



TRILOGY SANCTUARY • 100% ORGANIC • VEGAN • GLUTEN FREE • SOY FREE • NO SEED OILS

MENU AND PRICES ARE SUBJECT TO CHANGE DUE TO THE AVAILABILITY OF FRESH AND ORGANIC PRODUCE



BREAKFAST

EGG BENEDICT \$16.9

Choose a Pacha Bun or a buckwheat pita, served with our very own cauliflower eggs, avocado, tomato and hollandaise sauce, topped with eggplant bacon & cilantro!
Make it a Popeye, with wilted spinach instead of the pita.

TRILAQUILLES \$15.9

Latin style egg on hand made corn tortillas, pumpkin seed mole, avocado, pico and sour cream. Served over brown rice.

QUINRIZO CON HUEVOS \$15.9

Our quinoa 'chorizo' with cauliflower egg, served with pico, avocado, sour cream, warm corn tortillas and a side salad.

VEGGIE SCRAMBLE \$15.9

Cauliflower eggz sautéed with grilled onions, mushrooms, roasted peppers, spinach, black beans & sweet potatoes. Topped with bruschetta and pesto. Served with your choice, a toasted half Pacha Bun or a warm pita. ADD: Mushroom Asada + \$4

BREAKFAST BURRITO \$15.9

Buckwheat wrap loaded with quinoa chorizo, 'eggs,' cheesy sauce, mushrooms, fresh spinach, sour cream, pesto and avocado.

COCONUT YOGHURT PARFAIT \$11.5

Probiotic rich, creamy coconut yoghurt topped with almond butter, mixed berry sauce, crunchy homemade granola and fresh fruit.

SAVORY BREAKFAST CREPE \$15

Gluten free buckwheat crepe filled with, spinach, cheesy sauce, sweet potato hash, avocado and tomatoes.

TRILOGY BREAKFAST SANDWICH \$15.9

Grain free bun loaded with our sweet potato hash patty, spinach, cheesy sauce, mushrooms, eggplant bacon and tomatoes. Served with rosemary potatoes.

AVOCADO BRUSCHETTA \$13

Pacha Bun topped w/ avocado, pesto, hemp seeds, bruschetta, and seasonal sprouts.

TRILOGY PANCAKES \$16.9

ORIGINAL A trio of pancakes topped with strawberries, banana, peanut butter, maple syrup, coconut flakes and cacao nibs.

COCONUT BERRY A trio of pancakes topped with almond butter, berry sauce, fresh blueberries and strawberries, and probiotic rich coconut yoghurt.

CHIA BOWL \$9

Homemade chia pudding topped with seasonal sauce, fruit and granola.



SUPER SMOOTHIES

PLEASURE *Pre-Workout • Endurance • Nourish* \$11.5

Almond milk, peanut butter, cacao, cinnamon, hemp seeds.

NOURISH *Replenish • Brain function • Energy* \$11.9

Coconut milk, banana, protein, walnuts, date, almond butter, maca.

REFRESH *Anti-Inflammatory • Cleansing • Digestion* \$11.9

Coconut water, cucumber, pineapple, spinach, celery, mint, parsley, avocado, aloe vera.

MAGIC MATCHA *Energy • Detox • Weight Loss* \$11.5

Almond milk, banana, mango, lime, spinach, matcha green tea.

TROPICAL PITAYA *Refresh • Digestion • Immunity* \$10.5

Coconut water, pitaya, pineapple, mango, coconut butter, coconut flakes.

LOVE *Post Workout • Energize • Hydrate • Calcium* \$11.9

Almond milk, coconut water, banana, kale, Trilogy protein, almond butter, date, spirulina.

SERENITY *Antioxidant • Healthy Skin • Anti-Aging* \$11.5

Almond milk, Acai, banana, blueberry, Trilogy protein, goji berries.

DETOXIFY *Removes Toxins • Healthy Skin* \$11.9

Coconut water, aloe vera, lemon, mango, strawberry, blueberry and activated charcoal.

HEAVENLY *Fiber • Energy • Nourish* \$11.9

Almond milk, coconut milk, pitaya, strawberry, banana, date, almond butter, protein.

LUST *Energy Boost • Libido • Hormone Balance* \$11.5

Almond milk, banana, cacao, date, cashew nuts, maca, cinnamon, cayenne, cacao nibs.

GODDESS *Immunity • Nutrient Rich • Low GI* \$11.5

Almond milk, blueberries, banana, peanut butter, hemp seeds, goji berries, chia seeds.

BLISSFUL *Refresh • Anti-Inflammatory* \$10.9

Coconut water, pineapple, mango, avocado, turmeric, topped with chia seeds.

BREEZY *Nourish • Energy • Focus* \$11.5

Almond milk, coconut water, spinach, almond butter, banana, walnuts, cacao nibs & mint.

ACAI & PITAYA BOWLS

TRADITIONAL \$14.5

A scoop of acai sorbet, topped with home-made granola, banana, blueberries, strawberries and edible flowers.

CHOCOHOLIC \$14.9

Blended with almond milk, cacao, banana and strawberry. Topped with peanut butter, cacao nibs, granola & banana.

SUPERFOOD \$15.5

Blended with almond milk, blueberry, banana, goji berries, spinach and coconut butter. Topped with hemp & chia seeds, almonds, coconut flakes, strawberries and banana.

ZINGY \$14.5

Blended with almond milk, a hint of ginger, blueberries and banana. Topped with fresh strawberries, banana, coconut flakes and home-made granola.

LOW CARB \$14.9

Blended with avocado, blueberries, Trilogy protein powder. Topped with walnuts, almonds, hemp seeds, pepitas, coconut flakes, cacao nibs and peanut butter.



SUPERFOOD BOOSTS

Peanut Butter, Turmeric, Cayenne, Ginger, Cinnamon	\$1.5
Hemp Seeds, Flax Seeds, Raw Cacao, Chia Seeds, Almond Butter, Activated Charcoal	\$2
Spirulina, Coconut Butter, Goji Berries, Trilogy Protein, Maca, Matcha, Dates	\$2.5
Homemade Granola	\$3.5

DESSERTS

TRANSCENDENT \$13.9

This amazing brownie is rich, moist and chocolatey. Served warm with a gloriously creamy coconut ice cream and walnut date caramel sauce and a sprinkle of raw cacao nibs.

LAVISH \$15

Buckwheat crepe filled with chocolate hazelnut spread and sliced banana drizzled with walnut date caramel sauce. Topped with vanilla cashew cream and chopped hazelnuts.

DECADENCE \$14

Dark chocolate avocado mousse layered with creamy cashew chocolate mousse and enticing vanilla cream topped with fresh strawberries and raw cacao nibs.

MAJESTIC \$12.9

Amazing raw carrot cake with cinnamon, spices, coconut and walnuts with a thick & creamy lemon cashew vanilla filling.

ICE CREAM COOKIE SANDWICH \$10.5

Choose two of today's yummy cookies and have our amazing creamy vanilla coconut ice cream sandwiched between them!

APPLE PIE \$13.9

Flavorful almond crust layered with apples, cinnamon, nutmeg served warm with a scoop of coconut ice cream.

PB CUP \$8

Jumbo cup! Peanut butter, cacao, coconut oil, vanilla, maple syrup, and chocolate chips.

COLD BEVERAGES, CLASSICS & JUICES

ON TAP

Kombucha	Daily Flavors • 16oz	\$6.75
Boochcraft	7% ABV • Daily Flavors • 9oz	\$8.5
Kefir Soda	Daily Flavors • 16oz	\$6

Trilogy Iced Chai Latte	16oz	\$6.5
Trilogy Hot Coconut Chai		\$4.5
Raw Coconut Water	Small / Large	\$4.75 / \$7.75

COLD-PRESSED JUICES

Made Fresh Daily! \$10-\$13

SHOTS

Warrior	Ginger, garlic, turmeric, lemon, apple cider vinegar	\$3.5
Fire Starter	Ginger, lemon juice, cayenne	\$3.5
Aloe Vera	Aids digestion, healing, skin health	\$3.5
Flight	Choose three of your favorite shots	\$8.5

ELEVATED DRINKS

COFFEE CLASSICS

Cold Brew	8oz / 16oz	\$4.75 / \$6.75
Cold Brew Latte	16oz	\$7
Cappuccino		\$5.5
Latte		\$7-\$9
Mocha		\$8.5
Espresso		\$3.5
Americano		\$3.75



TEAS

Caffeinated Teas	\$3.5 - \$4.5
<i>English Breakfast, White Pineapple Papaya, Green Sencha</i>	
Caffeine Free Teas	\$3.5 - \$4.5
<i>Luminous, Celestial, Vitality, Lemongrass, Rooibos, Lemonbalm, Ginger Spice, Chamomile</i>	

