T O A S T

SMASHED AVOCADO $8
smashed avocado, everything but the bagel seasoning, feta, tomatoes, drizzle of olive oil and lemon juice

AVOCARBO $6
smashed avocado, chili powder and sea salt

PEANUT BUTTER CRUNCH $7
peanut butter, banana, blueberries, cinnamon, honey drizzle, gluten free granola

TOASTY COCONUT $8
almond butter, banana, coconut shreds, cacao nibs, honey drizzle and cinnamon

HUMMUS WHERE THE HEART IS $7
hummus, cucumbers, tomatoes, kalamata olives, crushed red pepper

BLUEBERRY GOAT CHEESE $8
house-made blueberry goat cheese spread, dried figs, gluten free granola and honey drizzle
granola contains nuts

YOU WANNA PEACH OF ME $9
goat cheese, locally sourced peach jam, thyme, sea salt and honey drizzle

ITALIAN FRUIT TOAST $9
house-made sweet ricotta whip, cinnamon, strawberries, raw almonds and honey drizzle

YOU GOT JAMMED $9
goat cheese, your choice of locally sourced sour cherry OR grape jam, sea salt, raw almonds and honey drizzle

CUTE-CUMBER TOAST $9
smashed avocado, everything but the bagel seasoning, hummus chili powder, sliced cucumbers and sriracha drizzle

***__GLUTEN FREE TOAST__ available upon request $1.50

FLIGHT OF TOAST $30
choose FOUR toasts from the list above
**NO gluten free orders in a flight

GLUTEN FREE SPLIT $9.50
choose TWO toasts from the list above

Toasted
Buffalo Beauty Foodie

S M O O T H I E S (20oz)

GLOWING GREEN $7
banana, pineapple, matcha, spirulina and plant-based vanilla protein blended in a water base

STRAWBANA $7
strawberry, banana, plant-based vanilla protein, blended in a water base

MORNING PICK-ME-UP $7
double shot of espresso, banana, plant-based vanilla protein and cacao nibs blended in an almond milk base, topped with coconut whip and cacao nibs

SALTED CARAMEL PROTEIN SHAKE $8
banana, dates, plant-based vanilla protein, vanilla extract and a dash of pink salt blended in an almond milk base, topped with coconut whip and caramel
caramel sauce contains milk

***ADD IN:	protein	$1
	espresso	$2

B O W L S & B I T E S

BEAUTY BITES $8.50
sold in packs of 6
__Beauty Foodie Energy Bites__: gluten free oats, unsweetened coconut flakes, honey, peanut butter, sea salt, vanilla extract, chia seeds and dark chocolate chips

__GoodMoodFood716 Bliss Balls__: Ask about our flavor of the month

OVERNIGHT BERRY BIRCHER $5
gluten free oats, beautifying almond milk, chia seeds, ground flax, coconut flakes, topped with strawberry

SUMMER STRAWBERRY SALAD $7
mixed greens, sliced strawberries, poppy seeds, pecans and goat cheese with a balsamic glaze dressing