

# ALL DAY BREAKFAST

SERVED WITH HERB ROASTED VEGETABLES AND HOUSE SALAD

<b>AVOCADO EGG NEST</b> WHOLE AVOCADO SHELL, CAGE FREE POACHED EGG, SMOKED EGGPLANT SAUCE, SEED MIX	9.95
<b>EGG IN A BASKET SANDWICH</b> CHOICE OF TOAST OR BAGEL, CAGE FREE EGG, BRIE CHEESE, CILANTRO SAUCE	8.95
<b>BREAKFAST ON THE GO</b> 2 CAGE FREE EGGS SERVED WITH AVOCADO, TOAST, BUTTER AND JAM - ADD BACON \$1.50	8.95
<b>BUILD YOUR OWN OMELETTE</b> PICK ANY THREE TOPPINGS, CHOICE OF: HAM, MOZZARELLA, MUSHROOMS, SPINACH, PEPPERS, ONIONS, TOMATO, BACON	8.95
<b>SALMON BENEDICT</b> MULTIGRAIN TOAST, SMOKED SALMON, CAGE FREE POACHED EGG, CILANTRO SAUCE, HOLLANDAISE SAUCE	12.95
<b>AVOCADO TOAST</b> MULTIGRAIN TOAST, CREAM CHEESE, AVOCADO, SEED MIX - ADD CAGE FREE EGG \$1.5 - ADD SMOKED SALMON \$4.95	8.95
<b>BAGEL CREAM CHEESE</b> - ADD AVOCADO \$1.50 - ADD SMOKED SALMON \$5.95	2.95

# BOWLS BAR

<b>AÇAI BOWL</b> ✓ BLENDED ORGANIC AÇAI, BANANA AND STRAWBERRY + GRANOLA TOPPING, BANANA, STRAWBERRIES AND COCONUT FLAKES	11.95
<b>BALI VEGAN BOWL</b> ✓ BLUEBERRY, SPIRULINA, BANANA AND COCONUT MILK MIX + BLUEBERRY TOPPING AND COCONUT FLAKES	11.50
<b>ENERGY AÇAI BOWL</b> ✓ BLENDED ORGANIC AÇAI, BANANA AND MACA + OATMEAL TOPPING, BLUEBERRIES, BANANA AND COCONUT FLAKES	11.95
<b>PEANUT BOWL</b> ✓ BANANA, PEANUT BUTTER AND ALMOND MILK MIX + GRANOLA TOPPING AND BLUEBERRIES	11.50
<b>URBAN BOWL</b> NATURAL YOGURT, GRANOLA AND SEASONAL FRUIT	6.95
<b>FRUIT BOWL</b> ✓ SEASONAL FRESH FRUIT MIX	5.95

# EVERYDAY LUNCH

YOUR CHOICE OF WHITE, WHOLE WHEAT, RYE, FRENCH BAGUETTE OR WRAP STYLE

<b>AVOCADO FLUTE</b> AVOCADO, STRACCIATELLA, TOMATO, PESTO	11.95
<b>CLASSICALLY GREAT</b> HAM, STRACCIATELLA, TOMATO, PESTO	10.95

<b>HARPER'S SANDWICH</b> SIGNATURE TUNA MOUSSE, MOZZARELLA, GREEN ONION, TOMATO, LETTUCE, BELL PEPPER	11.95
<b>HUMMUS CIRCLE</b> HUMMUS, FALAFELS, LETTUCE, BEET, CUCUMBER, OLIVES	9.95
<b>CLUB</b> HAM, BRIE, BACON, LETTUCE, TOMATO, MAYONNAISE	9.95
<b>FISH FLY</b> SMOKED SALMON, CREAM CHEESE, SPINACH, AVOCADO, PESTO	13.95
<b>VEGAN BURGERS</b> A. LENTIL - B. BEET & BEANS - C. MEATLESS, PLANT BASED (\$1.95) SERVED WITH SPROUTS, TOMATOES, AVOCADO, SMOKED EGGPLANT SAUCE	13.95

# SALADS

ADD QUINOA \$1.50

<b>THE FOLKS</b> CRISPY KALE, TOMATO, AVOCADO, RED ONIONS, CHICK PEAS, CRISPY PARMESAN CHEESE, CUCUMBER, OLIVES SERVED WITH CITRUS VINAIGRETTE	8.95
<b>KALE CAESAR</b> KALE, ROMAINE LETTUCE, CRISPY PARMESAN, CROUTONS, CAESAR DRESSING	7.95
<b>CAPRESE RAINBOW</b> FRESH STRACCIATELLA, BASIL, TOMATO, BALSAMIC REDUCTION	10.95
<b>BRIE &amp; PEAR</b> MIXED GREENS, CHAR-GRILLED PEARS, CANDIED WALNUTS, BRIE CHEESE, CITRUS VINAIGRETTE	9.95
<b>CHOOSE YOUR PROTEIN</b>	
<b>ROASTED SALMON</b>	5.95
<b>SMOKED SALMON</b>	5.95
<b>TUNA SALAD</b>	4.95
<b>ALL NATURAL CHICKEN</b>	4.95
<b>PROSCIUTTO</b>	3.95

# CREPERIE

<b>SAVORY</b>	
1. BRIE, MUSHROOMS, SPINACH	8.95
2. MOZZARELLA, TOMATO, BASIL	8.95
3. CHICKEN, MUIENSTER, SPINACH, TOMATO	8.95
<b>SWEET</b>	
4. NUTELLA, BANANA, STRAWBERRY	7.95

CONSUMING RAW OR UNDERCOOKED MEATS. SEAFOOD, POULTRY, SHELLFISH OR EGGS, GREATLY INCREASES THE RISK OF FOODBORNE ILLNESS ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

<b>ORGANIC COFFEE</b>	10oz	12oz	16oz
ORDER THEM WITH YOUR FAVORITE ALTERNATIVE MILK ✓ + \$0.5 (OAT / ALMOND / SOY / COCONUT)			
<b>ORGANIC ESPRESSO</b> DOUBLE SHOT OF LOCALLY ROASTED ORGANIC ESPRESSO (2 OZ.)	2.95		
<b>MACCHIATO</b> DOUBLE SHOT OF ESPRESSO TOPPED WITH STEAMED MILK (3 OZ.)	3.50		
<b>CORTADO</b> 2 OZ. ESPRESSO PLUS 2 OZ. TEXTURED MILK (4 OZ.)	3.50		
<b>AMERICANO</b> ORGANIC ESPRESSO WITH HOT WATER	3.75		
<b>LATTE</b> ORGANIC ESPRESSO WITH TEXTURED MILK AT 150 ° F	3.95	4.50	5.50
<b>CAPPUCCINO</b> DOUBLE SHOT OF ESPRESSO WITH LAYER OF FROTHED MILK	3.95		
<b>FLAT WHITE</b> DOUBLE SHOT OF ESPRESSO WITH TEXTURED MILK AND THIN LAYER OF MICRO-FOAM	3.95		
<b>MOCHA</b> ESPRESSO, FROTHED MILK AND CHOCOLATE	4.75	6.00	
<b>FILTER COFFEE / READY BREW</b> ORGANIC, LOCALLY ROASTED FILTER COFFEE	3.75	4.25	

<b>COLD BEVERAGES</b>	12oz	16oz
<b>COLD BREW</b> COLD BREWED LOCALLY ROASTED, ORGANIC COFFEE OVER ICE	4.00	4.50
<b>ICED LATTE / MOCHA</b> ESPRESSO AND COLD MILK OVER ICE	4.25	4.75
<b>COLD GINGER BLACK</b> ESPRESSO SHOTS, LEMON, GINGER AND ORANGE	4.50	4.95

<b>PROTEIN SHAKES</b>	24oz
ORDER THEM WITH YOUR FAVORITE ALTERNATIVE MILK ✓ + \$0.95 (OAT / ALMOND / SOY / COCONUT)	
<b>COCONUT FITNESS</b> ✓ 2 SCOOPS VAINILLA VEGAN PROTEIN, COCONUT MILK AND COCONUT FLAKES	12.95
<b>PROTEIN VEGAN POWER</b> ✓ 2 SCOOPS ORGANIC VEGAN PROTEIN, BANANA, BLUEBERRIES, DRIED PLUMS AND COCONUT MILK	12.95
<b>PEANUT POWER</b> 2 SCOOPS VAINILLA VEGAN PROTEIN, PEANUT BUTTER AND MILK	12.95
<b>CHOCOLATE ALMOND</b> ✓ 2 SCOOPS CHOCOLATE VEGAN PROTEIN, BANANA AND ALMOND MILK	12.95
<b>RECOVERY SHAKE</b> 2 SCOOPS VAINILLA VEGAN PROTEIN, BANANA, STRAWBERRY AND MILK	12.95

<b>HEALTHY JUICES</b>	12oz	16oz
<b>BE BALANCED: NUTRITIOUS AND REFRESHING.</b>		
<b>STAND UP</b> BANANA, STRAWBERRY AND ORANGE	6.95	8.50
<b>STORM SHIELD</b> MANGO, PINEAPPLE AND ORANGE	6.95	8.50
<b>PASSION JUICE</b> GINGER, PASSION FRUIT AND APPLE	6.95	8.50
<b>TROPICAL</b> PINEAPPLE, STRAWBERRY AND ORANGE	6.95	8.50
<b>BLADDER MASTER</b> PINEAPPLE, PASSION FRUIT AND APPLE	6.95	8.50
<b>WAKE ME UP</b> BANANA, STRAWBERRY AND APPLE	6.95	8.50
<b>HAWAIIAN PARTY</b> PASSION FRUIT, PINEAPPLE, MANGO, LEMON AND ORANGE	6.95	8.50

<b>INMUNE JUICES</b>	12oz	16oz
<b>FIREWALL</b> KALE, ORANGE, LEMON AND APPLE	6.95	8.50
<b>KURKUME</b> ORANGE, CARROT AND TURMERIC	6.95	8.50
<b>GOOGLER</b> PINEAPPLE, GINGER, LEMON AND APPLE	6.95	8.50
<b>TOMATO OPERA</b> TOMATO, LEMON, ALOE VERA, GOJI BERRIES AND ORANGE	6.95	8.50

<b>DETOX JUICES</b>	12oz	16oz
<b>BE CLEAN: ALKALIZING, PURIFYING, LIGHT.</b>		
<b>DETOX</b> PINEAPPLE, SPINACH AND APPLE	6.95	8.50
<b>CHIA BOOST</b> KALE, MINT, PINEAPPLE, SPINACH, CHIA AND ORANGE	6.95	8.50
<b>BEET ME UP</b> LEMON, BEET, SPINACH, CELERY AND APPLE	6.95	8.50
<b>MACA REMASTER</b> BEET, APPLE, CARROT, GINGER AND MACA	6.95	8.50
<b>BALANCE</b> TURMERIC, PINEAPPLE, CARROT, CELERY AND APPLE	6.95	8.50
<b>KALE OBSESSION</b> KALE, LEMON, PINEAPPLE, GINGER AND APPLE	6.95	8.50
<b>VITAMIN C</b> KIWI, PINEAPPLE, TURMERIC, GOJI BERRIES AND ORANGE	6.95	8.50

<b>PROTEIN FRAPUCHINO</b> 2 SCOOPS CHOCOLATE VEGAN PROTEIN, COFFEE, MILK ND CINNAMON (OPTIONAL)	12.95
<b>WILD BERRY</b> 2 SCOOPS VAINILLA VEGAN PROTEIN, STRAWBERRIES, BLUEBERRIES AND MILK	12.95

<b>SMOOTHIES</b>	12oz	16oz
ORDER THEM WITH YOUR FAVORITE ALTERNATIVE MILK ✓ + \$0.95 (OAT / ALMOND / SOY / COCONUT)		
<b>COOL IT NOW</b> MINT, BANANA, MILK AND VANILLA	6.50	8.00
<b>BANANA DATE</b> ✓ BANANA, COCONUT MILK AND VAINILLA	6.95	8.50
<b>ENERGY SMOOTHIE</b> STRAWBERRY, BANANA, MILK AND VANILLA	6.50	8.00
<b>VEGAN POWER</b> ✓ BANANA, BLUEBERRIES, DRIED PLUMS AND COCONUT MILK	6.95	8.50
<b>AGUACATE SMOOTHIE</b> AVOCADO, BANANA, MILK AND VANILLA	6.95	8.50
<b>AÇAI SHAKE</b> ORGANIC AÇAI, STRAWBERRIES, BANANA, OATS AND MILK	7.95	9.50
<b>MACA LOVERS</b> ✓ STRAWBERRY, BLUE, MACA, ALMOND M. AND DRIED PLUMS	7.95	9.50

<b>HOT BEVERAGES</b>	10oz	12oz
<b>GOLDEN MILK</b> TURMERIC, CINNAMON AND MILK	4.00	4.50
<b>MACA MOCCA</b> MILK, CHOCOLATE SYRUP, VANILLA AND ANDEAN MACA	4.00	4.50
<b>MATCHA LATTE</b> MATCHA GREEN TEA AND STEAMED MILK	4.50	5.25



# HERE WE MAKE FRUIT SEXY



<b>BEAUTY JUICES</b>	12oz	16oz
<b>BE ATTRACTIVE: NATURAL ANTIOXIDANTS.</b>		
<b>KINGDOM JUICE</b> PEAR, CARROT, ORANGE, LEMON AND GINGER	7.95	9.50
<b>C-SHOT</b> CARROT, PINEAPPLE, ORANGE AND APPLE	7.95	9.50
<b>REFURBISH</b> BEET, CARROT, LEMON AND APPLE	7.95	9.50
<b>BERRY FEST</b> BLUEBERRY, STRAWBERRY, AÇAI AND ORANGE	7.95	9.50
<b>ANTI AGE</b> CUCUMBER, CELERY, GINGER, LEMON AND APPLE	7.95	9.50
<b>FIT</b> ORGANIC ACAI, STRAWBERRY, BANANA AND ORANGE	7.95	9.50

<b>LEMONADES</b>	12oz	16oz
<b>COCONUT LEMONADE</b>	5.95	6.95
<b>PASSION FRUIT LEMONADE</b>	5.95	6.95
<b>CUCUMBER LEMONADE</b>	5.95	6.95
<b>MENTAL LEMON</b> MINT AND GINGER LEMONADE	5.95	6.95
<b>LEMON KALE</b> KALE, MINT AND GINGER LEMONADE	5.95	6.95
<b>MATCHA LEMONADE</b>	5.95	6.95

<b>POWER SHOTS</b>	
<b>GINGER SHOT</b> GINGER AND LEMON	4.25
<b>TUMERIC SHOT</b> TUMERIC, LEMON AND APPLE	4.25

# HARPER JUICE

ORGANIC COFFEE & CRAFTED FOOD