

FALL

"The season for enjoying the fullness of life - partaking of the harvest, sharing the harvest with others, and reinvesting and saving portions of the harvest for yet another season of growth."

Denis Waitley

SALADS + BOWLS

Chimichurri Steak Bowl (GF) - chipotle seared tenderloin, herb lime wild rice, roasted red peppers, onions and mushrooms, chipotle ranch, chimichurri pesto **\$11.95**

Falafel Grain Bowl (VG) - warm farro, crisp kale salad, butternut squash hummus, mushroom and herb baked falafel, cilantro pepper vinaigrette **\$9.95**

Ahi Poké Bowl - ahi tuna, avocado, sushi rice, sliced scallion, tuxedo sesame, citrus ponzo and ginger wasabi dressings **\$9.95**

Thai Chicken Crunch - kale crunch mix, pickled carrots, cucumber, cashews, sweet chili chicken, sliced scallion, tuxedo sesame, thai vinaigrette **\$10.95**

Quinoa Bowl (V) (GF) - quinoa, black beans, diced tomatoes, diced onions, feta cheese, cilantro, avocado, tortilla crunch, red pepper vinaigrette **\$8.45**

Protein Bowl (GF) - chicken, bacon, black beans, corn, roasted red peppers, goat cheese, honey Sriracha dressing (add greens +\$1) **\$9.45**

Incredibull (VG) (GF) - quinoa, dino kale, butternut squash, black beans, roasted beets, pumpkin seeds, avocado, mint, lemon tahini dressing, lime squeeze **\$9.95**

Ensa-Lot-A (V) (GF) - romaine, black beans, roasted red peppers, corn, diced onions, cilantro, radish, cherry tomatoes, goat cheese, tortilla crunch, avocado cilantro dressing **\$8.95**

Big Salad (GF) - mixed greens, spinach, sweet potatoes, caramelized onions, blue cheese, bacon, avocado, balsamic vinaigrette **\$8.95**

CREATE YOUR OWN **\$7.95**

1. Choose your base

spinach, mixed greens, arugula, romaine, shredded kale, kale crunch

2. Choose 4 veggies, fruits or nuts

3. Choose your dressing

4. Toss, chop or wrap it

5. Add ons:

shrimp/ahi tuna/steak **\$4**

roasted chicken/falafel **\$3**

tofu **\$2**

bacon **\$1**

avocado **\$1.50**

sunnyside egg **\$1**

cheese **\$1**

extra veggie **.50**

ALL DAY BREAKFAST

Avocado Toast (VG) - avocado mash, red pepper flakes, olive oil, capers, sea salt, multigrain toast (add sunnyside egg +\$1) **\$7.95**

Banana Toast (V) - sliced banana, almond butter, chia seeds, honey, strawberry, multigrain toast **\$8.95**

Açaí Bowl (V) - açaí berry blend topped with granola, banana, blueberries, coconut flakes, chia seeds, honey **\$10.95**

Dragon Bowl (VG) - organic dragonfruit blend, banana, topped with granola, kiwi, mango, coconut flakes, mint **\$10.95**

Breakfast Wrap - two eggs scrambled with choice of two veggies, quinoa, cheese, bacon, wrapped in a spinach tortilla **\$7.35**

The Scramble - three eggs scrambled with choice of two veggies, quinoa, cheese, bacon - made to order **\$6.95**

SMOOTHIES

gluten-free + vegan **\$5.95** 16oz

boosts: (\$1) whey protein, hemp protein, flax, chia, spirulina, bee pollen

Almond Brothers - chocolate almond milk, banana, almond butter, coffee

Pink Drink - dragonfruit, banana, pineapple, mango, coconut water, lemon, ginger **\$6.95**

City of Oats - almond milk, banana, strawberries, peanut butter, date, cinnamon, steel cut oats

Hale Mary - kale, pineapple, spinach, almond milk, banana, avocado

Aloe-Ha - coconut water, mint, blueberries, orange, mango

Bright Eye - orange, mango, pineapple, banana, lemon, coconut water, turmeric, black pepper

ON DRAFT **\$5**

Kombucha Tea - Tribucha (Raleigh, NC) - rotating options

Beer - Full Steam (Durham, NC) - rotating options

Good Vibes - Happy + Hale (Durham, NC) - always

please share the happy @happyandhale

