



Hours of Operation: Open Daily 8am to 8pm

(Kitchen closes daily 4-5pm)

Dinner Specials posted at 5pm

Blue Room Café Open Daily 7am to 8pm

Breakfast 8am - 11am

Scrambled Egg Entrée \$13
Mushroom bacon Omelet \$16
Green Omelet \$16
Huevos Rancheros \$14
Popeye Bowl \$15
House Made Granola Bowl \$13
Golden Oatmeal \$12
Avocado Toast \$10
Turkey Bacon \$5
Chicken Sausage \$5
Tofu \$5
Cup of Vegetables \$6
Cup of Potatoes \$6
Toast \$2.50 (Gluten Free option available)
Toast Butter & Jam \$4

Lunch 11am - 4pm

Greek Salad \$16
House Salad \$13
Spring Spinach Salad \$16
Ramen \$16
Classic Burrito \$14
Mediterranean Wrap \$15
Sunheart Ciabatta \$16
California Turkey Bacon Ciabatta \$16
Burrito Bowl \$15
Harvest Bowl \$18

Dinner 5pm - 8pm

Greek Salad \$16
House Salad \$13
Spring Spinach Salad \$16
Dancing Bear Bowl \$13
Burrito Bowl \$15
Harvest Bowl \$18

Sides

Grilled Chicken Breast \$7
Grilled Salmon \$9
Grilled Tofu \$5
Hard Boiled Egg \$3
Avocado Whole \$5 Half \$3
Side of Brown Rice \$5
Side of Quinoa \$5
Side of Black Beans \$5
Side Salad \$6
Side of Vegetables \$6

Kid's Menu

(available through lunch and dinner)

Jammy Sammy \$5
Bean and Cheese Burrito \$8

Desserts

Espresso Chocolate Mousse \$8
Gluten-free cake Special \$8
Raw Vegan Cheesecake \$10

Orders for the Dancing Bear Café can be placed at the Blue Room Café between 8am and 8pm. The Dancing Bear Café closes daily from 4-5pm. The Blue Room Café will be open for snacks and drinks during this time.

Thank you for the opportunity to serve you!

About Us

The Dancing Bear Café welcomes you to enjoy local, organic meals made to order by our amazing Chefs. Every plate is made with special care and detail for you to enjoy on our beautiful property.

Here at Harbin we strive to put a smile on every face with the love we put into our food.

Enjoy!

Organic Espresso

Radiant Joe Coffee; Local and Low-Acid

12 oz \$3 16 oz \$3.50 20 oz \$4.00

| | 12 oz | 16 oz | 20oz | | |
|------------|--------|--------|--------|--------------------|--------|
| Americano | \$3.50 | \$3.75 | \$4.75 | Con Panna | \$4.25 |
| Cold Brew | \$5.00 | \$6.00 | \$7.00 | Affogato | \$5.50 |
| Latte | \$4.50 | \$5.00 | \$6.50 | Espresso Double | \$3.50 |
| Cappuccino | \$4.25 | \$4.75 | \$5.75 | Espresso Quad | \$5.50 |
| Breve | \$5.75 | \$6.25 | \$6.75 | Monin Flavor | \$5.00 |
| Mocha | \$5.00 | \$5.50 | \$6.00 | Ghiradelli Sauce | \$5.00 |
| Hot Cocoa | \$3.50 | \$4.00 | \$5.00 | Healthy High Boost | \$2.00 |



Teas & Herbs

Organic Apothecary

| | 12 oz | 16 oz | 20oz | | 12 oz | 16 oz | 20oz |
|------------------------|--------|--------|--------|------------------|-------------|-------------|--------|
| Masala Chai Tea | \$5.00 | \$5.50 | \$6.00 | Tea Latte | \$4.50 | \$5.00 | \$5.50 |
| House made Golden Milk | \$4.75 | \$5.25 | \$5.75 | Maté Latte | \$4.50 | \$5.00 | \$5.50 |
| Health High Lattes | \$5.00 | \$6.00 | \$7.00 | Turmeric Shooter | 2 oz \$2.00 | 4 oz \$4.00 | |
| Moon Mylk | \$5.00 | \$6.00 | \$7.00 | Ginger Shooter | 2 oz \$2.00 | 4 oz \$4.00 | |
| Loose Leaf Gravitea | \$3.50 | \$4.00 | \$4.50 | Tea Bag | \$1.00 | | |

Smoothies

Organic Whole Food Blends

- Sunrise Smoothie \$7**
Banana, Strawberry, Orange Juice
- Mango Lassi \$8**
Mango, Mango Juice, Coconut Milk, Cardamom, Vanilla, Greek or Cashew Yogurt
- Green Dream \$10**
Avocado, Celery, Baby Greens, Mango, Coconut Water, Orange Juice
- Hippy Hippy Shake \$12**
Banana, Dates, Almond Butter, Cinnamon, Vanilla, Almond Milk
- Wildberry \$7**
Mixed Berry Blend, Orange Juice, Coconut Milk
- Tropical \$8**
Coconut Cream, Pineapple, Mango, Banana, Orange Juice
- Pink Dragon \$10**
Dragon fruit, Mango, Pineapple, Coconut Water

Sweets & Treats

- Organic Ice Cream**
Single Scoop \$3
Double Scoop \$5
- Vegan Vanilla Ice Cream**
Single Scoop \$5
Double Scoop \$8
- Classic Ice Cream Sundae \$8**
Two Scoops Ice Cream
Chocolate & Caramel Sauce,
Whipped Cream, Cherry on top
- Chia Pudding \$7**
Coconut Milk, Chia Seeds, Fresh Berries
- Bliss Balls \$2 ea**
Energy Boosting Bites of Raw Superfoods
- Hit the Trail Cookie \$4**
Raw Vegan Cookie made with Protein and Love



Gravitea—Loose Leaf Teas

- Earl Grey
- English Breakfast
- Jasmine Green
- Blueberry Rooibos
- Masala Chai
- Mystic Mint
- Turmeric Ginger
- Yerba Maté
- Chamomile Medley

Grab & Go Beverages

- Izze Sparkling Juice \$3
- Rowdy Mermaid Organic Kombucha \$7
- Guayaki Yerba Maté \$5
- San Pellegrino \$3
- Uncle Matt's Organic Orange Juice \$6
- Organic Coconut Water \$3