CLEAN + STRUCTURED WATER

no shortcuts. the only water we serve.

WHY STRUCTURED WATER?

Ultra-purified. Properly mineralized. Built to support hydration.

Reverse Osmosis Structured Water
choice of sparkling or still

Hydrogen Water • 4
Add H_2 tabs to RO structured water to reduce oxidative stress at the cellular level

Chlorophyll Vitality • 8 NEW! **DETOX | ANTI-INFLAMMATORY**
chlorophyll | RO water | ginger | lemon

Mountain Valley Natural Spring Water • 5
choice of sparkling or still

100% ORGANIC JUICES + REFRESHMENTS

REFRESHMENTS

Organic Iced Teas • 4 K | black or mango

Turmeric Lemonade • 4 K **ANTI-INFLAMMATORY | JOINT HEALTH**
w/ stevia | 0G added sugar

Hibiscus Limeade • 5 K **ANTIOXIDANTS | IMMUNE SUPPORT**
hibiscus | cinnamon | lime | allulose

Keto Lavender Lemonade • 5 K **CALM | MINERAL REPLENISHMENT**
butterfly pea tea | lavender | trace minerals | lemon | allulose

Spirulina Reviver • 8 NEW! **ELECTROLYTES | HYDRATION**
blue spirulina | coconut water | lime

SHOTS

Wheatgrass Shot • 4

Wellness Shot • 5 turmeric | ginger | lemon | cayenne

JUICES

our juices have not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly and persons with weakened immune systems.

Orange • 4 | Grapefruit • 4 | Pineapple • 4

THE CLEANEST COFFEE PERIOD.

OUR STANDARD:

- 100% ORGANIC
- LAB-TESTED
- MOLD + TOXIN FREE
- ELECTROLYTE-RICH
- REMINERALIZED

CONVENTIONAL COFFEE IS THE MOST CONTAMINATED CROP IN THE WORLD.

That's why our coffee is independently lab tested for all mycotoxins.

(mold + fungus)

USDA ORGANIC

please ask a manager for copies of any tests.

iso 9001:2008 certified
iso 17025 accredited

UPGRADE YOUR COFFEE

Vanilla Protein Cold Foam • 2 12 G

100% ORGANIC • INDEPENDENTLY LAB-TESTED

ZERO-TOXIN COFFEE

STAPLES

Nature's Adderall • 5 nitrogen-enriched cold brew on tap
Drip Coffee • 4 **Espresso • 4** double shot **Mocha • 5**

LATTES

Latte • 5 add vanilla or caramel +.75 HOT OR ICED

Iced Keto Vanilla Protein Latte • 8 26 G
espresso | grass-fed protein | local, pasture-raised milk

Iced Salted Coconut Caramel Latte • 6
unrefined coconut sugar | vanilla | local, pasture-raised milk

Honeybun Latte 2.0 • 6
honey | cinnamon | local, pasture-raised milk

Iced Coconut Americano • 7 NEW!
espresso | coconut water

Pumpkin Date Latte • 6 SEASONAL!
organic dates | organic pumpkin | unrefined coconut sugar
local pasture-raised milk

Salted Maple Vanilla Bean Latte • 6 SEASONAL!
organic maple | vanilla | local pasture-raised milk

Keto Pumpkin Spice Latte • 6 SEASONAL!
organic pumpkin | pumpkin spice allulose | local pasture-raised milk

BULLETPROOF

Protein Bulletproof Coffee • 7 13 G
grass-fed chocolate protein | MCT oil | cinnamon | nutmeg | grass-fed butter

Original Bulletproof Coffee • 5 K HOT OR ICED
MCT oil | grass-fed butter

Nootropic Coffee • 6 K
MCT oil | grass-fed butter | coconut milk | mint
focus-enhancing chocolate nootropic

Golden Turmeric • 6 N | K
MCT oil | grass-fed butter cinnamon | honey
local, pasture-raised milk

Keto Pumpkin Spice Bulletproof • 6 SEASONAL!
MCT oil | grass-fed butter | organic pumpkin spice

ORGANIC MATCHA + TEAS

Organic Matcha • 4 **Matcha Latte • 5**

Iced Keto Vanilla Protein Matcha • 8 26 G | VA
grass-fed protein | local, pasture-raised milk

Iced Blue Coconut Matcha • 7 NEW!
coconut water | blue spirulina

Iced Strawberry Matcha Latte • 6 0 G ADDED SUGAR
strawberry allulose | local, pasture-raised milk

Chai Latte • 6
organic chai | honey | local, pasture-raised milk

Organic Hot Teas • 4 ask server for selections.

MILK

Hartzler

Local, Pasture-Raised Whole Milk

JOI Oat Milk +1.50 V

Mooala Almond Milk +1.50 N | V

Keto Coconut Milk +1 V | K

PREMIUM INGREDIENTS.

we pay 150% more to ensure our milks are made with real ingredients free of emulsifiers, gums, or fillers.

FUNCTIONAL ADD-ONS

CBD Oil • 2
calm focus | stress resilience

Cacao • 1
natural mood lift

Ghee • 1
gut support | healthy fats

Maca • 1
hormone balance | stamina

MCT Oil • 1
clean energy | metabolism support

Caffeine • 1
mental focus | natural energy boost

All add-ons are lab-tested for heavy metals and purity.
ask your server for results.

Kion Colostrum • 2
supports gut barrier integrity, immune signaling + nutrient uptake

Equip Prime Protein • 4 21 G chocolate or vanilla
grass-fed beef protein for muscle repair + energy

Vital Proteins Keto Collagen Creamer • 3 10 G
grass-fed collagen + healthy fats for energy, skin + recovery

Perfect Aminos Greens • 3
amino acids + super greens for muscle repair, cellular energy + detox

Perfect Keto Chocolate Keto Nootropic • 3
supports focus, mental clarity, energy + stress resilience

Thorne Creatine • 3
boosts strength, power output + cellular energy

Perfect Keto Base Ketones • 3
support clean energy, mental clarity, endurance + fat metabolism

Orgain Vegan Protein Powder • 3 11 G
supports muscle recovery, sustained energy + everyday strength

Rx SMOOTHIES

REAL INGREDIENTS • 100% ORGANIC • NO REFINED SUGARS

Matcha Glow • 11 N
organic ceremonial matcha | organic banana | Irish sea moss | grass-fed vanilla protein
local, pasture-raised milk | coconut glaze | pitaya powder | spirulina | MCT oil | maple syrup

Strawberry Skin Renewal • 13 N
strawberries | organic banana | coconut | honey | avocado | chia seeds
Irish sea moss | creatine | hyaluronic acid | dates | pitaya powder | keto collagen creamer

Longevity • 14 N
coconut | blueberries | organic banana | cashew butter | creatine | kion colostrum | cinnamon
vanilla | coconut cream | keto chocolate collagen

Being Brigid 2.0 • 12 GF | N
organic vanilla collagen | cucumber | mint | pineapple | green apple | perfect aminos greens
spinach | coconut cream | ginger | avocado | matcha | organic raw cashew nut butter

Keto Protein Powerhouse 2.0 • 12 N | K
avocado | peanut butter | MCT oil | collagen protein | base ketones | cacao | chia | hemp | bee pollen

FUNCTIONAL ADD-ONS

CBD Oil • 2
calm focus
stress resilience

Cacao • 1
natural mood lift

Ghee • 1
gut support
healthy fats

Maca • 1
hormone balance
stamina

MCT Oil • 1
clean energy
metabolism support

Caffeine • 1
mental focus
natural energy boost

Kion Colostrum • 2
supports gut barrier integrity, immune signaling + nutrient uptake

Equip Prime Protein • 4 21 G chocolate or vanilla
grass-fed beef protein for muscle repair + energy

Vital Proteins Keto Collagen Creamer • 3 10 G
grass-fed collagen + healthy fats for energy, skin + recovery

Perfect Aminos Greens • 3
amino acids + super greens for muscle repair, cellular energy + detox

Perfect Keto Chocolate Keto Nootropic • 3
supports focus, mental clarity, energy + stress resilience

Thorne Creatine • 3
boosts strength, power output + cellular energy

Perfect Keto Base Ketones • 3
support clean energy, mental clarity, endurance + fat metabolism

Orgain Vegan Protein Powder • 3 11 G
supports muscle recovery, sustained energy + everyday strength

ALL ADD-ONS ARE LAB-TESTED FOR HEAVY METALS AND PURITY.
ask your server for results.

WELLNESS GUIDE

GLUTEN-FREE | GF

Made without wheat, barley, rye, or other gluten-containing grains.

VEGAN | V

100% plant-based. No animal products or byproducts used. Cooked in avocado oil.

PALEO-FRIENDLY | P

Whole, unprocessed foods. No grains, dairy, or refined sugar.

KETO-FRIENDLY | K

Low-carb. High-fat. No added sugars.

SEED OIL SAFE SOS SEEDOILSCOUT.COM

BRUNCH COCKTAILS

Fresh Prosecco Mimosa • 10
choice of:
orange | grapefruit | pineapple

House Bloody Mary • 8 **sub titos + 2**
house bloody mary mix, absolut vodka

BRUNCH PLATES

Avo Classic Power Toast • 6 GFA | V
organic egg +2 | lox +6 | goat cheese +2 | tomato +1 | cucumber +1
avocado, chia, flax, hemp, avocado oil, microgreens

Wakey Wakey • 12 GFA | VA | PA
two organic eggs (any style), organic cheese buttermilk biscuit, berry preserves, maple mascarpone butter. choice of glazed bacon, turkey sausage, or paleo sausage, hatch chili potatoes

Eggwich • 13 GFA | VA | KA
organic scrambled egg, choice of turkey sausage, paleo bacon or paleo sausage, hash brown, organic cheese, rosemary aioli, hatch chili potatoes

Paleo Power Bowl • 14 GF | N | VA | P
sweet potato hash, thick-cut bacon, brussels sprouts, sautéed spinach, chili nut oil, avocado, goat cheese, sunny egg

Southern Benedict • 12 GFA
sub turkey sausage or paleo breakfast sausage
organic cheese buttermilk biscuit, glazed bacon, sausage gravy, poached egg, spinach, hollandaise, hatch chili potatoes

Paleo Protein Pancakes • 13 GF | P
sweet potato, keto protein, cinnamon, vanilla, grass-fed butter, maple syrup, keto chocolate chip cannoli cream

Sweet Potato Hotcakes • 12
three sweet potato hotcakes, Ohio maple syrup, fresh fruit, maple mascarpone butter

Huevos Rancheros Skillet • 16 GFA | VA
shirred egg and cream, chorizo rojo sauce, spiced potatoes, queso fresco, cilantro, verde crème fraîche, ReBOL hot, naan

Wagyu Steak and Eggs • 27 GF | P | K
two organic eggs (any style), grass-fed and finished Australian Wagyu picanha, truffle butter, sliced avocado, sweet potato fingerlings

W 25th St. Chicken + Cinnamon Roll 2.0 • 15
corn-flake-breaded spiced chicken, house-made cinnamon roll, cinnamon maple syrup, house frosting, hot sauce, rosemary sprig

Chicken & Biscuit • 18
cheddar biscuit, organic cornflake chicken, maple mascarpone butter, hot honey, hatch chili potatoes

SMASHED **CROISSANTS**

Burrata • 16 GFA
burrata, pesto, herb roasted tomato, arugula, prosciutto, halloumi, balsamic, smoked maldon salt, micro blend, smashed croissant

Egg Benedict • 16 GFA **spicy!**
poached egg, prosciutto, arugula, harissa hollandaise, chives, micro blend, halloumi, smashed croissant

Lox • 17 GFA
wild smoked salmon, herbed cream cheese, capers, shallots, arugula, everything spice, chive, smashed croissant

CLOSE ENOUGH TO **LUNCH**

Halloumi Frites • 16 KA | GF
crispy tallow halloumi, za'atar, moroccan catsup, micro blend

Honey Harissa Street Tacos • 14 GFA | **spicy! sub keto siete tortilla +5**
flour tortillas, honey harissa chicken, elotes, white bbq slaw, queso fresco, shallot, cilantro, aji sauce

Chopped Salad • 15 GF | N | VA | P | K
kale + radicchio blend, pasture-raised chicken, spiced almonds, avocado, bacon, keto siete chips, apple, gorgonzola, champagne vinaigrette

Grass-Fed Cheeseburger* • 18 GFA | PA | KA
sub keto avo or sweet potato protein waffle bun +4
grass-fed and finished beef, organic cheese, romaine, white onion, pub sauce, brioche bun. served with tallow fries.

BUILD-YOUR-OWN

CREPE

10 • VA | add egg +2

SWEET
- strawberries
- banana
- blueberries
- blackberries
- nutella
- peanut butter
- preserves
- almond butter
- whipped cream

SAVORY
- bacon
- chicken
- turkey sausage
- paleo sausage
- tofu
- goat cheese
- organic cheddar
- crème fraîche
- salsa rojo

100% ORGANIC PRODUCE

EGGS + SIDES

Thick-Cut Glazed Bacon • 5 GF
fresh berry sorghum + maple glaze

Paleo Bacon • 6 GF | P

Paleo Breakfast Sausage • 6 GF | P

House Turkey Sausage • 5 GF | P

Cheesy Organic Eggs • 6 GF | K
organic cheese, scrambled eggs

Two Organic Eggs • 5 GF | P | K

Croissant • 5

Organic Cheese Buttermilk Biscuit • 5
add sausage gravy +2

Tallow Hatch Chili Marble Potatoes • 6 GF | VA

Fresh Tomato + Avocado • 3 GF | K | P | V

Fresh Seasonal Fruit • 4 GF | K | P | V

Housemade Soup • 6 GF | V

100% ORGANIC

COLLAGEN BONE BROTHS

WHY BONE BROTH?

- GUT HEALER
- METABOLISM BOOST
- BOOSTS IMMUNITY
- JOINT HEALTH

NATURE'S MEDICINE

DON'T MISS WHAT'S NEXT!

SCAN TO SEE OUR UPCOMING EVENTS!

SPECIALTY **BROTHS**

Jalapeño Garlic + Mushroom • 6 GF|P|K
jalapeños, mushrooms, garlic, grass-fed beef bone broth

Spicy Chicken Noodle • 8 GF|P|K
pasture-raised chicken, scallion, miracle noodle, kale blend, ReBOL hot, jalapeños, organic chicken broth

BUILD-YOUR-OWN

5 (12 oz.) • **10** (32 oz.) GF|P|K

CHOICE OF:

pasture-raised chicken

or grass-fed beef

ADD-ONS:

organic chicken	2
pork belly	2
miracle noodles	1
mushrooms	1
jalapeños	1
scallions	.50
onions	.50
ReBOL hot	.50

KETO PROTEIN SWIRL

TOWNHALL

NO REFINED SUGARS
20 G PROTEIN

Keto Protein Swirl • 8 K

local, pasture-raised milk
organic vanilla collagen
colostrum

CHOOSE ONE

- **Keto Buckeye** GF | N
- **Keto Pumpkin Cheesecake** GF | N
- **Keto Cookie Dough** GF | N
- **Paleo Chocolate Chip Cookie** GF | N
- **Berry Berry** GF

SHAKES

Classic • 8

Chocolate
Strawberry
Vanilla

House • 9 N

Wild Berry Crumble

Peanut Butter
Honey Graham

FROM OUR ORGANIC, PALEO + KETO BAKERY

MODERN CRAVINGS

clean ingredients. ***zero*** compromise.

Açaí Bowl • 10 GF | VA | N
add peanut butter +.75 | almond butter +.75
cacao, coconut, grain-free granola, mixed berries

Keto Organic Pumpkin Cheesecake • 8 GF | K | N
organic pumpkin glaze, vanilla crumble crust, ginger crisp

Keto Buckeye Bites • 3 each K | N
keto chocolate, organic collagen, almond butter
peanut butter, focus-enhancing nootropic

Keto Energy Bites • 3 for 8 K | N
dark chocolate, blueberry, green coffee extract
cream cheese, almond butter, lupin flakes

Keto Protein Cookie Dough • 8 GF | K | N
almond flour, grass-fed butter, collagen protein,
keto chocolate chips

Chocolate Chip Cookie 2.0 • 5

Paleo Chocolate Chip Cookie 2.0 • 5 GF | N

Chocolate Fudge Brownie • 5 GF | V | N

Vegan Dessert of the Week • 6 V ask for details

SWEET ENDINGS

Skillet Cookie • 8

Gluten-Free Paleo Skillet Cookie • 9 GF | PA | N

Chocolate Brownie Sundae • 7 GF | V | N
served with vegan ice cream

TownHall Butter Cake • 8
served with blackberry sauce, berries