

## Vegan Soft Serve

Our Signature Vegan Ice Cream | \$6 6oz serving  
base of fresh coconut meat and our nut-mylks  
- inquire about our seasonal availability

toppings .50 each  
- candied coconut  
- banana  
- chia seeds

toppings \$1 each  
- berries  
- cacao nibs  
- sprouted almonds  
- our cacao sauce  
- our caramel sauce

## Seasonal Food

equator (broccoli and cheeze soup) \$6 | \$9  
our plant-based take on broccoli and cheeze soup served with a side of our new garden veggie crackers.

grand teton's (nachos) \$12.5  
our flax crackers, our nut based "meat", black beans, our guacamole, cherry tomatoes, cilantro, green onion, sprouts & our cashew cream. served with a side of lime.

golden glacier (smoothie bowl) \$8  
base: our golden mylk & banana.  
toppings: our crunchy granola, apple, dried cranberries & cinnamon.

yosemite \$11  
quinoa, romaine, smokey "meat", tomato, avocado, cucumber & our "ranch" dressing.

## Seasonal Drinks

autumn spice latte \$5  
espresso, coconut cashew mylk, maple, vanilla & spices.

alpine (turmeric smoothie) \$8  
our coconut cashew mylk, turmeric juice, cinnamon, black pepper, dates, banana, coconut oil, & vanilla extract

peppermint mocha \$6  
espresso, coconut cashew mylk, coconut nectar, vanilla, cacao powder & doTERRA peppermint oil.

## Cold Pressed 12 oz

- flight of juice \$7.5  
a sampling of our most popular juices
- carabiner \$8.5  
celery, cucumber, green apple, orange, kale, cilantro, lemon
- compass \$8  
celery, cucumber, kale, cilantro, lemon
- mojo \$8.5  
carrot, green apple, beet, kale, lemon, ginger
- pear-a-glide \$8  
pear, cashew coconut mylk
- sunrise \$8.5  
carrot, mandarin orange, ginger
- vertical \$8.5  
granny smith green apple, wheatgrass, lemon
- belay \$8.5  
pineapple, cucumber, orange, lemon
- rappel \$8  
green apple, lemon, ginger
- evergreen \$8  
cucumber, celery, romaine, lemon, ginger
- high-route \$8.5  
golden beet, carrot, orange, turmeric

NW Raw is driven  
by a love of nature and vibrant health

Our organic eatery hopes to provide people with the highest quality dietary options; fostering a culture of an active lifestyle and promoting sustainability in all that we do.

We hope to educate, equip and empower people to live the best physical, spiritual and mental lives possible.

Our team designed NW Raw to be a synergistic space with the goal of providing you with an outdoor (al fresco) experience while inside.

NW Raw chefs work tirelessly to create cuisine that is vibrant in color, pleasant in texture and flavor. Our whole, organic provisions lend themselves to an active outdoor lifestyle (they also fit nicely in your backpack).

get whole,  
get healthy,  
get into nature,  
get raw.

 = raw  
always organic | always gluten free | always plant based

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Indoor restaurant to inspire a  
thriving outdoor lifestyle.

370 E Main St. | 541.708.6363  
open 7 days a week  
7am to 7pm

[www.nwraw.com](http://www.nwraw.com)



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# Food Menu

## Kids Menu

- toboggan \$4**  
coconut roll up with almond butter, bananas & our moon pudding
- cannon ball \$3**  
house-made crackers, celery & carrot sticks served with our "ranch" dressing
- juice \$3**  
orange or apple
- nut mylk \$3.5**  
sprouted almond, coconut or coconut cashew

## Toasts NEW

- |   |  |
|---|--|
| <b>alvord \$5</b><br>avocado, olive oil & pink salt.  | <b>painted hills \$5.5</b><br>almond butter, berries, raspberry chia jam & chia seeds. |
| <b>steens \$7</b><br>guac, nut-based "meat", black beans, tomato, green onion, cilantro & cashew cream. | <b>fort rock \$5</b><br>almond butter, banana & cacao nibs.                            |

## Breakfast

- pct oatmeal \$7.5**  
cranberries, hemp hearts, coconut, chia, currants, sprouted almonds, flax & sunflower seeds, maple syrup, spices, & our sprouted almond mylk. topped with berries and apple.
- grizzly peak granola bowl \$7.5**  
house-made granola, & fruit served with a side of our cashew coconut mylk.
- purple glacier \$8**  
smoothie bowl with frozen blueberries & frozen banana blended with our house made coconut mylk. topped with our PCT granola, cacao nibs & banana.
- el capitan waffle \$6**  
toppings \$1 each:  
- melted coco oil/butter  
- berries  
- banana
- toppings \$2 each:  
- real maple syrup  
- candied walnuts  
- almond butter

## Bowls

- denali pad thai \$9.5**  
zucchini noodles, purple cabbage, carrots, green onion, sprouted almonds, sunflower sprouts & black sesame with almond sauce.
- yellowstone (coconut curry) \$6 | \$9**  
house-made cashew coconut curry sauce over a bed of rainbow quinoa garnished with shreds of carrot, purple cabbage, cilantro & green onions.
- maverick \$8.5**  
our guacamole, cilantro, sunflower sprouts, black beans, green onion, sliced avocado. Served with a side of our chili lime sauce. choose your base: mixed greens or quinoa (+\$.50)
- barrel \$8.5**  
our probiotic tahini pate, shredded beets & carrots, our candied coconut, purple cabbage. Served with a side of our dragon sauce. choose your base: mixed greens or quinoa (+\$.50)

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# Food Menu

## Salads \$9.5

- north**  
romaine, pine nuts, green onions, sun-dried tomatoes, green raisins, shredded coconut, sauerkraut & avocado. Matcha rosemary vinaigrette.
- south**  
greens, carrots, cilantro, red bell pepper, cherry tomatoes, green onions, sunflower sprouts, avocado, pepitas & hemp hearts. Cilantro lime dressing.
- east**  
massaged kale, shredded carrots & beets, purple cabbage, currants, citrus slices, sprouted almonds, sesame seeds. Probiotic tahini dressing.
- west**  
baby spinach, apple, seasonal berries, sunflower sprouts, candied walnuts, dried cranberries, chia seed. Creamy balsamic dressing.
- southwest taco salad \$12.5**  
romaine, nut-based taco "meat", cabbage, tomatoes, avocado, cilantro, green onions & sprouts with our chili lime sauce, cashew cream & lime.

## Soups

- 8 oz | 16 oz | cold | 120° | hot
- longitude soup \$6 | \$9**  
creamy mushroom & avocado soup with cashew cream & green onions.
- meridian \$7 | \$11**  
tortilla soup with a veggie & spice soup base & fresh avocado chunks topped with crunchy flax cracker pieces, cashew cream, cilantro, green onion & cherry tomatoes

## Lite Bites

- shasta \$7.5**  
sauerkraut, avocado, red bell peppers & red pepper flakes. Served with a side of our dragon sauce.
- funa salad \$7**  
sprouted sunflower pate with shallots, dill & pickles topped with green onion and tomatoes. Served as a dip with raw garlic & onion flax crackers & celery.

## Protein

- quinoa \$2
- black beans \$1
- nut based "meat" \$4  
almonds, cashews & spices

## Dessert Menu

- full sized cakes also available
- base layer (salted caramel hazelnut cake) \$7**  
topped with cashew cacao sauce, hazelnuts & himalayan salt.
- pilot rock (chocolate torte) \$7**  
topped with cacao sauce, berries & cacao nibs.
- pike's peak (raspberry & lemon cheezecake) \$7**

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# Drink Menu

## Elixirs

- lodge day \$6**  
green apple, orange, lemon, ginger, garlic, cayenne
- blazer \$6.50 | 2 oz**  
wheat grass, liquid light, colloidal silver
- bushwack \$6**  
green apple, orange, lemon, ginger, elderberry, echinacea, oregon grape

## Smoothies

- 12 oz.
- GPS \$7**  
orange juice, banana, coconut mylk, vanilla, coconut nectar
- pace \$7**  
sprouted almond mylk, mixed berries, vanilla, banana, maple
- glissade \$7**  
sprouted almond mylk, banana, dates, vanilla, himalayan salt
- bunny hill \$7**  
coconut mylk, raspberries, banana, coconut nectar
- summit \$7.5**  
spinach, kale, coconut mylk, pineapple, banana
- power slide \$7.5**  
coconut mylk, cacao nibs, banana, cacao powder, vanilla, maple syrup, pink salt

## Extras

- |               |           |            |
|---------------|-----------|------------|
| protein       | chia seed | matcha     |
| super greens  | cbd (5mg) | bee pollen |
| cacao nibs    | avocado   | turmeric   |
| raw spirulina | maca      | kale       |

## Espresso

- with our signature nut mylk
- americano \$3.5
- macchiato \$3
- cappuccino \$4
- latte \$4.5
- mocha \$5.5
- + coconut oil 50¢

## Nut Mylk Mixes

- 12 oz | cold | 120° | Hot
- golden mylk \$6**  
cashew coconut mylk, fresh turmeric juice, coconut oil, cinnamon, black pepper
- ridgeline \$6**  
coconut mylk, cacao, coconut nectar, vanilla, himalayan salt
- treeline \$7**  
probiotic peppermint super greens, sprouted almond mylk
- matcha latte (orange) \$6**  
cashew coconut mylk, matcha, vanilla, maple, cinnamon & doTERRA wild orange essential oil
- marathon \$7**  
cashew coconut mylk, cold brew coffee
- ultra \$7**  
cashew coconut mylk, chai

## Shots

- \$4 | 2 oz
- wheat grass
- ginger
- wellness ginger, garlic, lemon, cayenne
- aloe vera

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