

# 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

\*Consuming raw or undercooked meats, seafood or eggs may increase your risk of foodborne illness

## PROTEIN Waffle

45g of Protein!

## WAFFLE

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

## Bowls

13

## OG AÇAI

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

## 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

## 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.