

V – vegan VT- vegetarian P – paleo R – raw C – caffeine FH- our creation

DOSAS – All served with side of mixed greens, house vinaigrette, chutney and sauerkraut.

PREM DOSA – cauliflower potato onion chard garlic ginger cilantro coconut oil FH curry spice blend, sea salt. Coconut, coriander, chili chutney 11 V

MURGHA DOSA– chicken & pesto on arugula tomato pickled onion. Hot Tomato Chutney 14

SUNDARA DOSA –egg, avocado & tomato on a bed of arugula, olive oil, sea salt & black pepper, Hot Tomato Chutney. 12 VT

BONE BROTH – bison and/or chicken bones 6 P
Add: ghee / chopped veggies / seaweed 2 ea
Add: miso / egg / marinated mushrooms 3 ea

SOUP / DAHL – red lentils, structured, filtered water, onion, garlic, ginger, tomato, cilantro, coconut oil, FH curry spice blend, sea salt. 7 V

BISON BURGER served on arugula, w sweet potato mash, house-made cayenne aioli and sauerkraut. 16 P Add 1 slice of toast / 1

RAW VEGAN PIZZA – on a dehydrated base made with zucchini, carrot, sprouted sunflower seeds, sprouted buckwheat grouts, flaxseeds, olive oil, onion, garlic, dates & sea salt; topped with Pesto; Cashew cheese, Marinated Dehydrated Mushrooms, fresh Tomato, and Pickled Onion. 15 V R

SMASHED AVOCADO TOAST - on our house-made Sourdough Gluten-free Vegan bread; Avocado, tomato, with olive oil, sea salt & black pepper. 7.50 V

SMASHED AVOCADO TOAST w. EGG & PESTO / 10.50 / VT

TOAST w ALMONDBUTTER & FH PRASH - Ayurvedic Tonic Jam
1 slice / 4.50 2 slices / 7.50 VT

SALAD BOWL: Greens; tomato, avocado, beets, cabbage, sauerkraut, pickled onion topped with pesto dressing and cashew cheese

Plain / 11 V

w **CHICKEN** / 14 P

w **BISON BURGER** & cayenne aioli / 16 P

w **EGG** & hot tomato chutney / 12 P

w **VEGAN TACO FILLING** / 16 P

SIDES / ADD TO ANYTHING:

GHEE, COCONUT OIL or OLIVE OIL / 2

AVOCADO / 2

CHICKEN small 3 / large 5

PESTO / 3

HOT TOMATO CHUTNEY / 2

COCONUT CHUTNEY / 2

CASHEW CHEESE / 2

CAYENNE AIOLI / 2

DESSERTS

SWEET POTATO BROWNIE / 5 VT P-

HOT CACAO LICORICE TRUFFLE / 4 V

MAGIC BLISS STICK / ENERGY BAR / 5 V

WHITE CHOCOLATE & RASPBERRY CHEESECAKE / 8 V, R