

ORGANIC SMOOTHIES

premium organic 20° smoothies

Purple Passion – \$7

Acai Juice, Blueberry, Banana, Blackberry

Pink Colada – \$7

Pineapple, Coconut, Strawberry, Mango

Banana Nut – \$7

Almond Butter, Banana, Graham Cracker, Maple Syrup

Berry Green – \$7

Blueberries, Blackberries, Raspberries, Strawberries, Super Greens

Protein Plus – \$7

Choice of Protein, Strawberries, Peach, Pineapple

Green Machine – \$7

Blueberries, Lemon, Raspberries, Avocado, Super Greens

Superfood – \$8

Super Greens, Multi-Vitamin, Avocado, Scoop of Protein, Pineapple, Raspberries, Strawberry

BUILD YOUR OWN SMOOTHIE

Small (12 oz) – \$4 Medium (20 oz) – \$6 Large (32 oz) – \$8

STEP 1

Pick Your Base:

apple juice
almond milk
coconut milk
whole milk

STEP 2

Pick Two More:

strawberry orange mango
pineapple banana peach
blueberry coconut lemon
ginger peanut butter mixed berry
almond butter pomegranate

SMOOTHIE EXTRAS

.50 each

Multi-vitamin Probiotic Bee Pollen
Vitamin C Ginseng Enzymes
Ginko B12 Iron Creatine

.75 each

Myco Immune Blend Chia Seeds
Flax Seeds Hemp Seeds Aloe Vera Beet Juice
Acai Juice Wellness Formula

\$1.00 each

Spirulina Avocado Amino Acid Blend

\$2.00 each

Super Greens Whey Protein Pea Protein Weight Loss Blend

ORGANIC FRESH CHOICE

Help your body to cleanse, heal, and rejuvenate.
(Raw) juice is a precious source of Enzymes,
Vitamins, and Minerals.

2 oz Wheatgrass - \$5

Wheatgrass is one of the richest sources of
Vitamins A and C, contains a full spectrum of
B Vitamins, Calcium, Phosphorus, Magnesium,
Sodium, Potassium, Iron, and 72 Trace
Minerals.

Refresh – \$6.75

Carrot, Apple, Celery, Cucumber

Fat Fighter – \$6.75

Carrot, Orange, Grapefruit, Ginger

Go Green – \$6.75

Celery, Spinach, Kale, Carrot, Himalayan Salt

Glow – \$6.75

Apple, Spinach, Celery, Lemon

BUILD YOUR OWN JUICE - \$6.25

STEP 1

Pick Your Base:

carrot
apple
celery

STEP 2

Pick Two More:

orange beet lemon
lime kale spinach
ginger bell pepper cilantro cucumber

***ORGANIC STANDARD**
We ALWAYS use 100% Organic Produce.

**THIS MENU AVAILABLE ONLY AT
OUR OAK CLIFF LOCATION**



CAFE HOURS

8:30 am - 6:30 pm Mon-Sat

12:00 pm - 4:30 pm Sun

OAK CLIFF

2634 S. Zang Blvd

Oak Cliff, TX 75224

Store: (214) 942-9483

WAXAHACHIE

2305 N. Highway 77

Oak Cliff, TX 75165

Store: (972) 923-1400

BREAKFAST

Early Bird - \$7

2 eggs, 2pc Bacon/Sausage on Texas Toast with Cheese
+Wrap that Bird +1

Loaded Bagel- \$6

Sliced Turkey or Ham, Cheddar, and Fried Egg

Green Goat Omelette - \$10

3 eggs, Spinach, Bacon or Sausage, Avocado, Goat Cheese

Southern Omelette - \$9

3 eggs, Bacon or Sausage, Bell Pepper, Onion, Tomato, Cheese

The Dude Omellete - \$9

3 eggs, Spinach, Mushroom, Onion, Bell Pepper, Avocado, Cheese

KIDS STUFF

PBJ - \$6

Organic Peanut or Almond Butter with Organic Mixed Berry Jelly on Rudi's Organic Toast, side of fruit or chips

+ Great with Sliced Bananas

Monty's Grilled Cheese - \$6

3 Cheese Blend on Organic Toast with a side of fruit or chips

+ Add Turkey, Ham, Bacon,
Or Veggie Bacon Strips for \$3

Soup & Scoop - \$6

Small Soup with Large Scoop of Chicken, Cranberry Chicken, Tuna, or Veggie Chicken Salad

SOUPS

Hot Homemade Goodness, Made Fresh Daily
Served with Whole Wheat Crackers

Small (12 oz) \$4 Medium (20 oz) \$6 Large (32 oz) \$9

SALADS OR WRAPS

House Party - Full -\$6/Half - \$4

Organic Field Greens, Sliced Carrot, Red Cabbage, Sliced Cucumber, Croutons, and your choice of dressing
+Great with Grilled Chicken

Chicken Caesar- \$8

Crisp Romaine Lettuce, Sun Dried Tomatoes, Grilled Chicken, Parmesan Cheese, Croutons and Ceasar Dressing

Apple Walnut- \$7

Field Greens, Diced Apples, Walnuts, Raspberry Vinaigrette
+Great with Crispy Bacon

Spinach Power - \$9

Fresh Spinach, Crumbled Hard Boiled Egg, Bacon of Choice, Sliced Avocado, and Feta with choice of dressing
+Great with Salmon or Portabella

Chicken Harvest- \$10

Grilled Chicken, Field Greens, Sliced Strawberries (seasonal) or Blueberries, Oranges, Pineapple, Pecans, Pomegranate Vinaigrette
+ Add Grilled Turkey or Chicken for \$3
+ Add Grilled Salmon for \$6

Grow Your Own - \$9

Start with Field Greens, Choose a Protein, Choose a Dressing
+Sub Buffalo or Salmon for \$2

SANDWICHES

Mom's Chicken Salad - \$8

Classic with Pecans, Apples, and Walnuts, lettuce, tomato, onion, cucumber, herb mayo, with a pickle spear

Dad's Cranberry Chicken Salad - \$8

Still a Classic with Cranberries instead of Raisins, No Nuts, No Apples

Tuna Salad - \$8

Wild Caught, All the trimmings, Herb Mayo and a Pickle Spear

Turkey or Ham & Cheese - \$8

Herb Roasted Turkey or Honey Smoked Ham with Lettuce, Tomato, Onion, Mustard & Mayo with a Pickle Spear

Veggie Chicken Salad - \$9

Veggie Chicken, Veggie Herb Mayo, Field Greens, Tomato, Onion, and a Pickle Spear

BLT - \$8

Choice of Sunday, Turkey, or Veggie Bacon, Field Greens, Tomato, Onion, American Cheese, Mustard and Mayo with Pickle Spear

Surf & Spuds - \$10

Skin on Wild Caught Salmon Fillet, Creamy Honey-Herb Sauce, Tomato, Field Greens with Chips

BURGERS

No Antibiotics

No Hormones

Cage Free/Free Range
The rest is Organic!

STEP 1:

Pick Your Protein:

Beef | Chicken | Turkey
Organic Portobella | Organic Tofu
Organic Black Bean Patty

+ Substitute Buffalo or Salmon for \$2 more

STEP 2:

Pick A Style:

Plain Jane - \$8

Just Lettuce, Tomato, & Onion with Mustard and Mayo with a Pickle Spear. Add Anything and Build Your Masterpiece

+See List of Add Ons

Stars & Strips - \$10

Crispy Sunday Bacon, Mustard, Mayo, 2 Slices American Cheese, Field Greens, Onion, & Tomato with a Pickle Spear

A Bar D Ranch - \$10

Ranch Dressing, Crispy Sunday Bacon, Cheddar & Swiss Cheese, Field Greens, Onion and Tomato with a Pickle Spear

35 South - \$10

Guacamole, Pepper Jack Cheese, Queso Fresco, Spicy Black Bean Spread with a Pickle Spear

Hey Hawaiiya?! - \$10

Pineapple Jam, Sliced Ham, Swiss Cheese with a Pickle Spear

BBQ Blues - \$10

Avocado, Sautéed Onions, Blue Cheese Crumbles, BBQ Sauce, on Texas Toast With a Pickle Spear