

# *FALL MENU*



## **organic pumpkin spice latte**

pumpkin, maple sugar, cinnamon,  
ginger, nutmeg, cloves, cardamom.

## **pumpkin smoothie bowl**

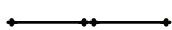
almond milk, banana, pumpkin, pumpkin pie spice,  
flax seeds, vanilla, maple syrup.  
topped with granola, banana, pumpkin seeds.  
choice of honey, almond or peanut butter drizzle.

## **apple pie toast**

peanut or almond butter, apple, cinnamon,  
sea salt, honey, hemp seed or cacao nibs.

## **pumpkin smoothie**

almond milk, banana, pumpkin, pumpkin pie spice,  
flax seeds, vanilla, maple syrup. (*add cold brew*)



*real ingredients only, no artificial flavoring*

