

rebelle edibles & elixirs

lovingly crafted offerings a la carte

fresh - non GMO - locally sourced - small batch - plant based - grain + gluten free - no added sugars - seasonal - sprouted nuts & seeds - bioavailable nutritionally dense superfoods

magic greens kale chips 2oz \$7

-lovingly massaged kale, low temp dehydrated 12+ hours infused with the following additions:

Sweet:

Carrot Cake

-carrots, apple, cinnamon, ginger, raw greens powder, date, monkfruit extract, maple extract

*nut free

Blueberry Muffin

-blueberries, date, coconut water, cinnamon, ginger, nutmeg, cloves, sprouted almond

Pina Kale-ada

-pineapple, date, coconut, cinnamon, coconut water, monkfruit extract

Apple Cinnamon

-apple, cinnamon, date, nutmeg, cloves, maple extract, sprouted almond

Pumpkin Spice

-pumpkin, carrot, apple, date, cinnamon, nutmeg, cloves, maple extract, sprouted almond, cashew

Chocolate Zucchini

-raw cacao, coconut water, zucchini, date, cashew, sprouted almond

Savory:

Garlic Umami

-garlic, chickpea miso, nutritional yeast, apple cider vinegar, low sodium tamari, avocado oil

Cilantro Chimichutney

-cilantro, mint, green onion, sprouted sunflower & pumpkin seeds, sprouted almond, himalayan pink salt, lime, avocado oil

Spicy

-roasted & raw peppers, chipotle pepper fermented hot pepper sauce, garlic, avocado oil

Curry

-cashew, curry powder, himalayan pink salt, green onion, cumin, cilantro

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juice pulp crackers 4oz \$7

juice pulp, seasonings & spices, seed & nut
meal low temp dehydrated for 12+ hours

Sweet:

A blend of carrot, flaxmeal, sprouted
almond meal, chia seeds, dates, coconut water
and spices

Golden Crunch

-carrot, apple, mango, turmeric, ginger

Heart Beet

-beet, orange, raw cacao, sea salt

Tropical

-carrot, pineapple, mango, papaya, ginger

Savory:

a blend of kale, carrots, flaxmeal, sprouted
almond meal, sesame seeds, sunflower seeds,
chia seeds, herbs and spices, sprinkled with
sea salt

Ginger Nori

-ginger, garlic, nori

Cilantro Chimichutney

-cilantro, mint, garlic, jalapeno

Curry

-carrot, sprouted lentil, cashew, curry
powder, cilantro,

Mexican

-jalapeno, cilantro, lime, oregano, cumin

Garlic Umami

-nutritional yeast, low sodium tamari,
chickpea miso, garlic

brussel bites 4oz \$7

shredded brussel sprouts, massaged with
avocado oil, low temp dehydrated 12+ hours
with the following additions:

Garlic Umami

-garlic, chickpea miso, nutritional yeast, apple
cider vinegar, low sodium tamari, avocado oil

Cilantro Chimichutney

-cilantro, mint, green onion, sprouted
sunflower & pumpkin seeds, sprouted
almond, himalayan pink salt, lime, avocado
oil

Spicy

-roasted & raw peppers, chipotle pepper
fermented hot pepper sauce, garlic, avocado
oil

Curry

-cashew, curry powder, himalayan pink salt,
green onion, cumin, cilantro

dehydrated goodies: 1oz bag \$7

Onion Rings

Beet Chips

Dried Kimchi

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fresh refrigerated foods:

Made to order, seasonal items shipped locally

(MPLS/STP)

Dressings & marinades: 1/2 pint \$7

carrot ginger miso

-carrot juice, ginger, chickpea miso, low
sodium tamari

turmeric golden sauce

-turmeric, carrot, curry powder, cashew
butter, lime

spicy greens

-roasted & raw peppers, shishito, fermented
hot pepper sauce, garlic, cilantro

Pickles, Kimchi & Ferments: 8oz jar \$11

classic kimchi

curtido

ginger carrots

ginger pickled purple cabbage

pickled seasonal mushrooms

ginger pickled beets

spicy pickles

Dips & Spreadables: 1/2 pint \$7

green goddess

-avocado, cilantro, spinach, arugula, lime,
jalapeno, green onion, cumin, himalayan pink
salt

umami

-roasted garlic, nutritional yeast, apple cider
vinegar, low sodium tamari

cilantro chimi-chutney

-cilantro, mint, green onion, jalapeno,
sprouted pumpkin & sunflower seeds,
sprouted almonds, lime, himalayan pink salt

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Functional Plant Medicine:

CBD Infusions:

-no synthetics, 100% natural extract, THC
free

Sparkling Waters: \$10/16oz

ingredients: alkaline water, natural flavoring,
CBD oil extract-10mg per bottle

Cucumber Lime

Lemon

Mango Peach

Simply Sparkling

Cranberry Raspberry

Vegan, SF, GF Gummies: \$20/20g

(12-14 gummies per pack)

ingredients: agar agar, fruit juice, stevia,
CBD extract 10mg per gummy

Golden Drops: Anti-Inflammatory

-turmeric, black pepper, ginger, cinnamon,
& apple

Sleepytime Drops: Relax & Restore

-lavender, chamomile, ginger, lemon,
melatonin

Daymaker Drops: Adaptogenic Blend

-ashwaganda, cordoycps, ginger, b vitamin,
matcha powder, pineapple

Immunity Drops:

-elderberry, ginseng, echinacea, vitamin c,
orange

Kombucha:

-available in 16oz \$3.5 or 64oz \$14

Infusions:

Sea Monster:

-spirulina, ginger, chlorella, E3 AFA algae

Triple Root:

-ginger, ginseng, dandelion root, lemon

Heart Beet:

-beet, carrot, orange, ginger, turmeric

Golden Tonic:

-turmeric, ginger, black pepper, coconut
nectar

Matcha Chai:

-matcha, chai, ginger

Mint Lemonade:

-SF candied lemon, mint, lemon juice

Apple Pie:

-apple juice, cinnamon, ginger, nutmeg,
cloves

Berry Delicious:

-blueberry & raspberry puree, goji berry,
elderberry

Digestive Fire:

-ginger, lemon, cayenne

Pina Colada:

-pineapple, ginger, mango, papaya, coconut

“Feed the Mother” DIY Kombucha Kit

all in one home brew setup \$45

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