



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

GF

gluten-free

strictly excludes wheat/grain proteins

GFA

gluten-free available

can be made accordingly

V

vegan

strictly no animal products

VA

vegan available

can be made accordingly

N

contains nuts

can contain tree nuts, peanuts, seeds

KF

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

turmeric .50

garlic .50

chicken 2

onions .50

jalapeño 1

ALL-DAY BREAKFAST

housemade keto avocado bun + 2

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 | coconut flakes
blueberries | bee pollen | kiwi

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

Buddha Bowl 15 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 14 GF / VA / KF
choice of bacon -or- sausage | sunny egg* | crispy
sweet potato hash | onion | spinach | smashed avocado
goat cheese | chive | 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

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 | pickled red onion | 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 14
house dough | fresh mozz | basil | charred heirloom tomato | arugula | bacon | shaved parm | balsamic reduction | basil pesto

Traditional 13
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** 6 | **Burger** 7 | **Two Eggs*** 5 | **Avocado + Tomato** 5 | **Fresh Fruit** 5

Please note, while we take precautions to avoid cross-contact, Green Goat is not a nut or gluten-free kitchen.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. items with asterisk contain raw or undercooked ingredients.

ZERO-TOXIN CAFÉ

Nature’s Adderall Cold Brew 5

Zero-Toxin Organic Coffee / Espresso 3

Latte / Cappucino 5
espresso | milk

Mocha 6
espresso | steamed milk | keto sweet mocha

Iced Coconut Americano 7
organic espresso | organic coconut water

Iced Salted Coconut Caramel Latte 6
salted coconut sugar | caramel | espresso | whole milk

Iced Keto Vanilla Protein Latte 8
espresso | grass-fed protein | local, pasture-raised milk

Honey Bun Latte 6
espresso | honey | cinnamon | whole milk

Iced Strawberry Matcha Latte 6
organic ceremonial matcha | strawberry allulose | whole milk

Iced Keto Vanilla Protein Matcha 8
grass-fed protein | local, pasture-raised milk

Iced Blue Coconut Matcha 7
organic matcha | organic coconut water | organic blue spirulina

Cognition 6
zero-toxin organic coffee | maca | mct oil | keto sweet vanilla syrup

Focus 6
zero-toxin organic coffee | chaga | almond milk

Organic Teas 4
white peach blossom | wild thai green | english breakfast
lavender mint | ginger turmeric

Memory 5
organic matcha | oat milk | ginko biloba | keto sweet vanilla syrup

BULLETPROOF BEVS

Protein Bulletproof Coffee 7
grass-fed chocolate protein | mct oil | cinnamon
nutmeg | grass-fed butter

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

World’s Healthiest Milks

hartzler’s whole milk | vanilla almond milk 1 | joi oat milk 1

Signature Keto Syrups 1

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

Keto Lavender Lemonade 5

butterfly pea tea | lavender trace minerals | lemon | allulose

Spirulina Reviver 8

organic blue spirulina | organic coconut water | organic lime

ORGANIC REFRESHERS

Hibiscus Limeade 5
hibiscus cinnamon allulose | lime juice | water

Chlorophyll Vitality 8
organic chlorophyll | RO water | organic ginger | organic lemon

ORGANIC SMOOTHIES

Longevity 14 N
coconut | blueberries | banana | raw cashew butter | colostrum
creatine | cinnamon | vanilla bean | keto chocolate collagen
coconut cream

Strawberry Skin Renewal 13
strawberries | bananas | coconut cream | honey | chia seeds
avocado | irish sea moss | creatine | dates | hyaluronic acid
pitaya powder | collagen creamer

Fuel 11
mango | banana | turmeric | greek yogurt | coconut flakes
almond milk | citrus aminos | orange juice | green tea

Being Brigid 2.0 12 N

cucumber | mint | pineapple | green apple | perfect aminos
spinach | coconut cream | ginger | avocado matcha | keto vanilla
collagen | raw cashew butter | chia seeds | maca | flax seed
mesquite | green spirulina

Keto Protein Powerhouse 2.0 12

avocado | peanut butter | mct oil | collagen | bhb ketones
cacao | chia | hemp

Matcha Glow 11

organic ceremonial matcha | organic banana | irish sea moss
grass-fed vanilla protein | local, pasture-raised milk | coconut glaze
pitaya powder | spirulina | mct oil

FUNCTIONAL ADD-ONS

Alpha GPC 3
boosts neurotransmitters | boosts energy + growth hormones

Ashwagandha 2
stress+anxiety relief | improved strength +recovery

Kion Colostrum 3
powerful immunity boosting

Kion 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
improved cognitive function | 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

CLEAN COCKTAILS

Skinny Margarita 13
cazadores blanco | allulose | pink salt | lime
add-ons [+1]: make it spicy | strawberry | cadillac [grand mariner]

Espresso Martini 13
ketel one vodka | espresso | cold brew | tiramisu liquer

Not Your Average Spritz 14
aperol | strawberry | allulose | prosecco

Mimosas 13
orange | cranberry | watermelon

ORGANIC WINES

Hess Shirtail Chardonnay 12

Hahn Pinot Noir 16

BEER + SELTZERS

Miller lite 5

Bud Light 5

White Claw Black Cherry 7

GREEN
GOAT
CAFE BAR