

# DOWNTOWN CREDO

## BOWLS & BITES

### AVOCADO TOAST

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

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

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.

### POWER SALAD

Quinoa, chickpeas, and avocado on a bed of arugula. Topped with house-made pickled onions, candied pecans, croutons, sun dried tomatoes, and blueberries. Choice of house-made cilantro-lime crema or citrus vinaigrette.  
Add plant-based chorizo (+2)  
Make it a wrap (+1)

### GRILLED CHEEZE

Vegan cheddar cheese on bread of choice.

### S & J

Our take on a traditional PB&J. Made with sunflower butter and house-made jam on your bread of choice.

### POWER OATS

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. Add toast for + \$1

CHOICE OF SOURDOUGH OR MULTI GRAIN

GLUTEN FREE BREAD (+1)

# DOWNTOWN CREDO

## SMALL BITES

### SMOOTHIES

#### SUNSHINE

Strawberry, blueberry, banana, and flax, hemp + chia seeds. Includes pea protein powder.

#### SUPER GREEN

Banana, avocado, greens, and flax, hemp, + chia seeds. Includes pea protein powder.

#### BULK UP

Strawberry, blueberry, banana, avocado, greens, and flax, hemp + chia seeds. Includes pea protein powder.

#### THE ELVIS

Banana, sunflower butter, plant-based yogurt, organic cacao, and flax, hemp + chia seeds. Includes pea protein powder.

### SIDES

#### CHIPS

#### BAKED GOODS

#### SEASONAL FRUIT

#### TOAST

#### PARFAIT

#### SUNFLOWER BUTTER

#### AVO SPREAD