

Gourmet Toast

AVOCADO SMASH 14

Avocado with watermelon radish, marinated tomatoes, chili oil, microgreens on multigrain toast

Egg* 2
Crab 6

GREEK 11

Hummus, arugula, marinated tomatoes, cucumber, red onion, kalamata olives, feta, paprika, lemon twist on rustico toast

SMOKED SALMON* 15

Smoked pastrami salmon, herbed cream cheese spread, arugula, cucumber, pickled onion, capers, toasty seasoning, microgreens, lemon twist on sourdough toast

Tomato 1
Egg* 2

3 CHEESE ITALIAN 15

Prosciutto, melted swiss and fontina with roasted garlic onion jam, topped with dressed arugula on jalapeño cheddar toast

ADD-ONS

Gluten Free bread 2
Egg* 2
Avocado 2.5

TUSCAN TUNA 13

Tuna dressed with sundried tomatoes, capers, scallions, herb aioli, balsamic glaze, kalamata olives, tomato, bibb lettuce, lemon twist on rustico toast

TOMATO BURRATA 13

Herbed ricotta, pesto, tomatoes, burrata, basil, olive oil, balsamic glaze on rustico toast

Prosciutto 3

SPICY CRAB 16

Lump crab, melted swiss and fontina, sriracha aioli, tomato, bibb lettuce, jalapeño, microgreens, lemon twist on rustico toast

PB CRUNCH 12

Honey roasted peanut butter, bananas, strawberries, blueberries, berry jam, granola, peanuts, honey drizzle, mint on walnut raisin toast

Prosciutto 3
Smoked salmon 4
Lump crab 6

PROTEIN Waffle

45g of Protein!

WAFFLE 13

Housemade waffle mix topped with bananas, strawberries, coconut flakes, cacao nibs, and your choice of drizzle

Bowls 13

OG AÇAÍ

Blend of açai, strawberry, blueberry, banana, cold-pressed apple juice topped with strawberry, blueberry, banana, granola, cacao nibs, honey

PB+B

Blend of açai, banana, blueberry, peanut butter, almond milk topped with banana, blueberry, honey roasted peanut butter, chopped dates, peanuts, granola

DRAGONBERRY

Blend of pitaya (dragon fruit), mango, agave, strawberry, coconut water, topped with strawberry, kiwi, coconut, goji berries, granola, honey

MATCHA

Blend of spinach, kale, banana, mango, matcha, hemp seeds, flax seeds, coconut water, lime topped with pineapple, strawberry, dates, cacao nibs, mint, granola, honey

BLUE MYSTIQUE

Blend of pineapple, banana, mango, blue spirulina, almond milk topped with pineapple, banana, coconut, granola, honey

MANGO TANGO

Blend of mango, pineapple, lime, coconut water, agave topped with pineapple, strawberry, coconut, dried mango, lime wedge, granola, honey

COCOLADA

Blend of pineapple, banana, coconut milk, lime topped with banana, pineapple, coconut, sliced almonds, lime wedge, candied ginger, granola, honey

BOWL & SMOOTHIE ADD-INS

Kale 1	Cacao Nibs 1	Vegan Protein 2
Spinach 1	Cacao Powder 1	Avocado 2.5
Coconut 1	Goji Berries 1	Collagen 3
Hemp Seeds 1	Peanut Butter 1	Ginger Shot 3
Flax Seeds 1	Almond Butter 1	

Nut/Gluten Free Granola available upon request

Smoothies

16oz 24oz

10 12

GREEN MACHINE

Spinach, kale, banana, pineapple, mango, hemp seeds, flax seeds, lime, coconut water

ICED BREW

Coffee, banana, date, almond milk
Peanut Butter or Almond Butter

1

SUPERFRUIT

Açaí, strawberry, banana, blueberry, cold-pressed apple juice

ORANGE CRUSH

Orange, mango, lime, agave, almond milk

PURPLE HEART

Blueberry, spinach, pineapple, chia seeds, flax seeds, lime, almond milk

GINGERBERRY

Pitaya (dragon fruit), strawberry, mango, lime, ginger, agave, coconut water

BLUE MYSTIQUE

Pineapple, banana, mango, blue spirulina, almond milk

COLD-PRESSED

Juice

16oz

9.5

RECHARGE

Beet, carrot, apple, orange, ginger

DEFENDER

Orange, carrot, apple, turmeric, lemon

CURE

Pineapple, apple, spinach

BALANCE

Celery, cucumber, spinach, kale, apple, romaine, parsley, ginger, lemon

METABOLIZE

Cucumber, jalapeño, pineapple, apple, mint

RADIANCE

Grapefruit, orange, blood orange, pineapple, basil

PITAYA LEMONADE

Pitaya, lemon, filtered water, agave

SEASONAL

Ask about it!

Coffee & Tea

DRIP COFFEE 3

CAFE AU LAIT 3.75

NITRO COLD BREW 4.5

HOT TEA 3

SPICED CHAI 4.5

MATCHA 5

Espresso

ESPRESSO 3.5

AMERICANO 3.75

MACCHIATO 4

CORTADO 4.25

CAPPUCCINO 4.5

LATTE 4.75

MOCHA 6

RED EYE 6

Almond Milk .75 Oat Milk .75 Organic Syrup .5

OVERNIGHT

Oats 7.5

BERRY OATS

Banana, blueberry, strawberry, chia seeds, granola, almond milk

TROPICAL OATS

Pineapple, strawberry, coconut, chia seeds, granola, almond milk

CHOICE OF DRIZZLES

Peanut Butter
Almond Butter
Maple Syrup
Honey
Agave

Iced Collagen Lattes

Made with almond milk

BEET 5

MATCHA 6

TURMERIC 5

BLUEBERRY LAVENDER 5

Add Espresso Shot 3

WELLNESS

Shots 5

IMMUNITY +

Turmeric, ginger, lemon, black pepper

VITA-C PUNCH

Lemon, lime, orange, cayenne

BOOSTER

Pineapple, ginger, apple cider vinegar, turmeric, sea salt

REFRESH

Lime, ginger, blue spirulina

* Please notify us of any allergies or dietary restrictions you may have