Natural Sweeteners
Organic Cane Sugar
Organic Coconut Palm Sugar
Local Raw Wildflower Honey $0.25
Local Maple Syrup $0.75
Frozen Banana $0.50
Peanut or Almond Butters $1

Add an organic protein or boost
Milk: Soy, Organic Cow, Coconut, Almond $1 ea
Chia Seed, Maca, Flax $1 ea
Greek or Coconut Milk Yogurt $1

Signature Smoothies
We buy local & organic when in season
Banana Latte – milk choice, fair trade coffee, banana, cinnamon, raw cacao, organic amber agave nectar $7
Cacao-Cado – avocado, cacao nibs, coconut water, dates, nutmeg, almond butter, Hawaiian black lava salt $9
Grin & Berry It – blueberries, cranberries, Acai juice, red grapes, coconut water $9
Matcha Cooler – Japanese Matcha green tea, milk choice, banana, organic amber agave nectar, mint leaves $9
PB & J – peanut or almond butter, milk choice, berries, frozen red grapes $8
Pea-Pine-Fu – peaches, fresh pineapple, fresh squeezed orange juice, organic sprouted tofu, lemon sorbet $7
Red Red Raspberry (Seasonal) – yogurt choice, local raspberries, banana, fresh squeezed orange juice $8

Wraps, Sandwiches & Burgers
Served with a side, choices include house made kale chips, soup, or fresh fruit. Sub: Tabouleh $2 or small house salad $3
All wraps & sandwiches offered on gluten free brown rice wrap or gf 7 grain bread, never at an extra charge for our guests requesting it.
Add locally raised nitrate & sulfate free chicken, turkey, bacon or organic sprouted tofu $3
Rochester Wrap – griddled garlic herb wrap, local roasted turkey, avocado, peppered bacon, tomato, local alfalfa sprouts, house ranch $13

Tonic Taco Bowls – black beans, roasted peppers, baked red onion, fresh guacamole, houese salsa, corn crisps Tofu $11 // Turkey $13 // Bison $15

Market Vegetable Wrap – griddled garlic herb wrap, hummus, olive tapenade, roasted squash, wild mushrooms, baby spinach $12
Avocado & Sprouts Wrap – chilled tomato-basil wrap, avocado, cucumber, red onion, local alfalfa sprouts, baby spinach, hummus, sunflower seeds $12
Grown Up Grilled Cheese Sandwich – white cheddar, wild mushrooms, kale, locally baked whole grain bread $11
BBQ Chicken Sammy – house BBQ, topped with baked red onions on a locally baked whole grain bun $12
Our Rachel – local roasted turkey, house sauerkraut, scratch thousand island dressing, baby Swiss, on Omar's cranberry wild rice bread $13
Black Bean Burger “Build Your Own” – our house recipe seared & topped with your choice of 3 veggies & any sauce crisp lettuce, tomato, baked red onion, alfalfa sprouts, house pickles, spicy mustard, ketchup, BBQ or house ranch $14
add peppered bacon, avocado or cheese for $.50 each
Bison Burger – Locally raised grass fed & grass finished topped with organic sunny side up egg & Swiss cheese $14

Scratch Soups
6oz cup $4 / 12oz bowl $7
served with locally baked baguette or gf 7-grain bread
Ukrainian Borsch – like Baba used to make with with beets, carrots, onions, cabbage in a tomato & citrus broth. Topped with sour cream
Jane’s BB – black beans, carrot, celery, onions. Topped with house salsa

This grass IS greener
(Energy)
wheat grass shot available in Midwest style with lime shaken over ice or California style, as is....
1oz $2.50
2oz $3.50

Salad with a Straw (Antioxidant)
red beet, tomato, carrot, celery, baby spinach, dill, parsley, lime $10

Make Juice Not War (Anti-Inflammatory)
kale, cucumber, celery, alfalfa sprouts, green apple $8

Spiced Carrot (Cell Defending)
carrot, apple, cinnamon, ginger root $7

House Juices
We buy local & organic when in season
Coastal Sunshine (Cell Defending)
cold pressed orange, lemon, lime and carrot juice $8
Easy Being Green (Cleanse)
baby spinach, kale, ginger root, green apple, mint, lemon $9
The Sublime (Detox)
pineapple, cucumber, cayenne, jalapeno, fresh pressed lime $8

Dine-In or Take out. We Deliver!

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I'm Hungry

Mornin' Sandwich
compote, house granola, wildflower honey
olive oil topped with 2 farm fresh eggs any style
vegan sausage, 2 herbed potato cakes and toast

In ingredients, served with fresh fruit or cottage cheese

Do you just have Eggs & Bacon?

Stuffed Cranberry Wild Rice “French” Toast
eggs & peppered bacon
syrup & served with fresh fruit or cottage cheese
cranberry cream cheese center, topped with Michigan maple syrup & served with fresh fruit or cottage cheese

Breakfast Sides
Peppered bacon or vegan sausage patties $3
Toast – locally fresh baked raisin, cranberry & wild rice, whole wheat, gluten free 7-grain served with house jam & butter $2.50 nut butter +$1
Fresh fruit cup $4
Yogurt – Greek or coconut $2

Natural Refreshments
House Lemonade seasonal flavor $4
Fresh squeezed orange juice Boz $4 // 12 oz $6
Ethiopian organic fair trade coffee or Peruvian decaffeinated $3
Brewed or chilled black tea $3
Iced Chai Latte $4
Hot Tea - loose leaf $4
Black-Gold, White Peony, Valley Peak Green, Dragon Pearl Jasmine, Herbal Infusions
Coconut water over ice $2.50
Assorted Bottled Beverages
Complimentary Kagen filtered water

Breakfast served all day!

Steel Cut Oatmeal – local honey, cinnamon, almonds, raisins $5 add a sprinkle on of Chia or Flax for $1
Granola parfait – Greek or coconut yogurt, fruit compote, house granola, wildflower honey $6
Do you just have Eggs & Bacon? – 2 farm fresh eggs & peppered bacon $6
Quiche (crustless) – see the chalkboard for today’s ingredients, served with fresh fruit or cottage cheese $8
Mornin’ Sandwich – whole wheat toast, baby spinach, sunny side up egg, peppered bacon, capers $11
Huevos Rancheros – corn tortillas, black beans, roasted peppers, baked red onion, 2 farm fresh eggs or vegan sausage, fresh salsa & house guacamole $12
Stuffed Cranberry Wild Rice “French” Toast

Choose Any 5 from
spinach
kale
carrot
red beet
alfalfa sprouts
jicama
celery
apple
avocado

Choose Any 5 from
pineapple
cucumber
raspberry
jalapeno
ginger
parsley
clantro
mint
cayenne
turmeric

Breakfast served all day!

We charge a $.75 cent environmental fee on all entrees that are packaged to go due to our environmentally responsible to-go packaging.

Avocado Cobb – greens, local chicken, peppered bacon, avocado, local bleu cheese, tomato, cucumber, radish, red onion, scratch made thousand island dressing on the side $13
Fall Harvest Salad – greens, roasted squash, sautéed mushrooms, dried cranberries, red onion, goat cheese, toasted almonds, balsamic vinaigrette $10
Mediterranean – greens, Tabouleh, Greek olives, hummus, side of olive oil & fresh lemon, black Hawaiian sea salt $12
Quinoa Chicken Caesar – greens, walnuts, red onion, Parmesan, house dressing $11
Tabouleh – Mom’s way with a lot of mint, but Nicci’s way with quinoa, cucumber, tomato, lemon, parsley, olive oil, sea salt & black pepper cup $4 // bowl $7
The House – greens & freshest veggies of the day small $5 // large $9

House salad dressing choices
balsamic vinaigrette, organic olive oil & fresh lemon, thousand island, honey mustard, ranch, Caesar

Please inquire about our desserts & homemade sweets of the day

Heartier Fare
served with soup, fresh salad or tabouleh

Baked Kale Chips – garlic infused olive oil, sea salt, black pepper $5
Herbed Potato Pancakes – local organic Russets, carrot, red onion, capers, fresh herbs $9
Gussied Greens (4 cups of greens!) – baby spinach, kale, garlic infused olive oil, golden raisins, lemon $9
Hot Kale & Roasted Pepper Dip – fresh vegetable chips & griddled pita $10
Quesadillas – black beans, tri-colored peppers, crispy red onions & mozzarella. House guacamole & fresh salsa served on the side $12
Pyrohi (our family recipe) – 5 hand crimped dumplings stuffed with house made sauerkraut & seasoned mashed potato served with sour cream $13
Cauliflower Fondue (A Tonic guest favorite!) flamed cauliflower head, herbed goat cheese $14

Savorings
to share or not to share, that is the question

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Herbed Potato Pancakes – local organic Russets, carrot, red onion, capers, fresh herbs $9
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Please inquire about our desserts & handmade sweets of the day

Savorings
to share or not to share, that is the question

Baked Kale Chips – garlic infused olive oil, sea salt, black pepper $5
Herbed Potato Pancakes – local organic Russets, carrot, red onion, capers, fresh herbs $9
Gussied Greens (4 cups of greens!) – baby spinach, kale, garlic infused olive oil, golden raisins, lemon $9
Hot Kale & Roasted Pepper Dip – fresh vegetable chips & griddled pita $10
Quesadillas – black beans, tri-colored peppers, crispy red onions & mozzarella. House guacamole & fresh salsa served on the side $12
Pyrohi (our family recipe) – 5 hand crimped dumplings stuffed with house made sauerkraut & seasoned mashed potato served with sour cream $13
Cauliflower Fondue (A Tonic guest favorite!) flamed cauliflower head, herbed goat cheese $14

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