



**65 ½ Bridge Street
Amsterdam, NY 12010
(518) 212-5674**

RISE AND SHINE

Reesie's' Toast • \$5
Nutella, peanut butter, banana, strawberry, cacao nibs

Egg & Cheese • \$5
Served on a hard roll

Ralph's Roll • \$7
Eggs, turkey bacon, tomato, arugula, American cheese on a hard roll

Toast Easy • \$6
Two over easy eggs topped with arugula, avocado and hemp seeds

Banana Crunch Toast • \$6
Peanut butter, banana, granola, drizzled with honey

Nutz over Oatmeal • \$6
Bananas, granola, walnuts, pumpkin seeds, peanut butter, date sugar

PB&J Oatmeal • \$6
Homemade mixed berry jelly, peanut butter, himalayan salt

Delightful Oatmeal • \$6
Strawberries, blueberries, banana, shredded coconut

Cacao Oatmeal • \$6
Oatmeal topped with bananas, cacao nibs, peanut butter

POWER SALADS

add chicken +\$2 • add ahi tuna +\$3

Farmers Market • \$10
Broccoli, Radishes, carrots, cucumbers, tomatoes, onions, hard boiled eggs, pumpkin seeds, croutons, sweet cream dressing

Strawberry Walnut • \$10
Cucumbers, Strawberries, apples, dried cranberries, honey roasted chick peas, walnuts, hemp seeds, croutons, berry cream dressing

Taco Salad • \$10
Brown rice, black beans, corn, onion, tomatoes, smashed avocado, tortilla straws, chipotle dressing

Quinoa Delight • \$10
Kale, quinoa, walnuts, dates, tomatoes, onion, crispy beets, creamy walnut dressing

PICK-UPS

wrap or sandwich

Classic • \$7
Turkey, lettuce, tomato, onion, mayonnaise

Turkey Apple Dijon • \$10
Turkey, turkey bacon, kale, apple slaw, goat cheese, dijon mustard

Pressed Pesto • \$9
Grilled chicken, lettuce, tomato, mozzarella cheese, pesto mayonnaise

Chicken Cranberry Salad • \$9

A+ Egg Salad • \$8

Grilled Cheese • \$6
*available vegan, +\$1
gluten free bread available, +\$2*

GRAIN BOWLS

Chicken Bowl • \$10
Grilled chicken, brown rice, black beans, corn, red onion, tomatoes, cilantro, smashed avocado, shredded romaine, tortilla straws, drizzled with sriracha cream

Quinoa Bowl • \$8
Spicy chicken, onions, mushrooms, spinach

Build Your Own • \$9

Choose Your Base

Brown rice / Quinoa / Cauliflower rice

Choose 3

Red onion / Mushrooms / Broccoli / Carrots / Black beans / Chickpeas / Beets / Edamame / Spinach / Corn / Tomato / Arugula / Tortilla Straws / Avocado (+\$1)

Choose Protein

Chicken / Egg / Shrimp / Ahi tuna (+\$3)

Choose Sauce

Sweet cream / Cilantro lime cream / Lemon vinaigrette / Sriracha cream / Sriracha

BERRY BOWLS

Reesie Pieces • \$7
Cacao blend topped with granola, coconut, almond slices, banana, cacao nibs, peanut butter

Green • \$7
Spinach, banana & mango blend, topped with granola, blueberries, raspberries, hemp seeds, sunflower seeds, peanut butter, drizzled with honey

Fluffy Pink • \$7
Strawberry blend, topped with raspberries, banana, granola, goji berries, honey

Mermaid • \$7
Blueberry blend topped with granola, blueberries, strawberries, coconut

**Add Toppings
For \$1 Each!**

Almonds
Walnuts
Sunflower seeds
Shredded coconut
Dates
Dried cranberries
Granola
Goji berries
Pumpkin seeds
Bananas
Blueberries

Strawberries
Raspberries
Agave
Maple syrup
Honey
Peanut butter
Plant-based vanilla protein
Plant-based chocolate protein
Hemp seeds
Cacao nibs
Coconut cool whip

SMOOTHIES

RVO's PBJ • \$6
Blueberry or strawberry, peanut butter, almond milk

Strawberry Banana • \$6

Just Gina's • \$7
Strawberries, blueberries, spinach, ginger, figs, peanut butter, almond milk

Dreamsicle • \$6
Oranges, banana, orange honey, almond milk

Raspberry Turmeric • \$6
Raspberries, banana, hemp seeds, turmeric, cinnamon

Chocolate Strawberry • \$6
Chocolate plant-based protein powder, strawberries, almond milk

Chunky Monkey • \$6
Peanut butter, walnuts, chocolate plant-based protein, banana, almond milk

Green Dream • \$6
Mango, pineapple, spinach, kale, ginger, agave, almond milk

**"Better a small serving of
vegetables with Love
then a fattened calf with hatred"**

-Proverbs 15:17



EVOLVE EATERY