

all day food

CHIA OVERNIGHT OATS * 8

Oats, local Nashville honey, almond butter, chia seeds, cacao nibs, coconut flakes, berries, and cinnamon

NUT BUTTER TOAST 6

Choice of almond or peanut butter, strawberry, banana, local Nashville honey, chia seeds, and cacao nibs on multi-grain sourdough bread

BREAKFAST SANDWICH 8

Turkey sausage and egg with house-made honey Sriracha mayo on an English muffin

LOADED AVOCADO TOAST 8

Mashed avocado, heirloom tomato, soft boiled egg, lemon, red pepper flakes, toasted sesame seeds, and spinach on multi-grain sourdough bread

RAINBOW SUMMER ROLLS 8

Spinach, purple cabbage, carrots, mint, sesame seeds, and free-range chicken wrapped in rice paper with peanut sauce

VUI'S POWER BOWL 11

Quinoa, spinach, kale, red cabbage, carrots, garbanzo beans, roasted sweet potato, pickled red onions, toasted sesame seeds, and house-made ginger sesame dressing. **Add avocado \$2.**
Add soft boiled egg \$1.50. Add free-range chicken \$3.50

CHICKEN SALAD – Bowl, Wrap or Sandwich 11

Bowl: Mixture of diced chicken, red onion, celery, green apple, walnuts and herbs, tossed in our house lemon & mayo dressing served on a bed of spinach

Wrap: Chicken salad mix with spinach, pickled red onions, and Sriracha on herb tortilla wrap with side of house-made ranch

Sandwich: Chicken salad mix with spinach, pickled red onions, heirloom tomato, and Sriracha on multi-grain sourdough bread

As a scoop, available in Grab & Go \$5.50

BONE BROTH * 7

Warm healing free-range chicken bone broth slow simmered in ginger, spices and herbs; served piping hot. **\$14 by the quart in Grab & Go**

*** Available in our Grab & Go**


superfood smoothies

16oz
(+\$2 for 24oz)

Customize any smoothie to your needs

 Immunity Boost

 Fruity

 High Protein

GREEN SMOOTHIE 10

Kale, spinach, almond milk, apple juice, pineapple, mango, lemon, banana.

THE DOC 12

House-juiced apple, kale, spinach, probiotic, mint, spirulina, ginger, lemon, blueberry, strawberry, banana

GREEN GLOW **NEW!** 12

House-juiced apple, spinach, lemon, mint, collagen, pineapple, banana

STRAWBERRY 9

Strawberry, banana, apple juice

MINT TO BEE 9

Pineapple, mango, mint, apple juice, almond milk, local Nashville bee pollen

TROPICAL BLUE 11

Blue Majik spirulina, mango, pineapple, ginger, house-juiced apple, topped with chia seeds

THE WORKOUT 10

Banana, cacao powder, spinach, protein, peanut butter, almond milk, pink salt

PB&J SMOOTHIE 10

Peanut butter, banana, strawberry, blueberry, avocado, apple juice. **Add açai \$2**

BREAKFAST SMOOTHIE 11

Almond milk, Blue Majik spirulina, hemp, almond butter, banana, blueberry, cinnamon, pink salt

HOT DATE 10

Banana, medjool dates, almond milk, peanut butter.
Add cold brew \$2. Add collagen \$2

açaí bowls

Choice of almond butter or peanut butter

**Choice of two fruits:
strawberry | blueberry | banana | pineapple**

CLASSIC AÇAÍ BOWL

Açaí berry, chia seeds, cacao nibs, local Nashville honey, granola

13

BLUE AÇAÍ BOWL

Blue Majik spirulina blended with creamy coconut, pineapple, mango.
Topped with chia seeds, toasted coconut flakes, local Nashville honey, granola

13

DRAGONFRUIT BOWL

Dragonfruit sorbet, local Nashville honey, granola

12

kids 12 and under

AÇAÍ CUP **NEW!**

Açaí berry sorbet, strawberry, banana, sprinkled with granola and honey

7

PB&J SANDWICH **NEW!**

Peanut butter and local Nashville honey on multi-grain sourdough bread

6

MINI STRAWBERRY SMOOTHIE **NEW!**

Strawberry, banana, apple juice

6

seasonal

LENTIL & SPINACH SOUP

7

House-made immunity-rich veggie broth, carrots, celery, onions, garlic, ginger, turmeric, tomato, red lentil, spinach, lemon, herbs & spices

CHICKEN & RICE SOUP

8

House-made immunity-rich chicken bone broth, carrots, celery, onions, garlic, ginger, turmeric, tomato, lentil, lemon, jasmine rice, shredded chicken, herbs & spices

VUI'S PUMPKIN SPICE LATTE Sm 7.50 | Lg 8.50

Bold espresso, oat milk, pumpkin purée, brown sugar, vanilla, warm spices, sprinkled with cinnamon

VIETNAMESE COLD BREW

Sm 7 | Lg 8

House-made cold brew with sweetened condensed milk, oat milk

MATCHA LEMONADE

Sm 6 | Lg 7

GOLDEN TURMERIC

Sm 5 | Lg 6

HIBISCUS LEMONADE

Sm 5 | Lg 6

coffee + espresso

	Hot 12oz	Iced 16oz	Iced 24oz
DRIP COFFEE	3.50	—	—
ESPRESSO double shot	3.50	—	—
AMERICANO	4	—	—
CORTADO	4	—	—
CAPPUCCINO	6	—	—
LATTE	6	6	7
VANILLA LATTE	7	7	8
CARAMEL MACCHIATO	7	7	8
COLD BREW			
HONEY VANILLA LATTE	—	7	8
COLD BREW			
BROWN SUGAR LATTE	—	6	7
COLD BREW	—	5	6
HOT CHOCOLATE	5	—	—

Raw cacao powder, oat milk, house brown sugar syrup and a pinch of cinnamon

*Locally-roasted Guatemalan coffee beans. Ceremonial-grade matcha.
Coffee drinks made with whole milk and love ❤️*

specialty beverages

	Hot 12oz	Iced 16oz	Iced 24oz
CHAI LATTE Local chai concentrate, ginger, oat milk, agave and a pinch of cinnamon	6	6	7
GOLDEN MILK LATTE Turmeric, ginger, black pepper, oat milk, agave, cinnamon	6	6	7
MATCHA LATTE Ceremonial grade matcha, oat milk, agave	8	8	9
HIBISCUS ICED TEA House-brewed hibiscus tea, sweetened or unsweetened Add house-juiced pineapple and mint \$2	—	—	4