



NOURISH

AT PEACE

All Day Menu

Available from 9am-5pm




SMOOTHIES \$6




Pura Vida coconut, pineapple, banana



Monte Verde mango, pineappple, spinach, ginger



Montezuma chocolate, peanut butter, banana

SNACKS \$8


Homemade Tortilla Chips with fresh salsa & guacamole   

Fruit Bowl selection of fresh fruit topped with crunchy nuts   



Hummus Bread with grilled veggies and pico de gallo  




Avocado Bread mix of fresh veggies with balsamic reduction, fresh avocado, cilantro  

MAINS \$12

Om Wrap selection of roasted and fresh veggies, beetroot hummus, tahini-lime dressing  

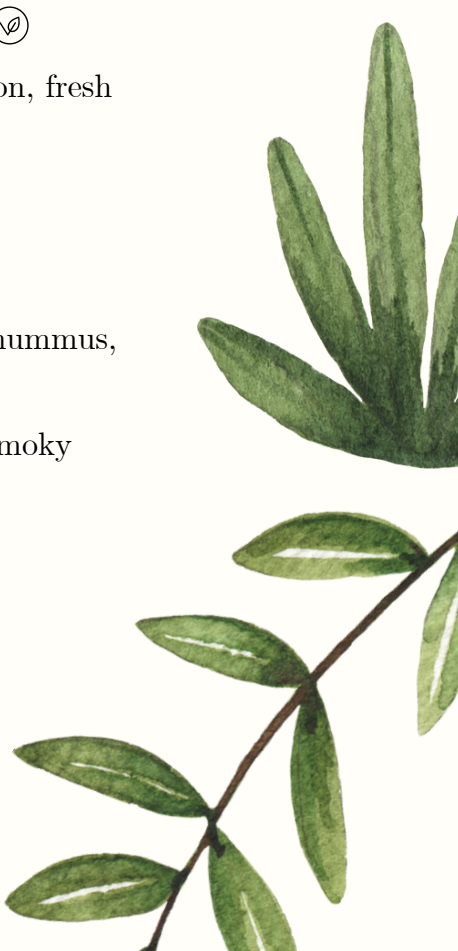
Buddha Bowl quinoa, raw veggies, sweet potato, lentils, smoky peanut dressing   

Falafel Salad raw veggies with hummus and pita  

 = gluten free  = dairy free  = vegan

*We are a meat-free kitchen. Most dietary preferences can be accommodated with the exception of keto-diets. Please let us know of allergies before arrival.

*Please note, this is a sample menu. Our dishes change based on seasonal ingredients and availability.





NOURISH

AT PEACE

All Day Menu

DESSERTS

We proudly serve

BEACH TREATS

Ice Cream Cup \$5

Chocolate, Vanilla, Strawberry, Oreo,
Mint Chocolate Chip, Peanut Butter,
Cinnamon Brownie, Root Beer, Mocha,
Dulce de Leche (Caramel)

Ice Cream Sandwich \$6

Chocolate chip cookie w/ Vanilla
Chocolate cookie w/ Chocolate
Chocolate cookie w/ Peanut Butter
Chocolate cookie w/ Mint

Vegan Ice Cream Cup \$5

Coconut Based

Chocolate, Lime, Raspberry Swirl,
Strawberry, Mango

Vegan Ice Cream Sandwich \$6

Coconut Based

Oatmeal cookie w/ Raspberry Swirl
Oatmeal cookie w/ Coconut Lime

Baked Goods Made From Scratch \$3-7

DRINKS

Kombucha.....\$6

Wine.....\$7

Beer.....\$4

Fresh Coconut.....\$3

