

DAILY MENU SERVED
Monday - Friday | 9:30 AM - 3:00 PM

INTELLIGENT GOURMET
eat fresh & be happy

STORE HOURS
Monday - Friday | 9:30 AM - 6:30 PM
Saturday | 9:00 AM - 4:00 PM

BRUNCH MENU SERVED
Saturday | 9:00 AM - 2:00 PM

FALL & WINTER 2023
COMMITTED TO ORGANIC, FRESH, GRASS-FED

TOASTS AND SMALL PLATES

Choice of Sourdough, Whole grain, or Gf bread (+\$2) for each toast
Add an Egg, any style, +\$1.90

IG Avocado Toast V Slathered with roasted tomato jam. Finished with extra virgin olive oil, fresh basil, cracked black pepper, and maldon sea salt (Cal 250) **10.50**

Greek Avocado Toast Veg GF Diced tomato, red onion, fresh basil, kalamata olives, chickpeas & feta drizzled with extra virgin olive oil, and sprinkled with cracked black pepper (Cal 450) **11.75**

Avocado BLT topped with thick bacon, tomatoes, and garlic and shallot aioli (Cal 370) **12.50**

Kimchi Avocado Toast V topped with house kimchi and garlic chili oil (Cal 325) **10.50**

Mexican Loaded Avocado V GF Hass avocado, with corn & black bean salsa (black beans, tomato, corn, jalapeño, lime, cilantro) sprinkled with oak smoked sea salt (Cal 310) **9.95**

Greek Loaded Avocado V GF tomato, hummus, red onion, cucumber, red bell pepper, sea salt, and freshly cracked pepper (Cal 300) **9.95**

Buffalo Cauliflower V GF 4 oz. Served with a side of house ranch (Cal 52) **6.99**

Tater Tots V Served with a side of house ranch or ketchup (Cal 390) **7.75**

Make it loaded- add cheddar and bacon **8.75**

BREAKFAST

Make it a Combo- Add 2 eggs cooked your way, choice of toast, and your choice of bacon, chicken sausage, or hash-browns (+\$5.50)

Seasonal Pancakes Stack of 3 Pumpkin pancakes with a side of mixed fruit, maple syrup and whipped cream (DF, GF, Egg Free, Nut Free, option available) **12.95**

Power Bowl GF DF Sweet potatoes, turkey sausage, mushrooms, spinach, 2 eggs your way, topped with house pesto **14.25**

Build Your Own Omelet 3 Egg omelet served with choice of toast (Max 4 filling options) Choose from- Mushrooms, Onions, Spinach, Tomatoes, Red bell peppers, Zucchini, Swiss Cheese, Cheddar, and Mozzarella **12.95**

Stacked French Toast Sandwich 2 thick slices of cinnamon french toast, stuffed with 3 strips of bacon, hash-browns, arugula, and gooey gruyere. Topped with an over easy egg and drizzled with house hot honey **15.50**

Waffles 2 Belgian waffles with a side of mixed fruit, maple syrup and whipped cream **14.95**

Buttermilk Pancakes Stack of 3" buttermilk pancakes with a side of mixed fruit, maple syrup and whipped cream **12.50**

SALADS AND BOWLS

Sub Cauliflower Rice + 2. See "Add-Ons" for additional protein

John's Pretty Plate V 4oz of each Kale Salad, Beet Salad, Farro Salad & Broccolini - Vegan goodness at its best (Cal 520) **14.99**

Chopped Greek Salad GF Organic mixed leaf lettuce, Shawarma Chicken, chickpeas, feta, roasted tomatoes, potato salad, kalamata olives, beets, peperoncini, greek dressing (Cal 510) **18.00**

Asian Chicken Shredder Salad GF Green & purple cabbage, leaf lettuce, carrots, roasted chicken breast, watermelon radish, cilantro, jalapeno, cucumber, mint, with lemon ginger vinaigrette. (Cal 400) **14.99**

Banh Mi Bowl V GF Jasmine rice*, carrot, cucumber, mint, cilantro, watermelon radish, red + green cabbage, jalapeño, with lemon ginger vinaigrette (Cal 560) **10.50**

Keto Buffalo Chicken Bowl GF Cauliflower rice, chicken breast, buffalo sauce, cheddar cheese, green onion, and uncured bacon (Cal 420) **15.99**

Fall Roasted Salad GF V Organic mixed leaf lettuce, roasted beets and sweet potato, and candied walnuts, served with a citrus vinaigrette (Cal 300) **9.99**

HANDHELDS

Sub Gluten Free Wraps or Buns +2.50. See "Add-Ons" for additional options.

Mediterranean Wrap Veg Spinach, tomato, hummus, cucumber, roasted red bell pepper, feta, basil pesto, whole grain wrap (Cal 490) **10.99**

Apple Walnut Chicken Salad Wrap House-made apple walnut chicken salad, mustard-mayo aioli, whole grain wrap (Cal 560) **13.99**

Chicken & Pesto Sammie Roasted chicken breast, house pesto, arugula, mayo-mustard blend, mozzarella, ciabatta roll. (Cal 900) **12.99**

Buffalo Chicken Sammie Roasted chicken breast, bacon, cheddar, and fresh spinach, on a ciabatta roll. (Cal 900) **15.50**

Chipotle Wrap DF VG lettuce, cilantro-lime rice, roasted tomato, corn & black bean house salsa (corn, black beans, lime, tomato, jalapeno, cilantro, & chipotle seasoning), tomato, chipotle creme, whole grain wrap (Cal 450) **10.25**

Add chicken +\$5

BURGERS

BEEF | CHICKEN | BLACK BEAN V | BEET V **18.50**

all burgers come with: avocado, lettuce, tomato, red onion & potato salad.

Beef & Chicken Burgers have aioli

Beet & Black bean have chipotle aioli (vegan)

SUB gluten-free bread (+2.00)

CONSUMER ADVISORY: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

DAILY MENU SERVED
Monday - Friday | 9:30 AM - 3:00 PM

INTELLIGENT GOURMET
eat fresh & be happy

STORE HOURS
Monday - Friday | 9:30 AM - 6:30 PM
Saturday | 10:30 AM - 4:00 PM

BRUNCH MENU SERVED
Saturday | 9:00 AM - 2:00 PM

FALL & WINTER 2023
COMMITTED TO ORGANIC, FRESH, GRASS-FED

COFFEE AND TEA

| | |
|---|-------------|
| Espresso Soda <i>Italian Espresso, Fever Tree Tonic, orange peel</i> | 6.25 |
| Joffrey's Unsweetened Tea (<i>free refills</i>) ask us for our seasonal flavor | 3.75 |
| Joffrey's Cafe Blend Drip Coffee Ask for our seasonal flavors | 3.10 |
| Joffrey's Italian Espresso | 3.25 |
| Cappuccino whole milk, oat mylk or almond mylk | 4.99 |
| Iced Cold Brew Latte 12oz whole milk, oat mylk or almond mylk | 4.25 |

SMOOTHIES 16oz **7.99**

| |
|--|
| Strawberry Slam <i>strawberry puree, fresh banana, lemon, vanilla protein.</i> |
| Tropical Triumph <i>Strawberry puree, fresh pineapple, fresh banana, vanilla protein.</i> |
| Peanut Butter Buster <i>cacao, PB Lite, vanilla protein, almond mylk.</i> |
| Tender Greens <i>spinach, kale, fresh banana, vanilla extract, vanilla protein.</i> |
| Apple Pie <i>Apple, almond milk, pumpkin pie spice, vanilla protein.</i> |

ADD-ONS

| | |
|---|--------------|
| Avocado (<i>adds 130 cal</i>) | +1.99 |
| Extra dressing (<i>adds 65 cal</i>) | +1.75 |
| GF Bun, GF Sliced Bread, or GF Wrap (<i>adds 200 cal</i>) | +2.50 |
| 2 Slices Organic Bacon (<i>adds 70 cal</i>) | +3.49 |
| Cheddar, Mozzarella, Feta (<i>adds 113 cal</i>) | +2.25 |
| Tofu (<i>adds 140-160 cal</i>) | +4.00 |
| Chicken (<i>adds 190-210 cal</i>) | +5.00 |
| Fresh Seasonal Fruit | +6.00 |
| Salmon* (<i>adds 260 cal</i>) | +9.00 |
| 1 egg (<i>adds 109 cal</i>) | +1.90 |
| 2 slices of Organic Whole Grain Bread or Locally sourced Sourdough (<i>adds 140 cal</i>) | +2.25 |
| Hummus Smear (<i>adds 120 cal</i>) | +1.70 |
| Cauliflower Rice (<i>adds 40 cal</i>) | +3.00 |
| Sautéed Mushrooms | +1.15 |
| Sautéed Onions | +1.15 |
| Tater Tots | +3.95 |
| Hash Brown Patty | +4.25 |
| Chicken Sausage Links | +2.99 |

RESTORATIVE JUICES 12oz **7.25**

| |
|--|
| Apple Pizzaz <i>beet, fuji, cucumber, carrot, ginger</i> |
| Cell-ebriation <i>cucumber, celery, spinach, fuji, parsley</i> |
| Da-Bloat <i>kale, celery, cucumber, granny smith, lemon, ginger</i> |
| Lean & Green <i>cucumber, kale, granny smith celery, lemon</i> |
| Remedy <i>carrot, orange, ginger, cucumber, cayenne</i> |
| Immunity <i>Ginger, lemon, cucumber, red apple</i> |

HEALING THERAPY SHOTS **5.25**

Each 30ml (2oz) shot contains 100% pure raw organic juice. Our shots have been selected from fruit, vegetables and super-greens known for their unique nutritional, healing, therapeutic and medicinal properties. Each is shot packed with its own health benefits.

Ginger Tonic *ginger juice, lemon juice, honey, cayenne. Best shot for on the go when you're not feeling your best.*

Recovery *organic turmeric, ginger, grapefruit. Its earthy and grounding properties provide your body with healing. Hydrating and anti-inflammatory with healing and immunity benefits.*

Dynamic *wheat-grass delivers oxygen and other nutrients to the body's cells and balances pH levels, the perfect reset for your body.*

Liquid Energy *100% Organic Premium Grade Guarana with fresh-pressed apple juice, this shot is ideal for weight loss, enhancing athletic performance, as a stimulant, and reducing mental and physical fatigue.*

Beetroot *If you like beetroot, you will love this shot. Each shot contains 100% raw organic beetroot juice. Beetroot, known as the 'blood builder', helps boost oxygen in the blood to provide the body with increased energy, stamina, and agility*

Don't forget to check out our Deli cases for new specials and seasonal offerings