

# BEATRICE SOCIETY

SUPER FOODS / PLANT-FORWARD

## TOASTS

*Gluten-free toast available*

### AVOCADO BRUNCH

11

*smashed avocado, olive oil, honey, chili flakes, sea salt*

### ADD HARD BOILED EGG

2

### SMOKED SALMON

14

*goat cheese, lemon, smoked salmon, dill, black sesame*

### BANANA CRUNCH

10

*crunchy peanut butter, banana slices, cinnamon, coconut flakes*

### MEDITERRANEAN

11

*hummus, hard boiled egg, parsley, turmeric, sea salt*

## BOWLS

\$19

*See fridge for daily availability*

### CILANTRO CHICKEN

*cilantro black rice, chicken, kale, corn, pickled onion, corn chips, carrots, avocado, cashew ranch*

### TOFU & ROASTED VEG (V)

*quinoa, tofu, kale, squash, avocado, almonds, chickpeas, pomegranate, red pepper tahini*

### BLACK RICE & SALMON

*black rice, salmon, cauliflower, carrot, tomato, pickled cucumber, edamame, pickled onion, sesame ginger dressing*

### TURKEY QUINOA

*quinoa, ground turkey, kale, marinated egg, corn, carrot, edamame, pickled cucumber, peanut sauce*

## SMOOTHIES

\$11

*All vegan & gluten free*

### FOCUS

*almond milk, avocado, blueberries, hemp hearts, raspberries, spinach, Optimi functional mushroom protein*

WITH LION'S MANE FOR COGNITION

### HEAL

*almond milk, almond butter, banana, chia seeds, cinnamon, dates, ginger, nutmeg, turmeric, Optimi functional mushroom protein*

WITH CHAGA TO REDUCE INFLAMMATION

### RELAX

*almond milk, banana, cacao powder, cinnamon, flax seed, almond butter, spinach, Optimi functional mushroom protein*

WITH REISHI FOR RELAXATION

### ESCAPE

*banana, coconut milk, coconut yogurt, flax seed, mango, turmeric, Optimi functional mushroom protein*

WITH CORDYCEPS FOR ENERGY

## ADAPTOGEN ADD ONS

\$1

*Enhance your coffee or smoothie with herbs shown to help the body adapt to physical and psychological stresses*

ASHWAGANDHA (STRESS RELIEF)

GINKGO (COGNITION & MEMORY)

MILK THISTLE (LIVER DETOX)

## BONE BROTH

\$7.50

*Local pasture raised/grass-fed broth by Young Bones. Pairs very well with cordyceps!*

ADD CORDYCEPS

1