

Community Cafe

Fresh Juice Blends

All juices are vegan and wheat free

THE CURE: Apple, cucumber, kale, lemon, mint

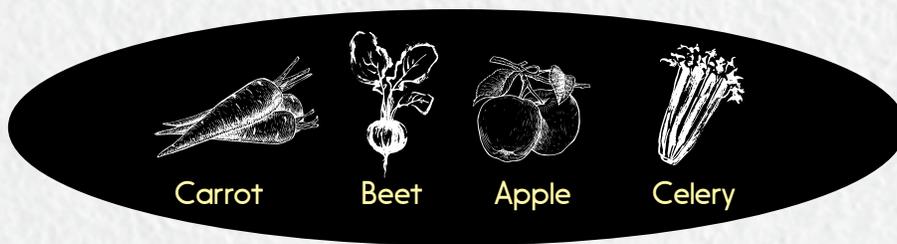
COMMUNITY IMMUNITY: Carrot, celery, orange, turmeric, ginger

GOOD GUT: Carrot, apple, beet, ginger

GREEN ENERGY: Cucumber, celery, kale, parsley, lemon, ginger

Create Your Own Juice

Choose any combination of:



Fresh Smoothies

All smoothies are wheat free

COMMUNITY CLASSIC VEGETARIAN

Raspberries, banana, yogurt, orange juice

BLUE DEMON VEGAN

Blueberry, banana, hemp seed, spirulina, unsweetened almond milk

GREEN GODDESS VEGAN

Kale, avocado, raspberry, parsley, brown flax, orange juice

PINA COLADA VEGAN

Banana, turmeric, ginger, pineapple, coconut beverage

THE BUZZ KETO

Coffee, avocado, mct oil, cocoa powder, cinnamon, unsweetened almond milk

BOOSTERS AND AD ONS AVAILABLE FOR JUICE AND SMOOTHIES

Super Drinks

FAT COFFEE

Organic MCT and Grass-fed Butter

BEEF LATTE

Caffeine free blend with beet, cinnamon, ginger and clove

MATCHA LATTE

Stone ground Matcha blended with superfoods

TURMERIC LATTE

Caffeine free Golden Mylk with super spice blend

CHAGA CHAI

Caffeine free house made Chai blend with Chaga Mushrooms

HOT APPLE CIDER

Hot Beverages

Americano 12/16 oz

Cappuccino 12/16 oz

Café Mocha 12/16 oz

Caffe Latte 12/16 oz

Hot Chocolate 12 oz

Steeped Tea 12/16 oz

ALL Coffee Drinks can be 'ICED'

Extra Espresso Shot

Drip Coffee 16 oz

*Oat Milk, Almond Milk & Coconut Beverage available at no extra charge

*All beverages available over ice

Salads & Power Bowls

CNF Cobb Salad

mixed greens, roasted chicken, bacon, egg, cherry tomatoes, red onions, mozzarella, hemp seeds, blue cheese ranch dressing

Cheeseburger Chop

mixed greens, beef patty, bacon, pickle, red onions, aged-white cheddar, CNF Sauce

Veg Head Salad VEGAN

mixed greens, black olives, cucumber, red onion, cherry tomatoes, mixed peppers, roasted chickpeas, red quinoa, pumpkin seeds, nutritional yeast, preserved lemon dressing

Bleu & Green Salad VEGETARIAN

mixed greens, red cabbage, carrot, roasted yams, corn, peas, almonds, blue cheese, balsamic dressing

Greens & Grain Salad

mixed greens, roasted buckwheat, shredded beets, roasted beets, mixed peppers, peas, cucumber, pumpkin seeds, miso dressing

Brown Rice Bowl

brown rice, red cabbage, cucumber, carrot, red onion, egg, almonds, cilantro, miso dressing

Red Quinoa Bowl

red quinoa, avocado, arugula, cucumbers, red onion, cherry tomatoes, hemp seeds, pumpkin seeds, shredded beets, blue cheese ranch dressing

Kasha Bowl

roasted buckwheat, roasted yams, roasted beets, corn, red onion, carrot, mixed peppers, feta, roasted chickpeas, preserved lemon dressing

Build Your Own Salad

Base of Organic Salad greens, your choice of up to 13 veggies free. Pick 1 grain, 1 cheese, and 1 salad dressing at no charge.

Pizza 8inch & 12inch Wheat free crusts available for 12" only

Verde Salsiccia

crushed tomatoes, italian sausage, rapini, mozzarella, chili flakes

Margarita VEGETARIAN

crushed tomatoes, bocconcini, basil

Pepperoni

crushed tomatoes, buffalo pepperoni, mozzarella

Patata Forno

garlic cream sauce, potato, bacon, green onions, mozzarella

Prosciutto Dolce

garlic cream sauce, dried figs, pine nuts, prosciutto, arugula, balsamic glaze, mozzarella

Quattro Stagioni VEGETARIAN

crushed tomatoes, mushrooms, artichokes, black olives, rapini, arugula, mozzarella

Il Porco

crushed tomatoes, italian sausage, bacon, prosciutto, mozzarella, chili flakes, maple drizzle

Paninis

Roasted Yam VEGAN

sour dough, roasted yams, red onions, mixed peppers, spinach, vegan cheddar, grainy mustard aioli

Grilled Cheese VEGETARIAN

sour dough, swiss cheese, provolone, white cheddar, olive salad spread

Philly Cheese Steak Wrap

whole wheat wrap, marinated sliced beef, aged cheddar, sauted mixed peppers, red onion, pickles, horseradish aioli

Cubano

sour dough, sliced ham, roasted pork, swiss cheese, dill pickles, yellow mustard

Roasted Red Pepper & Chicken

sour dough, roasted chicken, roasted red peppers, swiss cheese, red onions, spinach and basil aioli

Mediterranean Roasted Cauliflower Wrap VEGETARIAN

whole wheat wrap, roasted cauliflower, smashed falafel, roasted red peppers, hummus, spinach, tahini

Tofu Scramble Wrap VEGAN

whole wheat wrap, roasted potatoes, black beans, scrambled tofu, red onions, mixed peppers, vegan cheddar

Denver Omelette English Muffin

english muffin, egg, turkey bacon, mixed peppers, red onion, cheddar cheese

Soups & Sides

Hearty Chicken Vegetable Soup WHEAT FREE

Soup De Jour VEGETARIAN

French Fries WHEAT FREE, VEGAN

Bubbie's Pickles WHEAT FREE, VEGAN, KETO

Burgers

Keto Surprise KETO

Egg, bacon, avocado, white cheddar, CNF sauce

West Side KETO

Avocado, arugula, tomato, red onion, white cheddar, CNF sauce

CNF Double Double KETO

Bacon, white cheddar, CNF sauce

Extremist

Blue cheese, jalapeno, BBQ chips, CNF sauce

The Basic KETO

Lettuce, tomato, pickle, red onion, CNF sauce

Build Your Own Burger :

Free Range Turkey Burger: WHEAT FREE, KETO

Grassfed Beef Burger: WHEAT FREE, KETO

"Know Meat Burger": WHEAT FREE, VEGAN

TMRW Foods Burger: VEGAN

All Burgers can be Wheat Free based on bun choice. West Side and Basic can be vegan, based on Patty Choice and cheese substitution.

Burrito & Burrito Bowls

Bean Burrito VEGAN

Mole Pinto Beans, Tortilla Wrap, Brown Rice, & Your Choice of Vegetables & Sauce

Beef Burrito

Grass-fed Beef, Tortilla Wrap, Brown Rice, & Your Choice of Vegetables & Sauce

Chicken Burrito

Slow Cooked Chicken, Tortilla Wrap, Brown Rice, & Your Choice of Vegetables & Salsa

Bean Burrito Bowl VEGAN

Mole Pinto Beans, Brown Rice, & Your Choice of Vegetables & Salsa

Beef Burrito Bowl WHEAT FREE

Grass-fed Beef, Brown Rice, & Your Choice of Vegetables & Salsa

Chicken Burrito Bowl WHEAT FREE

Slow Cooked Chicken, Brown Rice, & Your Choice of Vegetables & Salsa