

## Beverages

### Berry Banana Smoothie

(gluten-free)

berries and banana in a base of apple juice \$5.95  
in a base of homemade nut milk \$6.95 (raw & gluten-free)

### Smoothie/ Juice Add Ins

(raw & gluten-free)

maca \$1  
acai berry \$1  
hemp protein \$1  
blue green algae \$1  
homemade nut butter \$1  
he shou wu (kidney & liver tonic) \$1  
flax meal (omega fatty acids) \$1

### Green Juice

(raw & gluten-free)

kale, collards, cucumber, lemon, dates, and ginger  
in a base of filtered water base \$5.95  
in a base of apple juice base \$6.95

### Elixirs of the Day

(gluten-free)

"Bloom Soda" - herbal tonics of the day \$4.95

### Coconut Water

(raw & gluten-free, conventional)

young thai coconut \$4.95

### Coconut Shake

(raw & gluten-free, conventional coconut)

young Thai coconut water, coconut meat, cinnamon,  
ginger, and date \$6.95

### Milk Shake

(gluten-free)

choice of chocolate, vanilla, coconut or  
banana milkshake \$5.95  
raw milk shake with homemade nut milk and homemade  
banana ice cream with dates and cinnamon \$6.95

### Lemon Chlorophyll Refresher

(raw & gluten-free)

lemon juice and chlorophyll  
in a base of sparkling or flat filtered water \$2.95

### Mineral Water

(raw & gluten-free)

87 trace minerals in a base of  
sparkling or flat filtered water \$2.95

### Homemade Milk

(raw & gluten-free)

the days fresh nut milks \$3.95 small \$5.95 tall

### Juice of the day

ask for available juices \$2.95 small \$4.95 tall

### Tea

**herbal (non-caffeinated)** - 4 berry rooibos,  
calm and content, immune support,  
new day, fix me up, mint green,

**black (caffeinated)** - nekkid midnight,  
masala chai, orange spice, earl grey \$2.50  
add home-made milk of the day \$5.00

### Coffee

organic, fair trade, and shade grown \$2

## Appetizers

### Pesto Pizza

(raw & gluten-free)

6" pizza with veggies, sunflower seed cheese, and  
pesto sauce on a seeded crust \$8.95

### Garden Marinara Pizza

(raw & gluten-free)

6" pizza with veggies, sunflower seed cheese, and  
marinara sauce on a seeded crust \$8.95

### Nachos

(gluten-free)

nacho chips topped with cashew cheese,  
spicy rice and lentils, avocado, and salsa \$11.95

### Hummus Plate

(gluten-free)

hummus with carrots and cucumbers \$7.95  
add flax crackers \$2  
add bread \$2

### Bruschetta

8 pieces of bruschetta with Superfood dressing,  
tomato, and pesto or basil \$5.95

## Soups & Salads

**Salad dressings: Superfood Vinaigrette,  
Creamy Ranch, Balsamic Vinaigrette,  
and Cucumber Dill**

### Soup of the day

(gluten-free)

ask what the soup du jour is \$5.95/ \$7.95  
add bread \$2

### Superfood Salad

(raw & gluten-free)

kale, collard, chard, mixed greens, cabbage,  
and carrots with the superfood dressing \$6.95/ \$8.95

### Spring Greens Salad

(raw & gluten-free)

mixed greens, walnuts, and red cabbage  
with your choice of dressing \$6.95/ \$8.95

### Rainbow Salad

(raw & gluten-free)

mixed greens and an array of colorful vegetables  
with your choice of dressing \$6.95/ \$8.95

### Yam & Sweet Potato Salad

(gluten-free)

yams and sweet potatoes with a mix of  
fresh vegetables, raisins, and pecans \$4.95/ \$6.95

### Seaweed Salad

(raw & gluten-free)

a mix of seaweeds in a sesame vinaigrette \$4.95/ \$6.95

### Cole Slaw

(raw & gluten-free)

red and white cabbage in a light vinaigrette \$4.95/ 6.95

## Burgers

(All burgers are served grilled and on a spelt bun)

### Bloom Burger

(raw & gluten-free option)

a walnut veggie patty with lettuce, tomato, cucumber,  
and avocado topped with a creamy ranch sauce \$8.95  
with soup or salad \$11.95  
on a raw, gluten free bun add \$1

### Sunflower Cheese Burger

(raw & gluten-free option)

a sunflower seed veggie patty with lettuce, tomato,  
cucumber, and avocado topped with cashew cheese  
and your choice of dressing \$8.95  
with soup or salad \$11.95  
on a raw, gluten free bun add \$1

### Sea Veggie Burger

(raw & gluten-free option)

a sea veggie patty with lettuce, tomato, cucumber,  
and avocado, topped with a cucumber dill sauce \$8.95  
with soup or salad \$11.95  
on a raw, gluten free bun add \$1

## Burritos & Wraps

### Southwest Burrito

(gluten-free option - conventional, contains honey)  
spicy rice & lentils, cashew cheese, avocado, tomato,  
and bell peppers on a sprouted multi-grain  
tortilla with creamy ranch or cucumber dill sauce \$7.95  
with soup or salad \$10.95  
gluten-free wrap add \$1

### Quinoa Burrito

(gluten-free option - conventional, contains honey)  
curry dill quinoa, cashew cheese, tomato, avocado,  
and bell peppers on a sprouted multi-grain  
tortilla with cucumber dill sauce \$7.95  
with soup or salad \$10.95  
gluten-free wrap add \$1

### Bloom Burrito

(gluten-free option - conventional, contains honey)  
curry dill quinoa, cashew cheese, tomato, avocado,  
bell peppers, and superfood salad  
on a sprouted multi-grain tortilla  
with cucumber dill sauce \$8.95  
with soup or salad \$11.95  
gluten-free wrap add \$1

### Sunflower Nori Wrap

(raw & gluten-free)

sunflower seed paté, avocado and superfood salad  
wrapped in nori \$6.95/ \$9.95  
with soup or salad \$12.95

### Collard Wrap

(raw & gluten-free)

a collard leaf with pumpkin seed, parsley paté,  
avocado, and the superfood salad inside \$6.95/ \$9.95  
with soup or salad \$12.95

## Pasta

### Marinara Pasta and Meatballs

(raw & gluten-free)

zucchini pasta marinara with walnut meatballs \$11.95

### Pasta Alfredo

(raw & gluten-free)

zucchini pasta smothered in an alfredo sauce  
with broccoli, cauliflower, and mushrooms \$11.95

## Bowls

### Quinoa Bowl

(gluten-free)

curry dill spiced quinoa \$4.95/ \$6.95  
add avocado \$1

### Salad Quinoa Bowl

(gluten-free)

superfood salad on a bed of curry dill quinoa \$9.95  
add avocado \$1

### Cajun Bowl

(gluten-free)

cajun spiced brown rice and lentils \$4.95/ \$6.95  
add avocado \$1

### Salad Cajun Bowl

(gluten-free)

superfood salad on top of cajun-spiced  
brown rice and lentils \$9.95  
add avocado \$1

## Combos & More

### Soup & Salad

(gluten-free)

soup of the day and your choice of salad \$9.95

### Soup Salad Hummus Plate

(gluten-free)

soup of the day, superfood salad,  
and hummus plate \$14.95  
add bread \$2

### 3 Salad Sampler

choice of any 3 salads \$9.95

### Nut Butter & Jam Sandwich

(raw & gluten-free options)

home-made nut butter and date sweetened jam  
on fresh bread \$5.95  
gluten free add \$1

### Grilled Cheese with Tomato

(raw & gluten-free options)

tomatoes smothered in cashew cheese  
on fresh bread \$5.95  
gluten free add \$1

## Dessert

### Pie of the Day

(raw & gluten-free)

organic raw pie \$5.95

### Cheesecake of the Day

(raw & gluten-free)

organic raw cheesecake \$5.95

### Mousse of the Day

(raw & gluten-free)

organic raw mousse \$5.95

### Banana Ice Cream

(raw and gluten-free)

Bloom's home-made raw banana Ice cream  
3 scoops \$4.95 /5 scoops \$6.95

### Coconut Ice Cream

(gluten-free)

chocolate, vanilla, and/or plain coconut  
3 scoops \$4.95 /5 scoops \$6.95

### Banana Split Sundae

(raw & gluten-free)

banana, nut butter, chocolate sauce,  
granola, and whip cream \$6.95

### Fruit Bowl

(raw & gluten-free)

fresh fruit with dates and nuts \$6.95

## Beer & Wine

### Table Red \$5

### Cabernet Sauvignon \$7

### Syrah \$7

### Pinot Noir \$7

### Chardonnay \$7

### Sauvignon Blanc \$7

### Amber Ale \$4

### India Pale Ale \$4

### Golden Ale \$5

### Porter \$4

### Seasonal Ale (gluten-free) \$5

### Irish Lager 22 oz \$8

### Stout 22 oz \$8