



Sun: 5pm - 9pm
Mon-Thu: 9:30am - 9pm
Fri: 11:30am - 2:30pm
Sat: Events!

SMOOTHIES:

Fruit-Based

Pomegranate Blueberry Smoothie \$4
(blueberry, pomegranate, banana, apple juice)

Strawberry Mango Smoothie \$4
(mango, strawberry, banana, oj)

Green Cleanse Smoothie \$4
(banana, almond milk, spinach, mango, oj, ginger)

Nut-Milk Based

Vanilla Almond Butter Shake \$5
(coconut milk, almond cashew butter, banana, date, vanilla, cinnamon)

Peanut Butter Cacao Shake \$5
(coconut milk, peanut butter, banana, dates, cacao, date, vanilla)

DRINKS:

Stumptown Coffee: choice of milk or cream & sweetener \$2

Cold Brew: choice of milk or cream & sweetener \$2

Hot Tea: choice of milk or cream & sweetener \$1.50

MORNING MENU (9:30-12:00)

BREAKFAST BOWLS:

Smoothie Bowls: (all smoothies available as smoothie bowls!) \$6
- Choice of three toppings: Shakedown granola, sliced banana, frozen blueberries, flaxseed, cinnamon, cacao powder, shaved almonds, chia, shaved coconut

Chia Pudding \$4
- Choice of three toppings: Shakedown granola, sliced banana, frozen blueberries, flaxseed, cinnamon, cacao powder, shaved almonds, chia, shaved coconut

House Granola: Choice of coconut milk, almond milk, whole milk, greek yogurt & topped with a choice of sliced banana or frozen blueberries \$4

TOASTS:

Avocado Toast: House seed-bread (gf/vegan) topped with lemon, avocado, sprouts, paprika, parsley and choice of goat cheese or nutritional yeast \$5
- Add fried egg (\$1.50)

Bread & Nut-Butter: House seed-bread (gf/vegan) toasted & served with side of house almond-cashew butter, house peanut butter & cacao-nut butter \$5
- Add side of jam (\$1)

LITTLE TREATS:

Energy balls: (2 per order) \$2.50
(GF/Vegan)

* Lavender-Lemon (cashews, almonds, dates, coconut oil, lemon, lavender, coconut)

* Chocolate Pepita (pumpkin seeds, almonds, dates, coconut oil, cacao)

Walnut Banana Bread (GF/Vegan) \$2

AFTERNOON/EVENING MENU (12:00-9:00pm)

BOWLS:

Grain bowl: quinoa/brown rice mixture topped with marinated & seared kale, squash, jalapeño roasted corn, black beans, with drizzle of house tahini dressing \$7
- add egg, chicken, or tofu \$1.50

Raw bowl: mixed greens tossed in lemon vinaigrette, topped with shredded beets, shredded carrots, edamame, avocado, sprouts, and drizzle of house tahini dressing \$5
- add goat cheese (\$.75) or tofu (\$1.50)

Zoodles: zucchini noodles tossed with Shakedown vegan pesto, topped with fresh basil and parsley \$5
- add goat cheese (.75)

SAMMIES AND BURGERS:

(With a Side of Mixed Greens)

(Also Available Over Bed of Mixed Greens)

Grilled and Fried Chicken Sandwiches Coming Soon!

Bill Murray Burger: Grass fed organic/local beef patty, house aioli, marinated arugula, caramelized onions, gouda, apple, on butter-brioche bun \$8
- add fried egg, side of house BBQ sauce, smashed avocado, bacon

Avo Black Bean Burger Black bean, brown rice, walnut patty topped with smashed avocado, and mixed greens, on butter-brioche bun \$6
Vegan/GF available
- add gouda (\$1), fried egg (\$1.50), side of house BBQ sauce (\$.50), arugula (\$.75)

Pesto Grilled Cheese \$3
Old Town Bakery Sourdough, gouda, house pesto

SIDES:

Fries \$1.50
Sweet Potato or Regular, Served with side of House Aioli & Sriracha Ketchup