

# OUR BROTHS



## CHICKEN

made with organic chicken and fresh organic vegetables

*protein: 8-13g | calories: 43-69*



## BEEF

made with 100% grass-fed beef, fresh organic vegetables, and a touch of ginger

*protein: 13-20g | calories: 100-160*



## HEARTH

made with organic chicken and turkey, fresh organic vegetables, and 100% grass-fed beef

*protein: 13-20g | calories: 100-160*



## SEAWEED + MUSHROOM

made with shiitake mushrooms, seaweed, and fresh organic vegetables, 100% vegan

*protein: 3-4g | calories: 50-80*

# HOT DRINKS

10oz \$7 16oz \$10 96oz \$59

sip as is or pair with fresh add-ins

## 1. Choose a broth

## 2. Choose fresh add-ins

**Sipping Beauty** parsley, lemon **+\$1**

**Deeply Rooted** turmeric, ginger

**Salt of the Sea** seaweed (kelp & dulse), ginger

**Gilligan** coconut milk, ginger, lime

**Spicy Nonna** roasted garlic, calabrian chili

**Tom Yum** coconut milk, thai curry spice, calabrian chili, lime

**Sunday Roast** seaweed + mushroom broth, roasted garlic

**Tuscan Sun** rosemary oil, roasted garlic, lemon

**Yumbria** fennel, anise, parmesan, lemon

**B.E.C.** organic egg yolk, nitrate-free bacon, parmesan **+\$2**

**Morning Rush** caffeinated herbs (guarana and maca), cacao, coconut oil

**Texas BBQ** bone marrow, bbq spice blend

**Oishi Oishi** seaweed + mushroom broth, reishi mushrooms, garlic, grass-fed butter

**Add a Healthy Fat** **+\$2**

organic egg yolk, coconut milk, 100% grass-fed butter (or ghee), bone marrow, coconut oil, extra-virgin olive oil

# SOUPS

16oz \$12

a new approach to soup prepared to order with sofrito, fresh organic greens and vegetables

## 1. Choose a broth

## 2. Choose a soup

### SPICED LENTIL

lentils, cauliflower, spinach, carrot, celery, garlic, ginger, turmeric, tomato, ras al hanout spice, and extra virgin olive oil

*protein: 12-22g | calories: 310-360*

### MISO MUSHROOM

shiitake, reishi, button mushrooms, baby watercress, cabbage, scallions, ginger, garlic, miso, brown rice, and extra virgin olive oil

*protein: 6-17g | calories: 230-290*

### MINESTRONE

baby kale, peas, tomato, carrot, celery, onion, garlic, basil, oregano, thyme, extra virgin olive oil, and parmesan cheese

*protein: 8-19g | calories: 230-290*

# COLD DRINKS

### GAZPACHO

a bright and traditional tomato gazpacho made with celery, onion, garlic, and cucumber, blended with beef broth, sherry vinegar, and olive oil

**16oz \$9 | 30oz \$19**

### TURMERIC SPRITZ

a sparkling blend of turmeric, ginger, and citrus juices, sweetened just a bit with honey, served over ice

**16oz \$8**

### GARDEN GREEN SMOOTHIE

spinach, kale, parsley, mango, green apple, banana, pumpkin seeds, coconut oil, organic chicken broth\*

**16oz \$10**

### COFFEE COLADA SMOOTHIE

cold brew, unsweetened cocoa, cinnamon, young coconut meat, parsnip, banana, pumpkin seeds, coffee beans, cocoa nibs, medjool date, organic chicken broth\*

**16oz \$10**

*\*sub coconut milk*

# BROTH FOR HOME



### MINESTRONE SOUP KIT **\$9**

Baby kale, peas, tomato, carrot, celery, onion, garlic, basil, oregano, thyme, extra virgin olive oil, and parmesan cheese.



### MISO MUSHROOM SOUP KIT **\$9**

Shiitake, reishi, and button mushrooms, baby watercress, cabbage, scallions, ginger, garlic, miso, brown rice, and extra virgin olive oil.



### SPICED LENTIL SOUP KIT **\$9**

Lentils, cauliflower, spinach, carrot, celery, garlic, ginger, turmeric, tomato, ras al hanout spice, and extra virgin olive oil.

### REFRIGERATED GLASS JARS

easier to use, better for the planet  
keeps for 10 days

add fresh add-ins for +\$2/\$4

**30oz \$19**

### FROZEN

ask us what's in stock!  
keeps for 1 year

**30oz \$19 | 10oz \$7**