

HOURS
monday - saturday
8:00am - 7:00pm

brick canvas cafe

- a healthful, gluten-free eatery -

SPRING/SUMMER '19

MAIN

8.5

SHERRIES NACHOS

shredded chicken, cotija and cheddar cheese, refried beans, avocado, sherrie's medium salsa, and house-made cilantro cream served on gf tortilla chips or a bed of mixed greens
(calories: 1305 w/ chips 905 w/ greens)

LOW CARB OPTION - served as a salad with a side of ranch (no beans or cilantro cream)
(calories: 548 net carbs: 9 fat: 40 protein: 35)

BOWL OF SEASONAL SOUP

served with your choice of one side

SALADS

8.5

THE COBB

low carb option
mixed greens, chicken, turkey bacon, avocado, carrots, cheddar cheese, cherry tomatoes, with ranch dressing
(calories: 526 net carbs: 9 fat: 32 protein: 43)

ASIAN CITRUS

mixed greens, chicken, oranges, beets, carrots, avocado, almonds with house-made ginger lime dressing
(calories: 366)

CHICKEN FAJITA

mixed greens, chicken, sauteed peppers and onions, avocado, cherry tomatoes with house-made honey cilantro lime dressing
(calories: 356)

KIDS

5

GRILLED CHEESE AND CHIPS

gf multigrain bread and cheddar cheese with a side of terra chips and sliced apples

SANDWICHES

8.5

served on toasted gf multigrain bread with a choice of one side.

BRIE MELT

brie cheese, chicken, pickled onions, arugula, cucumber, green apple with herb mayo
(calories: 570)

LOW CARB OPTION - served as a lettuce wrap (no apples)
(calories: 414 net carbs: 3 fat: 31 protein: 32)

BACON EGG AVOCADO

turkey bacon, avocado, scrambled egg, cheddar cheese, with a choice of green chili or chipotle cream sauce
(calories: 509)

LOW CARB OPTION - served as a 4-egg omelet with green chili sauce
(calories: 532 net carbs: 5 fat: 26 protein: 42)

TURKEY CRANBERRY

smoked turkey, cheddar cheese, arugula with house-made cranberry sauce
(calories: 455)

TURKEY CLUB

smoked turkey, cheddar cheese, arugula, turkey bacon, avocado, real mayo
(calories: 558)

GRAB & GO

TURKEY & CHEDDAR SANDWICH 5

smoked turkey, cheddar cheese, real mayo, brown mustard on gf seeded bun
(calories: 431)

ASSORTED PROTEIN PACKS 4

assortment of nuts, gf granola, cheese, and fruit
(protein: 18-26g)

KOMBUCHA 5

ASSORTED BEVERAGES 2

SIDES 3

CUP OF SEASONAL SOUP

GARDEN SALAD

mixed greens, cherry tomatoes, cucumber, carrots, cheddar cheese, with ranch or balsamic vinaigrette dressing
(calories: 100)

TERRA CHIPS

HOUSE-MADE PROTEIN BAR

cranberry, apple, vanilla, maple, oats, almond
(calories: 220 protein: 11)

SEASONAL FRESH FRUIT

PALEO ALMOND JOY BAR

cocoa, almond, maple, coconut
(calories: 528)

FRUIT & YOGURT PARFAIT

See next page for more options →

Please let us know of any allergies and/or dietary restrictions. Consuming raw or undercooked meats, poultry, or eggs may increase your risk of foodborne illness.

SMOOTHIES

7.5

BLACK & BLUE - *detox* -
charcoal, blueberry, raspberry, spinach, apple, dates,
(calories: 256)

CHOCO MONKEY - *boost metabolism* -
cocoa, banana, almond milk, dates
(calories: 603)

PEACHSICLE - *fortify* -
peach, raspberry, apple, vanilla, almond, dates
(calories: 253)

PIÑA COLADA - *heart health* -
pineapple, orange, mint, coconut milk
(calories: 222)

SUPER C - *boost immunity* -
turmeric, mango, orange, carrot, cashew, coconut milk
(calories: 339)

MATCHA MONSTER - *detox & energize* -
matcha green tea, mango, banana, coconut milk
(calories: 265)

CHOCOLATE LOVE BOMB - *boost immunity* -
cocoa, strawberry, banana, agave, almond
(calories: 213)

JUICES

6.5

CLEAN GREEN - *replenish* -
apple, cucumber, spinach, lime, coconut water
(calories: 130)

HOT PINK - *energize* -
beet, carrot, spinach, lemon, ginger, apple
(calories: 149)

100% PURE - *fortify* -
orange, apple, carrot, celery - just one, or any combo!
(calories: 192)

COFFEE

served hot or iced

SELF-SERVE DRIP 2.75
single cup of coffee

SELF-SERVE UNLIMITED DRIP 4
includes unlimited refills

AMERICANO/ESPRESSO 2.75
standard double

LATTE/CAPPUCCINO 4
espresso, milk

DIRTY CHAI LATTE 4.5
chai tea, espresso, milk

MOCHA 4.5
espresso, chocolate, milk

NOT COFFEE

HOT CHOCOLATE 3
chocolate, steamed milk

STEAMER 3
steamed milk with your choice of flavor

CHAI LATTE 4
chai tea, milk

LONDON FOG 4
earl grey tea, milk, vanilla

MATCHA LATTE 4
matcha green tea, milk, foam

ADD INS .5

SMOOTHIES & JUICES

VANILLA PROTEIN POWDER

ACTIVATED CHARCOAL

SPINACH

HEMP SEEDS

CHIA SEEDS

MATCHA POWDER

COFFEE

FLAVOR

chocolate, caramel, vanilla, sugar-free vanilla, hazelnut,
white chocolate, raspberry or coconut

EXTRA SHOT

All smoothies & juices are dairy-free and vegan