

Smoothies

12 oz: \$7.50

16 oz: \$9.50

Green Goddess

Spinach, cucumber, celery, apple, lemon, ginger, and chia seeds

**Gluten Free & Vegan*

Sunny Day

Mixed berries, bananas, pineapple, orange, and coconut milk

**Gluten Free & Vegan*

High Times

Hemp seeds, almond butter, bananas, spinach, and almond milk

**Gluten Free & Vegan*

Coconut Horchata

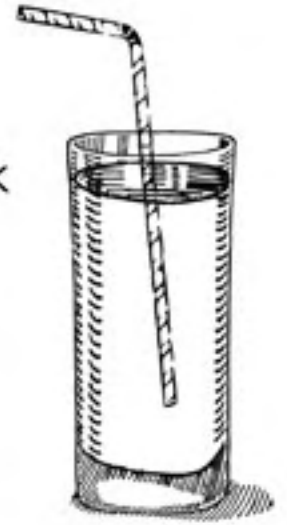
Dates, vanilla, cinnamon, rice milk, and coconut milk

**Gluten Free & Vegan*

Mocha Morning

Espresso, cacao, chocolate protein powder, kale, dates, oats, and oat milk

**Vegan*



Add any of the following items for an additional \$.50 each:
Cacao nibs, hemp seeds, flax seeds, chia seeds, dates, bananas
Add protein powder for \$1.00!

Hot Beverages

Free drip coffee refills all day!

Drip Coffee

12 oz

\$2.99

16 oz

\$3.50

Espresso

Single: \$1.50

Double: \$3.00

Cappuccino

\$3.50

\$4.00

Latte

\$3.50

\$4.00

Americano

\$3.00

\$3.50

Iced Coffee

\$2.99

\$3.50

Daily Elixir

\$3.50

\$4.00

Raw honey, ginger, and lemon

Flying Bird Botanicals Hot Tea

\$2.99

\$3.50



Try our alternative dairy free milks and homemade syrups for an additional \$.50 each!

Almond milk, oat milk, coconut milk, soy milk, rice milk, homemade vanilla syrup, hazelnut syrup, mocha syrup, cinnamon syrup, pumpkin syrup

Breakfast



ANEU Breakfast Sandwich.....\$8

Farm fresh eggs, bacon, and cheddar cheese on a freshly baked croissant

Breakfast Burrito.....\$8

Scrambled eggs, cheddar cheese, and black bean and corn salsa in a whole wheat wrap, topped with cilantro crema

Avocado Toast.....\$10

Cauliflower "toast" topped with a fried egg, cheddar cheese, and sliced avocado

**Gluten Free*

Sweet Potato Toast.....\$10

Roasted sweet potato with fresh basil pesto, fried egg, and cheddar cheese

**Gluten Free*

Breakfast Wrap.....\$8

Scrambled eggs, spinach, sautéed onion, and feta cheese in a whole wheat wrap

ANEU Skillet.....\$9

Scrambled eggs with sautéed mushrooms, onions, roasted potatoes, spinach, and cheddar cheese

**Gluten Free*

Egg White Breakfast Skillet.....\$10

Scrambled egg whites, roasted seasonal vegetables, feta cheese, and sweet potatoes, topped with fresh avocado

**Gluten Free*



Substitute egg whites for \$1.50

Lunch



All sandwiches and wraps are served with your choice of our famous homemade potato chips or a side house salad with balsamic dressing.
Add a cup of soup for \$3.00!

Richard's Chicken Salad Sandwich.....\$12
Served with lettuce on a freshly baked croissant

Tuna Salad Sandwich.....\$11
Served with lettuce and tomato on marble rye

Vegan Egg Salad or Tuna Salad Wrap.....\$11
Served with lettuce in a vegan whole wheat wrap or on a bed of field greens
**Can be Gluten Free & Vegan*

Trio Salad.....\$14
Select any three of our famous salads from the case:
one protein, one starch, one vegetable!
**Can be Gluten Free & Vegan*

Mexican Fiesta.....\$15
Chicken quesadilla with Mexican rice, black bean and corn salad, and cilantro crema. Served with fresh tortilla chips and salsa.

Healthy Seasonal Lasagna.....\$14
Sweet potato and turkey sausage lasagna or seasonal roasted vegetable lasagna
**Gluten Free*

Chef's Choice Lunch Combo.....\$14
Cup of soup and half of a sandwich

Soup of the Day.....\$5

Menu items may contain or come in contact with wheat, eggs, peanuts, tree nuts, or milk products.
Please inform our staff upon ordering of any dietary restrictions.

A Healthy Start

Yogurt Parfait.....\$8

Yogurt and homemade granola with strawberries

Oatmeal.....\$8

Served with brown sugar, cinnamon and raisins

*Vegan

Acai Bowl.....\$9

Homemade acai puree, bananas, homemade granola, chia seed gel, strawberries and toasted coconut

*Vegan

Energy Wrap.....\$8

Almond butter, bananas, honey and homemade granola in a whole wheat wrap

Add any of the following toppings for an additional \$.50 each: organic peanut butter, almond butter, cacao nibs, chocolate chips, hemp seeds, flax seeds, chia seeds, bananas. Add any of the following toppings for an additional \$.75 each: fresh berries, protein powder, espresso.