



GREENSPACE
 & Go

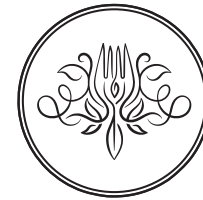
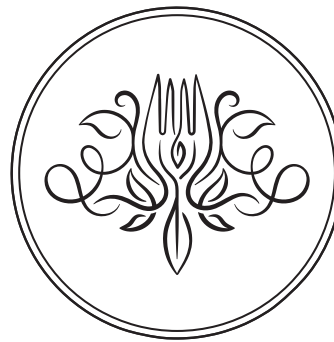
At GreenSpace & Go, we strive to accommodate the needs of our guests. Belows is a legend of symbols to help guide you through your dining experience.

If you have any food allergies or intolerances, in addition to using these symbols as a guide, please inform us at the time of ordering to ensure that the proper cross-contamination steps are taken.

PLEASE SEE BELOW FOR INDICATORS:

- GF - Gluten Free:** *Produced without any gluten*
- SF - Soy Free:** *Produced without any soy products*
- NF - Nut Free:** *Produced without any nuts*
- PP - Plant-Perfect:** *Produced free of any cooking oils, coconut, nuts, avocado and refined sugars following the Dr. Caldwell Eselstyn Plant-Perfect Diet*
Please ask for a copy of our Plant-perfect menu selections.

ENJOY!



GREENSPACE
 & Go

32867 Woodward Avenue
 Royal Oak, Michigan 48073

www.greenspaceandgo.com

**LUNCH & DINNER
 CARRY-OUT MENU**

HOURS:

MON-SAT: 10am-8pm

SUN: CLOSED



VISIT US: @greenspaceandgo
www.greenspaceandgo.com

248.850.8500

WRAPS \$11

CHOOSE: sweet potato wrap or multi-grain

GO SOUTH GF SF

red quinoa, pinto beans, romaine lettuce, raw salsa, mushroom-onion mix, cashew tzatziki

SWEET LIFE GF NF

ginger tempeh, massaged kale, sweet potato, chopped broccoli, pickled vegetables, green onion aioli

ROCK THE BROCC GF SF

broccoli falafel, cucumber, baby arugula, garlic-roasted beets, cashew tzatziki

VITALITY GF NF

ginger tempeh, avocado, roasted sweet potato, romaine lettuce, wakame slaw

HEART BEET GF NF

baby arugula, cucumber, ginger tempeh, mushroom-onion mix, avocado, beet hummus

SALADS \$12

EAT TO LIVE GF NF

massaged kale, mushroom-onion mix, French lentils, avocado, garlic-roasted beets, tahini

REFRESH GF NF

romaine lettuce, ginger tempeh, cucumber, tomato, spiced chickpeas, honee mustard vinaigrette

OKINAWA GF NF

massaged kale, wakame slaw, chopped broccoli, cucumber, roasted sweet potato, orange-ginger dressing

JERUSALEM JOY GF NF

baby arugula, garlic-roasted beets, broccoli falafel, cucumber, tomato, tahini



BOWLS \$13

SIMPLE LIFE GF SF NF

spiced chickpeas, roasted sweet potato, steamed broccoli, arugula, pickled vegetables, beet hummus

TURMERIC FORTUNE GF NF

turmeric rice noodles, massaged kale, red peppers, cilantro, ginger tempeh, honee mustard vinaigrette

ENDURANCE GF SF

broccoli falafel, cucumber, baby arugula, French lentil, garlic-roasted beets, cashew tzatziki

HEALTHY HEART GF SF NF

red quinoa, romaine lettuce, pinto beans, mushroom-onion mix, avocado, chipotle pepitas, raw salsa

LONGEVITY GF NF

massaged kale, ginger tempeh, carrot sticks, avocado, wakame slaw, brown rice, tahini

CREATE A BOWL \$14

GRAINS

(pick one)

red quinoa / brown rice / French lentils / turmeric rice noodles

VEGETABLES

(pick three)

massaged kale / garlic-roasted beets / carrot sticks / arugula
sweet potato / cucumber / romaine lettuce
mushroom-onion mix / steamed broccoli

PROTEINS

(pick one)

ginger tempeh / spiced chickpeas
pinto beans / broccoli falafel

SAUCES

(pick one)

tahini / beet hummus / orange-ginger dressing (oil free)
honee mustard vinaigrette / raw salsa
cashew tzatziki / green onion aioli

EXTRAS \$3 ea

avocado / chipotle pepitas / pickled vegetables / wakame slaw

SMOOTHIES \$8

HEMPTATION GF SF NF

banana, turmeric, vanilla, hemp seeds, ginger, carrot juice, maca

BLISSFUL GF SF

cashew, cinnamon, banana, ashwagandha, spirulina, vanilla-oat milk

RISE & SHINE GF SF

mango, coconut, nutmeg, cardamom, dates, avocado, orange juice

EXHALE GF SF

blueberry, banana, almond butter, maqui berry, cardamom, honee, oat milk, and, pineapple

CHOCOLATE HEALER GF SF

cacao powder, cashew butter, vanilla, maple syrup, dates, avocado, medicinal mushroom blend, coconut milk

TUMMY HEALER GF SF

pineapple, banana, sprouts, probiotic, honee

SIDES

AVOCADO TOAST GF SF NF

(w/ choice of 2 Veggie toppings)

\$9

MAC-N-CHEESE GF SF

\$7

KIDS (12 & under only)

NUT BUTTER & JELLY GF SF

\$6

SOUPS

Ask for our daily selection of house soups \$6 bowl

DESSERTS

Ask for our daily selection rotating treats!

**Consumption of raw or undercooked foods may increase the risk of foodborne illness. Our allergen-free products are produced in an environment that contains allergens. Our point-of-sale systems does not allow us to accept prepaid gift credit cards.*