



CLEAN OILS ONLY
AVOCADO, OLIVE, & COCONUT
TO AVOID TOXICITY



gluten-free
strictly excludes wheat/grain proteins



gluten-free available
can be made accordingly



vegan
strictly no animal products



vegan available
can be made accordingly



contains nuts
can contain tree nuts, peanuts, seeds



keto-friendly
low carb, no sugar, high fat, for ketosis

BONE BROTHS *Nature's Functional Medicine*

AVAILABLE IN 12 — OR — 32 OZ.

Organic Bone Broth 5 | 10 GF / KF
organic chicken | herbs + spices

Immunity 6 | 10 GF / KF
organic bone broth | ginger | star anise | lime

Stabilize 6 | 10 GF / KF
organic bone broth | apple cider vinegar | grass-fed butter

Brain Octane 6 | 10 GF / KF
organic bone broth | mct oil | grass-fed butter

ADD-ONS
ginger .50
tumeric .50
garlic .50
chicken 2
onions .50
jalapeño 1

ALL-DAY BREAKFAST

housemade keto avocado bun +2 | low carb keto bun +1

The Classic Egg Sammie 10 GFA / KF
two organic eggs | baker's bacon -or- house sausage
organic cheese | chive | dijon aioli | brioche

Mediterranean Sammie 11 GFA / KF
two organic eggs | herbed goat cheese | red onion
pickle | arugula | crispy potato | garlic aioli | brioche

Ultimate Sammie 12 GFA
two organic eggs | sausage patty | organic cheese
blueberry catsup | toum aioli | crispy potato | brioche

Paleo Protein Pancakes 12 GF
paleo spiced hotcakes | vanilla | keto protein | grass-fed
butter | maple syrup | paleo chocolate chip | cannoli cream

BOWLS

Keto Recharge Bowl 13 GF / KF
keto cacao pudding | goji berries | toasted coconut
blueberries | bee pollen | kiwi

Power Smoothie Bowl 14 GF / N
blueberry | banana | almond butter | blue spirulina
toasted coconut | keto chocolate collagen | almond milk
goji berries | bee pollen

Buddha Bowl 14 GF / VA / N
grilled chicken | white rice | brussel sprouts | thai peanut
sauce | smashed avocado | cucumbers | charred pineapple
pickled red onion | togarashi aioli | cilantro

Paleo Bowl 13 GF / VA / KF
choice of bacon -or- sausage | sunny egg* | crispy
sweet potato hash | onion | spinach | smashed avocado
goat cheese | togarashi aioli

LET FOOD
[AND DRINK]
BE THY MEDICINE

TOASTS

Avocado Toast 9 VA
sunnyside organic egg | smashed avocado | everything spice | s+p | chive

Amalfi Toast 11 VA
fresh mozz | balsamic reduction | tomato | basil | evoo | maldon flaked salt

BURGERS

housemade keto avocado bun +2 | low carb keto bun +1

served with fries

Grass-Fed Smashburger 16 GFA
two grass-fed smash patties | organic cheese | pickled red onion | toum aioli | pickle | blueberry catsup | brioche

Organic Veggieburger 16 GFA / VA / N
house veggie patty | organic cheese | lettuce blend | tomato | pickle | toum aioli | blueberry catsup | brioche

SALADS

sub: grass-fed beef patty -or- veggieburger patty +4

The Green Goat 14 GF / VA / KF
arugula | organic chicken | bacon | avocado | dates | farm cheese | pepita | fermented miso vin | lemon + avo oil

Organic Harvest 14 GF
spinach blend | organic chicken | strawberries | cucumbers | avocado | apple | charred pineapple | red onion | farm cheese | strawberry vin

FLATBREADS

Supreme 12
house dough | fresh mozz | basil | charred heirloom tomato | arugula | bacon | shaved parm | balsamic reduction | basil pesto

Traditional 11
house dough | shredded mozz | fresh mozz | basil | charred heirloom tomato | shaved parm | balsamic

SIDES

G.O.A.T. Fries 7 GF za'atar • toum aioli • blueberry catsup | **Side Salad** 5 | **Side of Rice** 4

Bacon 5 | **Sausage** 5 | **Chicken** 4 | **Burger** 7 | **Two Eggs*** 5 | **Avocado + Tomato** 5 | **Fresh Fruit** 4

ZERO-TOXIN CAFÉ

BULLETPROOF BEVS

Nature's Adderall Cold Brew 5

Zero-Toxin Organic Coffee / Espresso 3

Latte / Cappuccino 5

espresso | milk

Mocha 6

espresso | steamed milk | keto sweet mocha

Iced Salted Coconut Caramel Latte 6

salted coconut sugar | caramel | espresso | whole milk

Honey Bun Latte 6

espresso | honey | cinnamon | oat milk

Cognition 6

zero-toxin organic coffee | maca | mct oil | keto sweet vanilla syrup

Memory 5

organic matcha | oat milk | ginko biloba | keto sweet vanilla syrup

Focus 6

zero-toxin organic coffee | chaga | almond milk

Organic Teas 4

green | black | hibiscus | chai | peppermint

World's Healthiest Milks

hartzler's whole milk | vanilla almond milk 1 | vanilla oat milk 1

Signature Keto Syrups 1

sweet vanilla | sweet mocha | sweet chai | lavender | raspberry

Bulletproof Coffee 5

zero-toxin organic coffee | grass-fed butter | mct oil

Clarity [bulletproof] 6

zero-toxin organic coffee | mct oil | cinnamon grass-fed butter

Golden Milk [bulletproof] 6

milk | grass-fed butter | mct oil | turmeric cinnamon | honey

SEASONAL FAVORITES

White Mint Matcha Mocha 6

matcha | white chocolate | peppermint | hartzler's milk

Keto Peppermint Mocha 6

organic espresso | keto peppermint mocha | hartzler's milk

Gingerbread Latte 5

organic espresso | gingerbread coconut sugar | hartzler's milk

Keto Peppermint Mocha Bulletproof 6

coffee | keto peppermint mocha | grass fed butter | mct oil

Ube Euphoria Crackle 12

ube | kava | vanilla allulose | oat milk | milk chocolate shell

****MUST BE 21 TO ORDER****

Salted Coconut Crackle Latte 8

salted coconut sugar | espresso | whole hartzler's milk

ORGANIC REFRESHERS

Hibiscus Limeade 5

hibiscus cinnamon allulose | lime juice | water

Keto Lavender Lemonade 5

butterfly pea tea | lavender | trace minerals | lemon | allulose

ORGANIC SMOOTHIES

Power 10

blueberry | banana | almond butter | blue spirulina | allulose | keto chocolate collagen | cinnamon | vanilla | almond milk

Wake 10

cold brew coffee | keto chocolate collagen | avocado | almond butter date | lucuma | lion's mane | almond milk

Health 9

apple | banana | spinach | cucumber | ginger | avocado | mct oil | almond milk

Fuel 9

mango | banana | turmeric | greek yogurt | almond milk | citrus aminos | orange juice | green tea

Berry Berry 10

strawberry | dragon fruit | avocado | cucumber | mct oil | berry aminos | coconut | almond milk | lemon juice

FUNCTIONAL ADD-ONS

Feel Free 6

Feel-good kava tonic | known to help with relaxation, productivity, and focus. 21+

Alpha GPC 3

boosts neurotransmitters | boosts energy + growth hormones

Ashwagandha 2

stress+anxiety relief | improved strength +recovery

Colostrum 3

powerful immunity boosting

Creatine 3

energizing | atp boosting | cellular + muscle growth

Ginko Biloba 2

brain boosting | improved cognitive function + mental clarity

Guarana 2

high-energy stimulant | boost mental clarity | stable energy

Keto Chocolate Collagen 2

joint+skin rejuvenation | increase bone density

Keto Vanilla Collagen 2

joint+skin rejuvenation | reduces blood pressure

Lion's Mane 2

reduces recovery | heart health | antioxidant | blood sugar stabilizer

Maca Powder 1

improved libido | energy boosting | increased endurance + mood

Matcha Powder 1

powerful antioxidant | free radical reduction + cellular repair

MCT Oil 1

keto brain booster | high omega 3's healthy fat

ORGANIC WINES

CLEAN COCKTAILS

AntiOxidant Punch 12

ketel one peach botanical | honey simple | lime juice | cranberry-berry alkaline sparkling h2o | dragon fruit maqui

Sugar-Free Spicy Margarita 13

altos tequila | grand marnier | lime juice | jalapeno lime alkaline seltzer | tajin rim

Basil Floral Mojito 13

selvarey rum | st. germaine | honey simple | lime+lemon | basil

Green Goat Espresso Martini 13

absolut vanilla | kahlua | keto mocha syrup | cold brew | oat milk

Keto Organic Watermelon Seltzer 8

tito's | watermelon alkaline sparkling water | st. germaine | lime

Keto Organic Coconut-Lime Seltzer 8

titos | coconut lime alkaline sparkling water lime | honey simple

La Marca Prosecco 13

Idle Wild Red Blend 13

Gordo Cabernet 14

Yalumba House Red - Shiraz 8

Hahn Pinot Noir 16

Stella Pinot Noir 9

Canyon Road Pinot Noir 15

Cloudine Pinot Noir 15

Monte Rio Sauvignon Blanc 13

Villa Puccin Pinot Grigio 13

Deux Roches Bourgogne Chardonnay 13

**BEER
+SELTZERS**

Miller Lite 5

Bud Light 5

**White Claw
Black Cherry** 7

**GREEN
GOAT**

CAFE BAR