Breakfast

**Breakfast Bowls**

**Chia Seed Pudding** ........................................ 9
chia seeds, blackberry reduction, honey, vanilla, almond milk

**Steel Cut Oatmeal** ............................................... 8
steel cut oats, almond milk, cinnamon, orange zest, cardamom

**Greek Yogurt Parfait** ........................................... 8
vanilla greek yogurt, strawberries, blueberries, granola, honey drizzle

**Breakfast Egg Bowls**

**Kale & Mushroom** ............................................... 8
free range eggs, fresh herbs, local mushrooms, sauteed baby kale, caramelized onions, shaved parmesan cheese

**Spinach & Tomato** ............................................... 8
free range eggs, sliced baby sweet tomatoes, sauteed spinach, crumbled goat cheese

**Sweet Potato Hash (Vegan)** ................................... 8
sweet potato cubes, black beans, roasted red pepper, caramelized onion, lime, cilantro

**Bacon, Egg, & Cheese** .......................................... 8
free range eggs, fresh herbs, applewood smoked bacon, sharp cheddar

Lunch

**Soup Bowls**

**Broccoli Basil Soup** .................................... 9
avocado, sesame seeds, zucchini voodles, pureed fresh broccoli, house grown fresh basil

**Moroccan Sundried Tomato Soup** .................. 9
vegetable broth, fire roasted tomato, red pepper, chickpeas, quinoa garnish, sundried tomatoes, ginger, garlic, spices

**New Mexico Black Bean Soup** ......................... 10
vegetable broth, free range rotisserie chicken, fire roasted tomatoes, black beans, cilantro, jalapeños, corn, hatch green chilies, mango

**Salads**

**Core Fresh Salad** ........................................... 12
kale and spring mix, quinoa, mango, blueberry, basil, pistachios, green onions, radish, sweet onion dressing

**Strawberry Spinach Salad** .............................. 10
spring mix, fresh strawberries, farro, chopped asparagus, cucumber, pickled red onions, almonds, poppy seeds Poppy Seed Dressing

**Sunny Apple Salad** ........................................... 10
spring mix, green apples, red grapes, dried cherries, shaved carrots, candied walnuts, fennel, smoked gouda cheese. Balsamic Vinaigrette Dressing

*All salads come with dressing on the side and add to any Salad: Sliced Chicken Breast $3, Sauteed Shrimp $3, 6oz Salmon Filet $6

**Grain Bowls**

**Wild Rice Bold Bowl** ....................................... 9
wild rice, pomegranate seeds, coconut oil, roasted seasoned parsnip, chervil, toasted walnut sauce

**Harvest Bowl** .................................................. 10
quinoa, kale, roasted root vegetables (radish, beets, sweet potato, squash), parsnip purée, olive oil, sage
## All Day

### Core Snacks

- Sliced Apple, Almond Butter, Hard Boiled Egg, Cheese ................................................................. 5
- Rotisserie Chicken Salad, Cheese, Celery, Crackers ........................................................................ 5
- Sliced Turkey, Cheddar Slices, Crackers ............................................................................................. 5
- Carrots, Celery, Hummus, Crackers ...................................................................................................... 5

### Core Bars (Base of Oats, Nut Butter, and Honey)

- Antioxidant- Blueberry, Goji Berry, Acai Powder, Fig ................................................................. 4
- Chocolate Pistachio Pomegranate with Cherries and Dates ......................................................... 4
- Peanut Butter, Flax Seed, Honey, Chia Seeds, Banana ................................................................... 4

### Core Truffles (Base of Dates, Nuts, Fruits, Honey, Nut Butter)

- Hazelnut and Cacao .......................................................................................................................... 3
- Honey and Lime ................................................................................................................................... 3
- Chocolate and Coconut ...................................................................................................................... 3

## Hydration

### Smoothies 16oz.

- **The Greens**
  Spirulina, Apple, Spinach, Banana, Mango, Flax Seeds, Orange Juice, Matcha Powder .............. 7
- **The Antioxidant**
  Blueberry, Blackberry, Raspberry, Vanilla Greek Yogurt, Chia Seeds, Almond Milk, Acai Powder ..... 7
- **The Protein**
  Peanut Butter, Banana, Oats, Dates, Cinnamon, Vanilla Greek Yogurt, Almond Milk ................. 7

### H2O 16oz

- **Infused Water**
  Rotating seasonal Fruit and Vegetable Infused Water ................................................................. 2

### Java 16oz

- **Cold Brew Coffee**
  Local Coffee Roasters. Rotated Monthly. Cold Brewed to Perfection ........................................ 4