

Breakfast

Overnight Oats

Chilled fruit infused oats topped with fresh seaonal fruit.

PB&J Your Way

Organic peanut butter with your choice of all fruit jelly, slightly toasted and served on multi grain bread.

Jelly options: Strawberry, black currant, apricot, grape.
Add bananas slices .50 extra

Turkey Sausage Egg White Scramble

Turkey sausage, mixed with spinach, egg white and topped with feta cheese.

Sweet Potato Hash

Diced cinnamon sweet potatoes, kale, quinoa with scrambled eggs.

Choose from 90%

American Soul

Mixed greens, chopped collards, cranberry turkey tenderloin, topped with roasted sweet potatoes, pickled cabbage, cucumber, cheddar cheese, dried cranberry, tomatoes, pecans, topped with a honey glaze dressing.

The Southwestern

Romaine lettuce, ground turkey, corn, black beans, cilantro, tomato, red onion, avocado, blue corn tortillas, topped with a vinaigrette dressing.

The 90%

Spring mix, kale, mushrooms, carrots, sweet potato, chickpeas, cucumber, tomato, avocado, Topped with olive oil and apple cider vinegar.

4.25

4.25

7.15

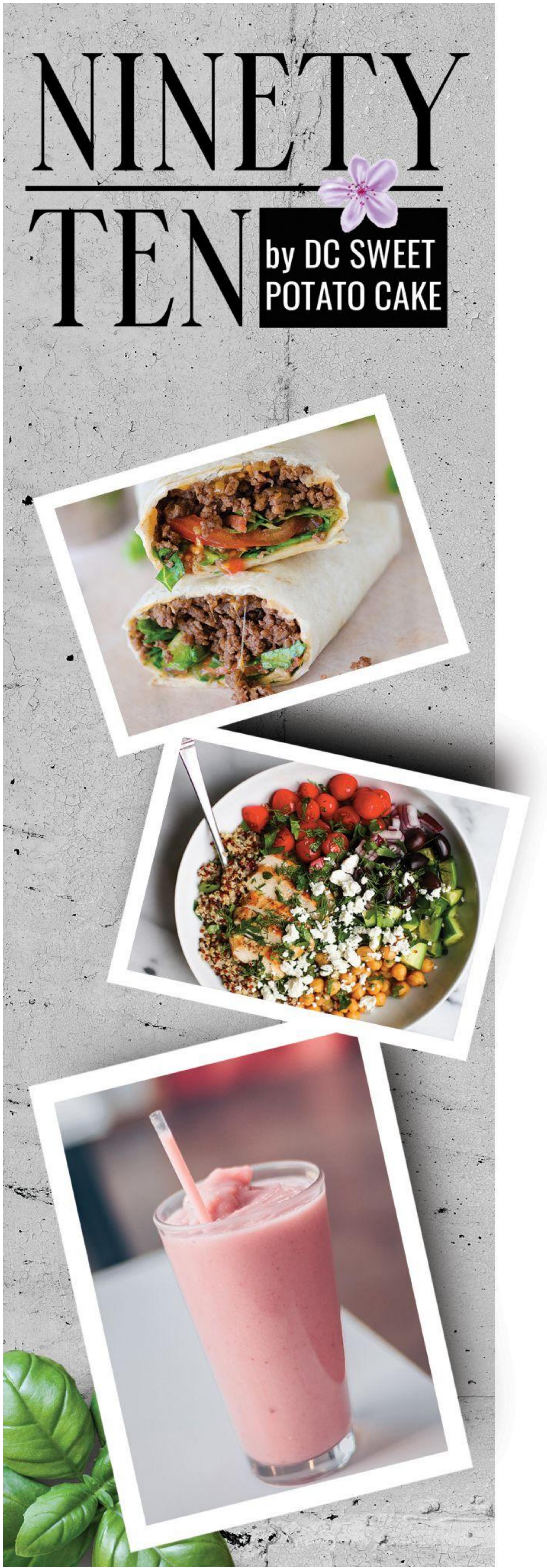
7.15

9.80

9.80

9.80







Mediterranean Bowl

Romaine lettuce, shrimp, tomatoes, cucumber, red onion, tomato, bell peppers, kalamata olives, parboiled rice, mixed with a Mediterranean dressing and topped with feta cheese.

11.25

General Tso Bowl

Spinach, sautéed chicken thigh, green onion, purple cabbage, sweet potato, carrots, parboiled rice mixed with Asian sesame dressing.

9.80

Pineapple Jerk Bowl

Spring mix greens, pineapple jerk chicken breast, colorful bell peppers, parboiled rice and peas, mixed with pineapple jerk sauce (spicy).

9.80

Pesto Salmon Bowl

Spinach, pesto, sundried tomoato, capers, artichoke, salmon over parboiled rice.

12.75

Maaps

Ground Turkey Wrap

Ground turkey, spinach, tomato, onion, sweet potato, cheddar cheese, parboiled rice, wrapped with ketchup mayo blend and brown mustard. **Substitute Quinoa**

9.80

Ground Beef Wrap

Ground beef, spinach, tomato, onion, sweet potato, cheddar cheese, parboiled rice, wrapped with ketchup mayo blend and brown mustard. **Substitute Quinoa**

9.80

The 90%

Spring mix, mushrooms, carrots, sweet potato, quinoa, chickpeas, cucumber, tomato, avocado, mixed with apple cider vinegar and extra virgin olive oil. **Substitute Quinoa**

9.80

Suya Shrimp Wrap

Spinach, tomato, corn, Nigerian Suya spice shrimp, white beans, rice, mixed with a suya ranch dressing. (Has a little kick). Substitute Quinoa

9.80

Add Side Salad

House Salad

Mixed greens, cucumber and tomato, mixed with apple cider vinegar & extra virgin olive oil.

4.00

Refresher

Cucumber, tomato, red onion with mediterranean dressing.

4.00

Now For Thu 10%

OMG CAKESHAKE

A milkshake! We blend our infamous DC Sweet Potato Cake with ice cream, milk and we top it with whip cream.

Oh Hail Naw

Original sweet potato cake blended with nutmeg, french vanilla ice cream topped with whip cream.

7.25

35 & Older

Butter pecan sweet potato cake blended with butter pecan ice cream topped with whip cream.

7.25

Why Me Lord

Rum sweet potato cake blended with rum ice cream topped with whip cream.

7.25

Slap Somebody's Momma

Red velvet sweet potato cake blended with strawberry ice cream topped with whip cream.

7.25

Not Today Satan

Bourbon sweet potato cake blended with chocolate ice cream topped with whip cream.

7.25

Wait What!

Chocolate sweet potato cake blended with cookies and cream ice cream topped with whip cream.

7.25

Slice: \$4.95

Half Dozen: \$18.54

Loaf: \$18.00

Cupcake: \$3.25 Dozen: \$36.36

Whole Cake: \$45.00

Origial Sweet Potato

Sweet potato cake with a vanilla pecan cream cheese frosting.

Red Velvet Sweet Potato

Red velvet sweet potato cake with a vanilla cream cheese frosting

Bourbon Sweet Potato Cake

Bourbon sweet potato cake with a bourbon cream cheese frosting.

Rum Sweet Potato Cake

Rum sweet potato cake with a rum cream cheese frosting

Chocolate Sweet Potato Cake

Chocolate sweet potato cake with a milk chocolate frosting.

Butter Pecan Sweet Potato Cake

Butter pecan sweet potato cake with a butter pecan cream cheese frosting.

Non Sweet Potato Cake

Joe Claire's Good As Cake

Vanilla pound cake with a butter sugar glaze.







Alkaline Water SMALL - \$2.79 | LARGE - \$3.25 | SELTZER - \$2.25

SMOOTHES 6.25

Options: Whole milk, Oat, Almond, or Coconut Water

Green Valley

Coconut water, pineapple, banana, avocado, collard greens & agave.

AVO Macho

Oat Milk, avocado, collard greens & banana.

Mango Bango

Oat Milk, mango, carrot, papaya, turmeric & agave.

Beet It Up

Almond Milk, beets, cherries, strawberries & agave.

COFFEE

Regular Ole Coffee (16 oz)	2.80
Drip Decaf Refill .50	
Adult Coffee	
Espresso Single Shot	2.20
Espresso Double Shot	3.10
High Brow Coffee Drinkers (16 oz)	
Iced Coffee	2.80
Cold Brew Coffee (cold-brewed 12 hours)	2.95
Fancy Coffee Drinkers (16 oz)	
Oat Caramel Latte Double shot espresso, oat milk, vanilla, caramel on top.	4.75
Mocha Vanilla Bean Latte	4.75
Double shot espresso, whole milk, dark chocolate cocoa, vanilla on top.	
Salted Caramel Latte	4.75
Double shot espresso, almond milk, sea salt, caramel, caramel on top.	

TEA & JUICE

Black, Green, Decaf	2.25
Chai Tea Latte	4.75
Pinky Fingers Up (Cold)	
Black, Green, Decaf	2.50
Chai Tea Latte	3.25

The Classy Crew (Hot)

Fresh Pressed Juice 8.00

Herbal Ice Tea 4.00