & cranberry sauce served on a homemade gluten free/dairy free bun. Served with fruit salad and a bottle of Alkaline Water.

17.50

Please consider adding a 16oz. hot seasonal soup to your order. All of our soups are homemade from the freshest organic ingredients.

Pulled BBQ Lunch Box

Pulled BBQ trumpet mushrooms w/ tangy BBQ sauce served on Millet Square or on an homemade gluten free/dairy free bun. Served with fruit salad and a bottle of Alkaline Water.

21.25

Please consider adding a 16oz. hot seasonal soup to your order. All of our soups are homemade from the freshest organic ingredients.

Tofu Guacamole Lunch Box

Tofu & guacamole w/ sliced tomato and greens served as a GF sandwich or wrap or on collard green. Served with fruit salad and a bottle of Alkaline Water.

12.50

Please consider adding a 16oz. hot seasonal soup to your order. All of our soups are homemade from the freshest organic ingredients.

Sundried Tomato & Basil Lunch Box

Sundried Tomato and Basil w/ mixed greens and tomato served as a GF Sandwich or Wrap or on Collard Green. Served with fruit salad and a bottle of Alkaline Water.

12.50

Please consider adding a 16oz. hot seasonal soup to your order. All of our soups are homemade from the freshest organic ingredients.

Falafel Lunch Box

Raw almond falafel w/ almond hummus, mixed green and fresh sliced tomato is served as a GF Sandwich or Wrap or on Collard Green. Served with fruit salad and a bottle of Alkaline Water.

12.50

Please consider adding a 16oz. hot seasonal soup to your order. All of our soups are homemade from the freshest organic ingredients.

Quinoa Burger Lunch Box

Classic quinoa and veggie burger served on a homemade gluten free toast with lettuce, tomato and homemade almond hummus. Served with fruit salad and a bottle of Alkaline Water.

12.50

Please consider adding a 16oz. hot seasonal soup to your order. All of our soups are homemade from the freshest organic ingredients.

"Tuna" Salad Lunch Box

Our vegan sunflower "Tuna" salad w/ tomato and mixed green and served as a GF Sandwich or Wrap or on Collard Green. Served with fruit salad and a bottle of Alkaline Water.

12.50

Please consider adding a 16oz. hot seasonal soup to your order. All of our soups are homemade from the freshest organic ingredients.

SOUPS

Butternut Squash

Our 16oz. soups are amazingly yummy.
They are made daily from fresh, organic
ingredients with no dairy.

8.50

Carrot Ginger

Our 16oz. soups are amazingly yummy.
They are made daily from fresh, organic
ingredients with no dairy.

8.50

Cauliflower

Our 16oz. soups are amazingly yummy.
They are made daily from fresh, organic
ingredients with no dairy.

8.50

Fresh Lentil

Our 16oz. soups are amazingly yummy.
They are made daily from fresh, organic
ingredients with no dairy.

8.50

Mixed Vegetable

Our 16oz. soups are amazingly yummy.
They are made daily from fresh, organic
ingredients with no dairy.

8.50

Tomato Basil

Our 16oz. soups are amazingly yummy.
They are made daily from fresh, organic
ingredients with no dairy.

8.50

Zucchini

Our 16oz. soups are amazingly yummy.
They are made daily from fresh, organic
ingredients with no dairy.

8.50

Red Lentil

Our 16oz. soups are amazingly yummy.
They are made daily from fresh, organic
ingredients with no dairy.

8.50

SALADS/BOWLS

Avocado Salad

Mixed greens, carrot, cucumber,
avocado, tomato, sunflower sprouts w/
lemon & EVOO dressing.

9.95

Mediterranean Salad

Falafel, cucumber, mixed green, tomato,
hummus w/ lemon & EVOO
dressing.

9.95

Autumn Salad

Eggplant, arugula, pomegranate,
pomegranate molasses and dijon
mustard.

9.95

Kale Ceaser

Kale w/ garlic croutons w/ homemade
dairy free ceaser dressing.

12.25

Taco Salad Bowl

Romaine, quinoa, pico de gallo,
guacamole, avocado, black beans served
in a gluten free taco shell.

14.95

Greek Salad

Romaine, feta cheese, dolma, olives.

14.95

Falafel Bowl

Kale, cauliflower rice, falafel, artichoke,
cucumber & tomato, tahini.

14.95

Hi Protein Salad Parfait

Quinoa, butter beans, chick peas, tofu,
sunflower sprouts, french lentils

9.95

Please consider adding a 16oz. hot
seasonal soup to your order. All of our
soups are homemade daily from the
freshest organic ingredients.

SPECIALS

Mac n' Cheeze

Our amazing gluten free, dairy free Mac n' Cheeze. Better (and a lot healthier) than the original.

12.50**Spaghetti & "Meatballs"**

Spaghetti squash, mushroom "meatballs" and marinara sauce.

15.95**Penne Bolognese**

Gluten free penne with minced mushrooms & marinara sauce.

12.50**Mediterranean Sampler**

Lentil roll, hummus, dolma, tzatziki, tabouli, kalamata olives.

14.95**Buffalo Cauliflower**

Vegan "Chicken Wings" w/ blue cheeze dressing.

12.50**Taco Bowl**

Romaine, quinoa, pico de gallo, guacamole, avocado, black beans served in a gluten free taco shell.

14.95**Ceviche**

Mushroom w/ lemon, onion and cilantro.

9.95**Avocado Caprice**

Half avocado stuffed w/ cherry tomato, mozzarella cheeze & basil, EVOO & balsamic glaze.

10.95**Stuffed Bell Peppers**

Bell pepper stuffed with rice & veggies. Yum.

12.50**Raw Almond Falafel Balls****8.50****Green Kale Chips****10.00****Famous Savory Tart**

As featured in the news (see our blog), this amazingly yummy Savory Tart is one of our customers' favorites. Made daily from fresh, organic, gluten free, dairy free, soy free ingredients, it is vegan and delicious. Each slice contains almonds, rolled oats, olive oil, cashew sunflower ricotta "cheeze", tomato, zucchini, basil.

8.00

Please consider adding a hot seasonal soup to your order. All of our soups are homemade from the freshest organic ingredients.

SMOOTHIES

Kale Shake

Kale, Pineapple, Apple, Banana, Lemon.

10.95

16oz. of delicious fresh organic smoothie to help you feel healthy and rejuvenated.

Coconut Shake

Young coconut meat and young coconut Water.

10.95

16oz. of delicious fresh organic smoothie to help you feel healthy and rejuvenated.

Energizing

Pineapple, Strawberry, Banana.

10.95

16oz. of delicious fresh organic smoothie to help you feel healthy and rejuvenated.

Pink Lady

Strawberry, Mango, Orange, Apple, Banana.

10.95

16oz. of delicious fresh cold pressed juice to help you feel healthy and rejuvenated.

Buggy Banana

Carrot, Orange, Banana.

10.95

16oz. of delicious fresh organic smoothie to help you feel healthy and rejuvenated.

Jumping Jack

Banana, Almond Mylk, Cinnamon.

10.95

16oz. of delicious fresh organic smoothie to help you feel healthy and rejuvenated.

DESSERTS

Thumbprint Cookie

Homemade organic gluten free/dairy free rolled oat, coconut oil, maple syrup, raisins. May contain nuts.

5.00

Macaroons

Cocoa or Coconut

8.75

Cheezecake

Our classic gluten free, dairy free cheesecake.

8.75

Strawberry Cheezecake

8.75

Cranberry Chocolate Tart (Slice)

Our sinfully delicious fresh homemade gluten free/dairy free sugar free/nut free chocolate lovers dessert. By the slice or a whole tart. (Serves 8-10).

10.00

Apple Tart (Slice)

Our amazing fresh homemade gluten free/dairy/free sugar free/nut free apple tart. By the slice or a whole tart. (Serves 8-10). (8-10 servings)

10.00

Pecan Tart

One of our absolute favorites. We literally can't keep this on the shelves. Amazing gluten free, dairy free, sugar free, guilt free pecan tart. Available as a slice or a whole tart (serves 8-10).

10.00

Call 914-967-2332 to see if whole tarts are available. They can be ordered on one day's notice.

COLD PRESSED JUICES

Green Monster

Kale, Celery, Spinach, Cucumber, Apple, Parsley, Romaine, Lettuce, Ginger, Lemon.

10.95

16oz. of delicious fresh cold pressed juice to help you feel healthy and rejuvenated.

Green Bull

Pineapple, Apple, Mint.

10.95

16oz. of delicious fresh cold pressed juice to help you feel healthy and rejuvenated.

Joy Blast

Kale, Celery, Fennel, Apple, Ginger.

10.95

16oz. of delicious fresh cold pressed juice to help you feel healthy and rejuvenated.

Iron Maiden

Spinach, Parsley, Carrot, Cilantro, Grapefruit.

10.95

16oz. of delicious fresh cold pressed juice to help you feel healthy and rejuvenated.

Wheatgrass Wonder Glass

Wheatgrass, Celery, Apple.

10.95

16oz. of delicious fresh cold pressed juice to help you feel healthy and rejuvenated.

One

Carrot, Orange, Apple, Ginger.

10.95

Please consider adding a hot seasonal soup to your order. All of our soups are homemade from the freshest organic ingredients.

Green Girl

Collard Greens, Celery, Cucumber, Apple, Lemon.

10.95

16oz. of delicious fresh cold pressed juice to help you feel healthy and rejuvenated.

Purifier

Beet, Carrot, Swiss Chard, Apple, Ginger, Lemon.

10.95

16oz. of delicious fresh cold pressed juice to help you feel healthy and rejuvenated.

Red Bull

Beets, Cucumber, Pineapple, Apple, Mint.

10.95

16oz. of delicious fresh cold pressed juice to help you feel healthy and rejuvenated.

Spiced up Citrus

Orange, Grapefruit, Lemon, Ginger, Cayenne, Sea Salt.

10.95

16oz. of delicious fresh cold pressed juice to help you feel healthy and rejuvenated.

OUR OTHER HEALTHY 16OZ. DRINKS & 2OZ. SHOTS

D-Flame Shot

Our 2oz. anti-inflammatory cure all. Made from ds, turmeric, ginger and pepper. It's make you feel great.

7.50

Cold Remedy Shot

Our 2oz. wheatgrass, ginger & lemon shot will help you fight off those pesky colds.

7.50

Probiotic

Our 2oz shot helps get your digestion back on track.

7.50

Turmeric Lemonade

8.95

Pineapple Mint Lemonade

8.95

Blueberry Lavendar Lemonade

8.95

Raspberry Basil Lemonade

8.95

Alkaline Water

2.00

Lemon Water

6.50

Coconut Water

7.50

Zinger Water

8.95

Enzymatic Aloe Tonic

7.50

Almond Mylk

12.50

Almond Latte

12.50

Cashew Mylk

12.50

Cashew Mochachinno

12.50

Nettle Tea

8.95

Sancha Green Tea

8.95

CLEANSSES

Weight Loss Cleanse

Each day you will get a combination of drinks and soup to help clear your system and allow you to shed weight while feeling healthy, alert and vibrant.

Lemon water, 2x green juice, nettle tea, soup, D-flame Shot, Nut Mylk.

7.50

Choose 5, 7, 14 or 21 day cleanse or call for customized cleanse.

If you choose delivery, the first day's delivery is automatically added to the order.

Sorry, cleanses are not refundable.

Recharge & Rejuvenate

Each day you will get a combination of drinks, soup and salad to boost energy and clarify your body and mind.

Lemon Water, Green Juice, Electrolyte Lemonade, Soup, Salad, Nut Mylk.

7.50

Choose 5, 7, 14 or 21 day cleanse or call for customized cleanse

If you choose delivery, the first day's delivery is automatically added to the order.

Sorry, cleanses are not refundable.

Liver Detox Cleanse

Each day you will get a combination of drinks, tonics, shakes and salad to help accelerate the detoxification process and help support your liver.

Zinger Water, Iron Maiden, Purifier, Turmeric Lemonade, Kale Salad, Glutathione, Nut Mylk.

7.50

Choose 5, 7, 14 or 21 day cleanse or call for customized cleanse

If you choose delivery, the first day's delivery is automatically added to the order.

Sorry, cleanses are not refundable.

Glowing Skin Cleanse

Each day you will get a combination of drinks, tonics, shakes and antioxidants. Combined, they will clean your system, hydrate/enhance your skin, and give you a luminous and radiant glow.

Enzymatic Aloe Tonic, Green Juice, Detox Shake, Electrolyte Lemonade, Soup, Veggies, Nut Mylk.

7.50

Choose 5, 7, 14 or 21 day cleanse or call for customized cleanse

If you choose delivery, the first day's delivery is automatically added to the order.

Sorry, cleanses are not refundable.

Just Juice

Each day you will get a combination of drinks and juices to give your digestive system a break, help purify your system and rebalance your CHI.

Lemon Water, 2 Green Juices, Electrolyte Lemonade, Red Juice, Enzymatic Aloe Tonic, Nut Mylk.

7.50

Choose 5, 7, 14 or 21 day cleanse or call for customized cleanse

If you choose delivery, the first day's delivery is automatically added to the order.

Sorry, cleanses are not refundable.
