

Beverages

Berry Banana Smoothie

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 \$2
Acai Berry \$2
hemp protein \$1
blue green algae \$1
homemade nut butter \$2
He Shou Wu (kidney & liver tonic) \$2
flax meal (omega fatty acids) \$1



Green Juice (raw & gluten-free)

kale, collards, cucumber, lemon, dates, and ginger
in a base of alkalized 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)

young thai coconut \$4.95

Coconut Shake (raw & gluten-free)

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

Homemade Milk (raw & gluten-free)

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

Juice of the day (gluten-free)

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 \$.50

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 \$6.95

Garden Marinara Pizza (raw & gluten-free)

6" pizza with veggies, sunflower seed cheese, and marinara sauce
on a seeded crust \$6.95

Nachos (gluten-free)

nacho chips topped with cashew cheese, spicy rice and lentils,
avocado, and salsa \$10.95

Hummus Plate (gluten-free)

hummus with carrots and cucumbers \$9.95
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 dressing options: Superfood Vinaigrette, Balsamic Vinaigrette,
Creamy Ranch, and Cucumber Dill,)

Soup of the day (gluten-free)

home-made soup du jour \$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

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
with 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
raw, gluten-free 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
with raw, gluten-free bun add \$1



Burritos & Wraps

Southwest Burrito (gluten-free option)

spicy rice & lentils, cashew cheese, avocado, and
red 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)

curry dill quinoa, cashew cheese, avocado, and
red 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

Sunflower Nori Wrap (raw & gluten-free)

a nori shell with sunflower seed paté, avocado
and the superfood salad inside \$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 and mushrooms \$11.95

Combos

Soup & Salad (gluten-free)

soup of the day and your choice of salad \$10.95

Soup Salad Hummus Plate (gluten-free)

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

Salad Cajun Bowl (gluten-free)

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

Salad Quinoa Bowl (gluten-free)

superfood salad on top of a curry dill-spiced quinoa \$9.95

Bowls

Quinoa Bowl (gluten-free)

curry dill spiced quinoa \$4.95/ \$6.95

Cajun Bowl (gluten-free)

cajun spiced brown rice and lentils \$4.95/ \$6.95



Dessert

Truffle Brownies (raw & gluten-free)

cocoa or carob fudge brownies topped with caramel \$2.95

Pie of the Day (raw & gluten-free)

organic raw pie \$5.95

Cheesecake of the Day (raw & gluten-free)

organic raw cheesecake \$4.95

Mousse of the Day (raw & gluten-free)

organic raw mousse \$5.95

Home Made Banana Ice Cream (gluten-free)

Bloom's raw banana ice cream 3 scoops \$4.95 / 5 scoops \$6.95
add nuts \$1

Coconut Ice Cream (gluten-free)

chocolate, vanilla, and/or plain coconut, 3 scoops \$4.95 / 5 scoops \$6.95
add nuts \$1

Fruit Bowl (raw & gluten-free)

the day's fresh fruit with dates and nuts \$6.95

Wine

Table Red (no sulfites added)

California's Our Daily Red table wine \$5 glass / bottle \$18

Cabernet Sauvignon

Argentina's Pircas Negres \$7 glass / bottle \$24

Syrah

Argentina's Pircas Negres \$7 glass / bottle \$24

Pinot Noir

California's Girasole \$7 glass / bottle \$24

Chardonnay

Chile's Natura \$7 glass / bottle \$24

Sauvignon Blanc

Chile's Nuevo Mundo \$7 glass / bottle \$24



Beer

Amber Ale

Washington's Fish Tale \$4

India Pale Ale

Washington's Fish Tale \$4

Golden Ale

California's North Coast
Prankster (7.6%) (non-organic) \$5

Porter

Washington's Eel River \$4

Seasonal Ale (gluten-free)

Wisconsin's New Grist (non-organic) \$5

Irish Lager

Oregon's Rogue (22oz) (non-organic) \$8

Stout

Oregon's Rogue Shakespear stout (22oz) (non-organic) \$8