



CLEAN OILS ONLY
AVOCADO, OLIVE, & COCONUT
TO AVOID TOXICITY

GF

gluten-free

strictly excludes wheat/grain proteins

GFA

gluten-free available

can be made accordingly

V

vegan

strictly no animal products

VA

vegan available

can be made accordingly

N

contains nuts

can contain tree nuts, peanuts, seeds

KF

keto-friendly

low carb, no sugar, high fat, for ketosis

BONE BROTHS*Nature's Functional Medicine*

AVAILABLE IN 12 — OR — 32 OZ.

Organic Bone Broth 5 | 10 GF / KF
organic chicken | herbs + spices

Immunity 6 | 10 GF / KF
organic bone broth | ginger | star anise | lime

Stabilize 6 | 10 GF / KF
organic bone broth | apple cider vinegar | grass-fed butter

Brain Octane 6 | 10 GF / KF
organic bone broth | mct oil | grass-fed butter

ADD-ONS

ginger .50

tumeric .50

garlic .50

chicken 2

onions .50

jalapeño 1

ALL-DAY BREAKFAST

housemade keto avocado bun + 2

The Classic Egg Sammie 10 GFA / KF
two organic eggs | baker's bacon -or- house sausage
organic cheese | chive | dijon aioli | brioche

Mediterranean Sammie 11 GFA / KF
two organic eggs | herbed goat cheese | red onion
pickle | arugula | crispy potato | garlic aioli | brioche

Ultimate Sammie 12 GFA
two organic eggs | sausage patty | organic cheese
blueberry catsup | toum aioli | crispy potato | brioche

Paleo Protein Pancakes 12 GF
paleo spiced hotcakes | vanilla | keto protein | grass-fed
butter | maple syrup | paleo chocolate chip | cannoli cream

BOWLS

Keto Recharge Bowl 13 GF / KF
keto cacao pudding | goji berries | toasted coconut
blueberries | bee pollen | kiwi

Power Smoothie Bowl 14 GF / N
blueberry | banana | almond butter | blue spirulina
toasted coconut | keto chocolate collagen | almond milk
goji berries | bee pollen | allulose | cinnamon

Buddha Bowl 14 GF / VA / N
grilled chicken | white rice | brussel sprouts | thai peanut
sauce | smashed avocado | cucumbers | charred pineapple
pickled red onion | togarashi aioli | cilantro

Paleo Bowl 13 GF / VA / KF
choice of bacon -or- sausage | sunny egg* | crispy
sweet potato hash | onion | spinach | smashed avocado
goat cheese | chive | togarashi aioli

LET FOOD
[AND DRINK]
BE THY MEDICINE

TOASTS

Avocado Toast 9 VA
sunnyside organic egg | smashed avocado | everything spice | s+p | chive

Amalfi Toast 11 VA
fresh mozz | balsamic reduction | tomato | basil | evoo | maldon flaked salt

BURGERS

housemade keto avocado bun + 2

served with fries

Grass-Fed Smashburger 16 GFA
two grass-fed smash patties | organic cheese | pickled red onion | toum aioli | pickle | blueberry catsup | brioche

Organic Veggieburger 16 GFA / VA / N
house veggie patty | organic cheese | lettuce blend | pickled red onion | tomato | pickle | toum aioli | blueberry catsup | brioche

SALADS

sub: grass-fed beef patty -or- veggieburger patty +4

The Green Goat 14 GF / VA / KF
arugula | organic chicken | bacon | avocado | dates | farm cheese | pepita | fermented miso vin | lemon + avo oil

Organic Harvest 14 GF
spinach blend | organic chicken | strawberries | cucumbers | avocado | apple | charred pineapple | red onion | farm cheese | strawberry vin

FLATBREADS

Supreme 12
house dough | fresh mozz | basil | charred heirloom tomato | arugula | bacon | shaved parm | balsamic reduction | basil pesto

Traditional 11
house dough | shredded mozz | fresh mozz | basil | charred heirloom tomato | shaved parm | balsamic

SIDES

G.O.A.T. Fries 7 GF za'atar • toum aioli • blueberry catsup | **Side Salad** 5 | **Side of Rice** 4
Bacon 5 | **Sausage** 5 | **Chicken** 4 | **Burger** 7 | **Two Eggs*** 5 | **Avocado + Tomato** 5 | **Fresh Fruit** 5

Please note, while we take precautions to avoid cross-contact, Green Goat is not a nut or gluten-free kitchen.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. items with asterisk contain raw or undercooked ingredients.

ZERO-TOXIN CAFÉ

Nature’s Adderall Cold Brew 5

Zero-Toxin Organic Coffee / Espresso 3

Latte / Cappucino 5
espresso | milk

Mocha 6
espresso | steamed milk | keto sweet mocha

Iced Salted Coconut Caramel Latte 6
salted coconut sugar | caramel | espresso | whole milk

Honey Bun Latte 6
espresso | honey | cinnamon | whole milk

Cognition 6
zero-toxin organic coffee | maca | mct oil | keto sweet vanilla syrup

Memory 5
organic matcha | oat milk | ginko biloba | keto sweet vanilla syrup

Focus 6
zero-toxin organic coffee | chaga | almond milk

Organic Teas 4
white peach blossom | wild thai green | english breakfast
lavender mint | ginger turmeric

BULLETPROOF BEVS

Bulletproof Coffee 5
zero-toxin organic coffee | grass-fed butter | mct oil

Clarity [bulletproof] 6
zero-toxin organic coffee | mct oil | cinnamon grass-fed butter

Golden Milk [bulletproof] 6
milk | grass-fed butter | mct oil | turmeric cinnamon | honey

SEASONAL FAVORITES

Iced Strawberry Matcha Latte 6
ceremonial matcha | strawberry allulose | whole milk

White Chocolate Rose Latte [hot or iced] 6
organic espresso | white chocolate rose syrup | whole milk

World’s Healthiest Milks
hartzler’s whole milk | vanilla almond milk 1 | joi oat milk 1

Signature Keto Syrups 1
sweet vanilla | sweet mocha | sweet chai | lavender | raspberry

ORGANIC REFRESHERS

Hibiscus Limeade 5
hibiscus cinnamon allulose | lime juice | water

Keto Lavender Lemonade 5
butterfly pea tea | lavender trace minerals | lemon | allulose

ORGANIC SMOOTHIES

Power 10
blueberry | banana | almond butter | blue spirulina | allulose
keto chocolate collagen | bee pollen | vanilla cinnamon | almond milk

Wake 10
cold brew coffee | keto chocolate collagen | avocado | lucuma
almond butter date | cinnamon | lion’s mane | almond milk

Health 9
apple | banana | spinach | cucumber | ginger | avocado
mct oil | bee pollen | almond milk

Fuel 9
mango | banana | turmeric | greek yogurt | coconut flakes
almond milk | citrus aminos | orange juice | green tea

Berry Berry 10
strawberry | dragon fruit | avocado | cucumber | mct oil | berry
aminos | coconut | coconut flakes | almond milk | lemon juice

FUNCTIONAL ADD-ONS

Feel Free 5
Feel-good kava tonic | known to help with relaxation, productivity, and focus. 21+
Alpha GPC 3
boosts neurotransmitters | boosts energy + growth hormones
Ashwagandha 2
stress+anxiety relief | improved strength +recovery
Colostrum 3
powerful immunity boosting
Creatine 3
energizing | atp boosting | cellular + muscle growth

Ginko Biloba 2
brain boosting | improved cognitive function + mental clarity
Guarana 2
high-energy stimulant | boost mental clarity stable energy
Keto Chocolate Collagen 2
joint+skin rejuvenation | increase bone density
Keto Vanilla Collagen 2
joint+skin rejuvenation | reduces blood pressure

Lion’s Mane 2
reduces recovery | heart health antioxidant | blood sugar stabilizer
Maca Powder 1
improved libido | energy boosting increased endurance + mood
Matcha Powder 1
powerful antioxidant | free radical reduction + cellular repair
MCT Oil 1
keto brain booster | high omega 3’s healthy fat

feel free

Feel Free Classic Botanic Tonic GF / V [21+ for purchase]
made with kava root and leaf kratom, feel free classic is a natural botanical blend designed to enhance mood, focus, and energy.

Add-on 5 | one serving
Full Bottle 10 | two servings

CLEAN COCKTAILS

Sugar-Free Spicy Margarita 13
altos tequila | grand marnier | lime juice
jalapeno lime alkaline seltzer | tajin rim

Basil Floral Mojito 13
selvarey rum | st. germaine | honey simple | lime+lemon | basil

Green Goat Espresso Martini 13
absolut vanilla | kahlua | keto mocha syrup | cold brew | oat milk

Keto Organic Watermelon Seltzer 8
tito’s | watermelon alkaline sparkling water | st. germaine | lime

ORGANIC WINES

La Marca Prosecco 13
Frenzy Sauvignon Blanc 15
Hess Shirtail Chardonnay 12
Zilliken Reisling 12
Lemonade Rose 15
Routestock Cabernet 17
Hahn Pinot Noir 16
Idlewild Red Blend 14

BEER
+SELTZERS
Miller Lite 5
Bud Light 5
White Claw
Black Cherry 7

GREEN
GOAT
CAFE BAR