

HOMEMADE CHAI MADE FRESH FROM SCRATCH DAILY!

COFFEE & ESPRESSO BAR

Homemade Chai Latte FREE BIRD SPECIALTY! HOMEMADE BLEND OF BLACK TEA, CINNAMON, CARDAMON, CLOVES AND MORE.	\$3.85
Dirty Chai CHAI LATTE WITH A SHOT OF ESPRESSO	\$4.5
Alligator ANOTHER HOUSE SPECIALTY! LAYERED ESPRESSO SHOT TAKES YOU ON A RIDE FROM RICH ESPRESSO TO A SWEET FINISH.	\$2
Cafe au Lait FRESH BREWED COFFEE WITH STEAMED MILK	\$2.75
Drip Coffee BAREFOOT ROASTS, ROTATE BLENDS DAILY	\$2
Melitta Drip HAND BREWED FRESH	\$2.5
Toddy COLD BREWED ICED COFFEE	\$2.75
Shot of Espresso	\$1.75
Latte	\$3.85
Flavored Latte	\$4.35
Mocha	\$4.35
Cappuccino	\$3.75
Iced Latte	\$3.85

Organic milk, soy milk, rice milk, almond milk & coconut milk available

TEA BLENDS

Wellness Blend HOUSE BLEND OF MINT, HIBISCUS, CATNIP, FRESH GINGER, HONEY	\$2.5
Black Assam	\$2
Green	\$2
Genmaicha	\$2
Yerba Mate	\$2
Chamomile	\$2
Tea Bags ROOIBOS RED, WHITE TEA WITH ACAI, EARL GRAY, LAVENDER	\$2

BAGELS & LITE BITES

Special Bagel OUR HOUSE FRESH HERB CREAM CHEESE AND TOMATO SLICES ON A FRESH BAKED TOASTED BAGEL	\$3.5
Hummus Bagel HOMEMADE HUMMUS, TOMATO SLICES, FRESH CUCUMBER AND ORGANIC SPINACH ON A FRESH BAKED TOASTED BAGEL	\$4.5
Pesto & Fresh Mozzarella Bagel HOMEMADE BASIL PESTO, FRESH MOZZARELLA, TOMATO SLICES AND ORGANIC SPINACH ON A FRESH BAKED TOASTED BAGEL	\$4.75
Acai Bowl ACAI JUICE AND CHOICE OF APPLE JUICE, YOGURT OR SOY MILK, BLENDED WITH STRAWBERRIES, BLUEBERRIES AND BANANA, LAYERED AND TOPPED WITH GRANOLA, TOASTED COCONUT, HONEY AND BANANA SLICES	\$6.5
Yogurt Cup ORGANIC YOGURT TOPPED WITH GRANOLA, DATES, TOASTED COCONUT, HONEY AND BANANA	\$4.75
Organic Baked Goods ORGANIC COCONUT MACAROONS, MUFFINS, SUPERFOOD ENERGY BITES	

WE USE ORGANIC INGREDIENTS IN ALL OF OUR SMOOTHIES!

SIMPLE SMOOTHIES

Strawberry Chickadee STRAWBERRIES, BANANA, OJ OR APPLE JUICE	\$4.5
Tahoe Toucan MANGO, BANANA, APPLE JUICE	\$4.5
Berry Mango Tango MANGO, BANANA, APPLE JUICE	\$4.75
Coconut Breeze MANGO, COCONUT MILK, OJ, BANANA, HONEY	\$5
Humming Bird MANGO OR STRAWBERRY, OJ, YOGURT, BANANA, AGAVE	\$5
Blue Bird BLUEBERRIES, MILK, PEANUT BUTTER, BANANA, GRANOLA, AGAVE	\$5.5
Almond Brother ALMOND BUTTER, GRANOLA, MILK, BANANA AGAVE	\$5.5
Pomegranate STRAWBERRIES, BLUEBERRIES, POMEGRANATE JUICE, APPLE JUICE, BANANA	\$5.75

SUPER SMOOTHIES

Cacao Bliss RAW CACAO, COCONUT MILK, AGAVE, CELTIC SALT, ALMOND BUTTER	\$5
Raw Cacao Bliss RAW CACAO, COCONUT OIL, ALMONDS, BANANA, CELTIC SALT, AGAVE	\$5
Acai BLUEBERRIES, STRAWBERRIES, BANANA, ACAI JUICE, YOUR CHOICE OF APPLE JUICE OR SOY MILK	\$5.5
The Goddess BLUEBERRIES, YOGURT, APPLE JUICE, BANANA, SPIRULINA, HONEY	\$5.5
Coffee Cacao ICED COFFEE, VANILLA ICE CREAM, CACAO, CHOCOLATE, MILK	\$5.5
Go Chi RAW GOJI POWDER, CHIA SEEDS, APPLE JUICE, BERRY MEDLEY, STRAWBERRIES, ACAI JUICE, BANANA	\$5.5
Green Machine MANGO, FRESH SPINACH, APPLE JUICE, HEMP PROTEIN, MACRO GREENS, MACA ROOT POWDER, BANANA	\$6
Happy Buddha MATE HIBISCUS BASE, YOGURT, LUCAMA, BANANA, STRAWBERRIES, OATS, COCONUT OIL, GOJI BERRIES	\$7
Free Bird STRAWBERRIES, APPLE JUICE, ACAI JUICE, BANANA, FRESH SPINACH, RAW OATS, RAW GOJI POWDER, HEMP SEEDS, CHIA SEEDS, HEMP PROTEIN, RAW MACA POWDER, GROUND FLAX, RAW MESQUITE POWDER, BEE POLLEN	\$7.5
Around the World MATE HIBISCUS BASE, POMEGRANATE JUICE, SPINACH, SPIRULINA, COCONUT OIL, FREE BIRD SUPERFOOD BLEND, STRAWBERRIES, MIXED BERRIES	\$7.5

ADDITIONS FOR SMOOTHIES

75¢
ORGANIC MACRO GREENS, RAW GOJI, COCONUT OIL

50¢
RAW MACA ROOT, RAW MESQUITE, RAW CHIA, RAW CACAO, BEE POLLEN, HEMP PROTEIN, SOY PROTEIN, SPIRULINA, HEMP SEEDS, ORGANIC SPINACH, ORGANIC OATS, RAW FLAX SEED, FLAX OIL, ALOE VERA, ORGANIC YOGURT, ORGANIC PEANUT BUTTER, ALMOND BUTTER

25¢
HIMALAYAN SALT, CELTIC SALT

Free Bird Superfood Blend \$1
A SUPERFOOD BLEND OF MACA ROOT, CHIA SEED, HEMP SEEDS, MESQUITE, FLAX SEED, GOJI POWDER, AND HEMP PROTEIN