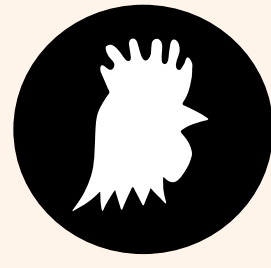


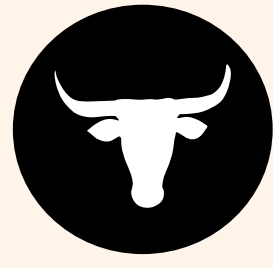
OUR BROTHS



CHICKEN

made with organic chicken and fresh organic vegetables

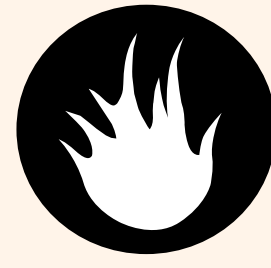
protein: 8-13g | calories: 43-69



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