



Starters

- GLOW ROLL** 7
Nori roll with carrot, cucumber, macadamia “cheese”, and avocado.
- VEGAN QUESADILLA** 9
- DAILY SEASONAL SOUP** 9
- SPRING ROLL** 10
Rice wrapper stuffed with greens, carrots, avocado, almond ginger thai sauce.

Salads

- GLOW HOUSE SALAD** 12
Power greens, shredded carrot, beets, hemp seeds, seasoned almonds, flax cracker. Balsamic vinaigrette or creamy ranch — Add Avocado - 2.5
- CREAMY KALE QUINOA** 13
Shredded kale lightly marinated with cold-pressed olive oil, sea salt, and lemon, chickpeas, quinoa, tomato, avocado, kalamata olives, and creamy lemon tahini dressing

Bowls

- COCONUT LIME NOODLE BOWL** 15
Soba noodles tossed with creamy coconut lime ginger sauce, peas, mushrooms, broccoli, sprinkle of hemp seeds.
- LOCAL'S GLOW BOWL** 15
Black beans, rice, corn, cilantro and lime, shredded carrots and purple cabbage, on a bed of greens with a delectable cilantro lime vinaigrette with guacamole, salsa, and macadamia cream.
- PAD THAI NOODLE BOWL** 15
Zucchini noodles with kale, cabbage, carrots, bell pepper, basil, cilantro, topped off with spiced almonds and cashew. Lightly warmed and tossed with creamy coconut sauce
- THAI RED CURRY RAMEN NOODLE BOWL** 15
Ramen noodle bowl with broccoli, red pepper, red curry, shi-take, coconut milk, jalapeno, almond butter, lime green onion and ginger

- ROASTED VEGGIE BOWL** 15
Sweet potato, quinoa, peas, carrot, green onion, cilantro, sesame seeds, sprouts, hemp seeds served with orange maple miso dressing.
— Add Avocado - 2.5

Entrees

served with a side of real coconut tortilla chips

- THAI KALE COCONUT WRAP** 14
Marinated kale tossed with our creamy thai ginger dressing, creamy avocado, wrapped in a gluten free, coconut wrap. A favorite!
- VEGGIE SANDWICH** 14
Rasberry's eatery fresh locally baked rustic sourdough bread, thinly sliced cucumber, tomato, locally grown sprouts, and classic creamy hummus.
- VEGAN BURRITO** 15
Warm wrap served with rice, black beans, carrot, cilantro, tomato, sweet potato, sprouts, salsa and guac.

Toasts and Bagels

Toasts 1 pc 6.50 | 2 pcs 11

- ALMOND BUTTER AND BANANA WITH HONEY**
- AVOCADO TOAST**
olive oil, cracked pepper, salt and a sprinle of hemp seeds
- HUMMUS**
creamy hummus with sprouts and tomato
- VEGGIE TOAST**
pumpkin seed basil pesto, cucumber, tomato, avocado and olive oil drizzle with herbs
- CREAM CHEESE AND TOMATO (with sprouts)**
- BAGEL WITH GLOW CREAM CHEESE** 6
Bigwood bread freshly baked bagels with vegan cream cheese, tomato, and sprouts.

Smoothie Bowls

12 OZ | 16 OZ

Toppings: seasonal fresh fruit, granola, nibs, coconut

DRAGON BOWL 12
coconut milk, dragonfruit, strawberry, banana

ALMOND BUTTER AND JELLY BOWL 12
coconut milk, almond butter, strawberries, sun warrior protein

JUNGLE BOWL 12
chocolate hemp milk, banana, maca, cacao powder topped with chocolate sauce, raspberries, cacao nibs and granola

YOGA GLOW BOWL 13
coconut milk, mango, banana, pineapple, blue majik

ACAI BERRY 13
acai, strawberries, banana, tart cherries

Pressed Juice

SIMPLE pure pressed celery

CLEAN cucumber, chard, celery, parsley, kale, spinach, lime, ginger, green apple

REFRESH green apple, lemon, ginger

IMMUNITY orange, lemon, lime, ginger (garlic optional)

BREATHE celery, green apple, parsley, lime

HAPPY grapefruit, orange, strawberry, basil

BRIGHT pineapple, apple, kale, fennel, lemon, lime, ginger

BLISS cucumber, celery, carrot, apple, strawberry, ginger

ILLUMINATE cucumber, celery, parsley, chlorella, mint, pineapple

ROOTS carrot, apple, orange, lime, ginger

Smoothies

ADD-INS

Kale - 1

Coconut Oil - 1

Goji Berries - 1

Cacao Nibs or Powder - 1

Coconut Butter - 1

Flax Oil - 1

Coffee Shot - 1

Vitamineral Green - 2

Sun Warrior Protein Powder - 2

Maca - 2

MORNING GLORY 7 | 8
Banana, strawberries, mango orange juice

BUZZ 7 | 8
Coconut milk, maps cold brew coffee, maca, cacao, ice

MONKEY LOVE 7 | 8
Banana, chocolate hemp mylk, cacao

ISLAND BLEND 7 | 8
Pineapple, mango, banana, and coconut milk

SUNRISE 8 | 10
Tart cherries, strawberry, banana, orange juice, lemon, hemp milk

BLUEBERRY CHIA 8 | 10
Blueberries, banana, chia seeds, hemp milk

POWER SMOOTHIE 10 | 12
Hemp mylk, kale, banana, vitamineral green, maca, goji berries

Hot Drinks

HERBAL TEA 4

COGNITIVE COFFEE coffee, coconut oil, almond milk 5

MATCHA LATTE 5

COCONUT ELIXIR CHAI LATTE 6

MINT CACAO ELIXIR LATTE 6

CARAMEL ELIXIR LATTE 6

GOLDEN MILK LATTE 6

Breakfast

MAPLE CINAMMON APPLE OATMEAL 7

GLOW BAKED BREAD 7

CHIA PUDDING 10

GLOW GRANOLA 10

Desserts

RAW CHOCOLATES, COOKIES, PIES, AND CAKES

ORDER AHEAD FOR PARTIES AND PICKUP

GLOW with us at @glowsunvalley

GLOWSUNVALLEY.COM

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