# THE MORINGA TREE

Whole Traditional Beyond Organic



# To Share

Chips + Guacamole	\$12
*sub salsa	\$7
Veggies + Hummus	\$9
Seasonal Farm Board	\$13
Dips, Veggies, Fruit, Grilled	
Flatbread or Crackers, Add cheese	
+6, Add Grassfed Sausage +6	

Just Meats & Cheeses \$13

# Toasts \*Choice of Einkorn Sourdough or GF

Fried Egg + Guac Toast	\$7
Avocado Hemp Toast	\$6
Hummus Toast	\$6
PB + Fresh Fruit Toast	\$6
Cinnamon + Honey Toast	\$4

# Soup of the Day Add Chicken or Beef +2

Bowl	\$6
Cup	\$4.50
Long simmer bone broth base	

# Salads

Super Salad	\$13
Greens, Seasonal Vegetables, Hummus, Quinoa, Fermented Vegetable, Guacamole	
Taco Salad Greens, Cheese, Green Onion,	\$14-16

## Tomato, Salsa, Guacamole, Blue Corn Chips; choose protein chicken, beef (15) or bean (14), or combo (16)

# Bowls

Ancient Grains Bowl	\$15
Blend of Brown Rice, Quinoa, Sauteed Seasonal Veg & Greens, Hemp & Creamy Moringa Cashew Sauce	
Fiesta Bowl  Beans, Rice, Tomatoes, Carrots, Green Onions, Cheese, Salsa, on a bed of Greens, Chips, Southwest Sauce	\$14

# Add-Ons

Chielren	+\$3
Chicken	т -
Beef	+\$3
Beans	+\$2
Guacamole	+\$2
or Egg	



## Sandwiches

\*Choice of Einkorn Sourdough or GF

Fried Egg Sandwich \$14
2 Farm Fresh Eggs, Spinach, Cheese,

Z Farm Fresh Eggs, Spinach, Cheese, Tomato, Salsa, Pesto

Veggie Sandwich \$14

Hummus, Quinoa, Pesto, Seasonal Vegetables, Salsa, Greens, Honey Mustard, Sprouted Bun

Bean Burger \$14

Vegan Bean Patty, Greens, Tomato, Honey Mustard, Pesto, Salsa, Sprouted Bun

Pesto Grilled Cheese \$12

Local Cheese, Pesto on Sourdough

# Sides

Fruit Cup	\$6
Sauteed Greens	\$4
Crispy Potatoes	\$5
Veggie Sticks	\$5

## Plates

#### Flatbreads

Beef Jalapeño \$15 Chicken Pesto \$16 Veggie Supreme \$14

#### Quesadilla

GF Tortilla, Cheese, Tomato, Green
Onion; chicken or beef 15, bean 14,
bean and meat combo 16

\$14-16

Nachos \$14

Blue Corn Chips, Cheese, Tomato, Green Onions, Lettuce, Salsa, Beans, Southwest Sauce

Smashburger

\$15

Grassfed Burger on Sprouted spelt Bun, topped with lettuce & tomato; side salad add crispy potatoes +3

Street Tacos \$15-16

3 Soft Corn Tortillas with choice of chicken or beef (16) or bean (15); side salad

## Add-Ons

Chicken	+\$3
Beef	+\$3
Beans	+\$2
Guacamole	+\$2



# Raw Juices s(\$6) M(\$8) L(\$11)

Classy Carrot

Carrot, Apple, Ginger

Zinger

Carrot, Orange, Ginger, Lemon

Green Machine

Celery, Greens, Apple, Lemon, Ginger

**Delicious Detox** 

Celery, Carrot, Greens, Apple, Beet, Lemon, Ginger

Sweetness

Apple, Orange, Carrot, Lemon

## Coffee

Drip Coffee

RG \$3/LG \$4

Organic Dark Roast

**Bulletproof Coffee** 

RG \$5/LG \$6

Drip Coffe, Grassfed Butter

\*Coconut OII, Moringa +\$1

Choffee

RG \$5/LG \$6

Roasted Carob, Chicory, Chocolate Nut Milk

Teas RG \$3/LG \$4

Moringa, House Chai, Digestive, Mint Medley, Mama Boost, Dandy Detox, Energy, Immune Build

Add-Ons \$0.50

Milks: Nut Milk (Almond, Coconut), Whole Milk,
Sweeteners: Raw Honey, Sucanat, Coconut Sugar, Stevia

## Smoothies

S(\$6) M(\$8) L(\$11)

## Berry'licious

Mixed Berries, Avocado, Moringa, Nut Milk, Honey

### Ultimate Moringa

Blueberries, Banana, Avocado, Raw Honey, Nut Milk, Moringa

#### **Funky Monkey**

Banana, Avocado, Peanut Butter, Cacao, Nut Milk, Moringa

#### Strawberry Banana

Strawberries, Banana, Avocado, Nut Milk, Moringa

#### Green Goodness

Greens, Avocado, Bananas, Pineapple, Apple, Moringa, & Nut Milk

## Add-Ons +\$1

Raw Cacao | Collagen | Maca | Vegan Protein Powder | Goji Berry Powder | Ground Flax Seeds | Hemp Seed Oil | Extra Avocado (\$1.50) | Chia Seeds | Nut Butter | Coconut oil | Milk Thistle | Chlorella | Spirulina | Ashwagandha | Mental Mushrooms (2)

## Smoothie Bowls

\$13

## Moringa Green Bowl

Kale, Spinach, Avocado, Protein, Banana, Nut Milk, Moringa; topped with Coconut, Chia, & Granola

## Golden Immunity Bowl

Mango, Banana, Pineapple, Turmeric, Cinnamon, Nut milk, Moringa; topped with Banana, Coconut, Granola, Chia

#### Cocoa Protein Bowl

Peanut Butter, Avocado, Banana, Cocoa, Nut Milk, Moringa; topped with Banana, Cocoa Nibs, Coconut, Hemp Seeds, & Granola

## Berry Packed Acai Bowl

Avocado, Mixed Berries, Acai, Nut Milk, Moringa; topped with Banana, Coconut, Chia Seeds, & Granola