



# TreeHouse Cafe & Juice Bar Menu: Fall 2020

100% gluten free

v= vegan

vg= vegetarian

## HOT DRINKS

### **coffee** to energize your day

- americano
- cappuccino
- drip coffee
- espresso
- latte
- Macchiato

### **not coffee** to soothe and relax

#### **superfood kava hot cacao**

*Kava is a medicinal root from the Pacific Islands that is said to help relieve anxiety and pain. combined with our signature delicious hot cacao, it is sure to help warm up your day!*

- matcha
- assorted tea

## GET JUICED

- **eye opener** - breaks down toxins, aids in digestion, and calms inflammation  
apple, lemon, & ginger
- **green machine** - packed full of nutrients to help you glow from the inside out  
cucumber, arugula, spinach, kale, apple, & ginger
- **anti-aging** - a fantastic health elixir for boosting immunity  
turmeric, apple, ginger, & celery

## SMOOTH(IE) OPERATORS

- **maca madness**  
banana, maca, cacao, coconut oil, dates, & nut mylk
- **berry blast**  
four berry blend (strawberry, blackberry, blueberry, raspberry), hemp seeds, banana, & nut mylk
- **nut job**  
almonds, coconut oil, hemp & flax seeds, dates, cinnamon, & nut mylk
- **turmeric sunrise**  
turmeric, banana, mango, cinnamon & nut mylk

## ALL DAY BRUNCH

- **personal apple crisp (v)**  
gluten-free crumble topping envelopes sweetly spiced local apples, served with coconut maca cream
- **sexy salmon (vg)**  
smoked salmon & turmeric pepper chèvre over toasted gluten-free cornbread & maple mustard dressing (option to substitute vegan salmon and vegan cheese)



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### SOUPS, SALADS, & SANDWICHES:

- **treehouse salad** (vg)
  - beets, spiced nuts, & goat cheese over greens with a maple mustard dressing
- **angler**
  - smoked salmon, goat cheese & greens with maple mustard sauce
  - substitute vegan salmon & vegan cheese (V)
- **forager** (v)
  - bean burger with greens & maple mustard sauce
- **trickster** (v)
  - almond butter & jam
- **soup of the day**
  - seasonal selections made with local fresh ingredients- including **baltimore's first maryland vegan crab soup!**

### TREEHOUSE TREATS

- **superfood chocolate squares** (v)
- **daily rotating desserts** (v, vg)
- **cookies** (v)
  - oatmeal, flax seed, & chocolate chips

