
DOWNTOWN CREDO

BOWLS

Parfait* GF \$7.5
Plant-based yogurt, topped with our house-made jam and granola, fresh fruit, and flax, hemp + chia seeds. Finished with your choice of honey or agave.

Power Oats* GF \$12
Warm or overnight oats topped with our house-made jam and granola, fresh fruit, and flax, hemp + chia seeds. Finished with your choice of agave or honey.

Autumn Salad* GF \$13.5
Quinoa, roasted chickpeas, and avocado on a bed of arugula. Topped with candied pecans, pepitas, sun dried tomatoes, and fresh apples. Choice of house-made agave mustard or cilantro lime crema. Add chorizo or mushroom bacon for +\$2.

Roasted Tomato Soup* GF \$4.5 / \$8
Topped with yogurt drizzle and roasted chickpeas. Add a grilled cheese for \$4.

BITES

Avocado Toast* \$10
Avocado spread on bread of choice. Topped with arugula, pepitas, sun dried tomatoes, and house-made pickled onions. Finished with a drizzle of balsamic glaze and a lemon twist.

Sunshine Toast* \$10
Sunflower butter spread on bread of choice. Topped with arugula, fresh fruit tossed in house-made jam and granola. Finished with a drizzle of balsamic glaze.

Power Sammie* \$15
Scrambled Just Egg with vegan cheddar cheese, plant-based chorizo, arugula, sun dried tomatoes, pepitas, house-made pickled onions and cilantro-lime crema on pan brioche.

VLT \$12
Our take on the classic BLT. Plant-based bacon, arugula, tomatoes. Choice of mayo or cilantro-lime crema.

BRUNCH

Acai Bowl GF \$12.5
Acai topped with house-made granola, fresh fruit, pepitas, and flax, hemp & chia seeds. Finished with your choice of agave or honey. Add sunflower butter (+1)

Apple Pecan French Toast \$14
Pan brioche topped with plant-based mascarpone, fresh and stewed apples, housemade granola, pecans, pepitas, cinnamon and powdered sugar.

Breakfast Bowl* GF \$15
Home fries, black beans, avocado, scrambled Just Egg, and mushroom bacon on a bed of arugula. Topped with pepitas, house-made pickled onions and cilantro-lime crema.
Make it a wrap (+1)

KIDS MENU

Grilled Cheeze \$7.5
Vegan cheddar cheese on bread of choice.

S & J* \$10.00
Our take on a traditional PB&J. Made with sunflower butter and house-made iam on your bread of choice.

Oats \$9.5
Oats topped with flax + chia seeds, finished with your choice of honey or agave.

Kids meals come with a side of soup, salad, fresh fruit, or chips

SIDES

Home Fries \$3.5
Side Salad \$4.5
Mushroom Bacon \$4
Eggs + Cheese \$4
Toast \$2.5
Tomato Soup \$4.5
Fresh Fruit \$2.5

*Nut Allergy
