



MENU

DRINKS

	S	L
FRESHLY BREWED COFFEE	\$ 3.25	\$ 3.75
COLD BREW	\$ 3.50	\$ 4.25
+ SHOT	\$ 1.25	
+ SYRUP	\$ 0.50	\$ 1.00
+ WHIPPED CREAM	\$ 0.60	
+ ALMOND/SOY/COCONUT/OAT	\$ 1.00	\$ 1.50
ESPRESSO	\$ 2.95	
MACCHIATO	\$ 3.75	
CAFFE LATTE	\$ 3.95	\$ 5.00
CAFFE MOCHA	\$ 4.95	\$ 6.00
CAFFE AMERICANO	\$ 3.50	\$ 4.25
CAPPUCCINO	\$ 3.95	\$ 5.00
HOT OR COLD TEA	\$ 3.25	\$ 4.25
CHAI LATTE	\$ 4.25	\$ 5.25

SMOOTHIES

BERRY BLEND		\$ 8.00
STRAWBERRIES BERRIES BANANA OATS ALMOND MILK		
GREEN ANTIOXIDANT		\$ 8.00
ORGANIC KALE PINEAPPLE CELERY PARSLEY BLUEBERRY		
TROPICAL SUNSET		\$ 8.00
PINEAPPLE BANANA STRAWBERRY COCONUT MILK		
STRAWBERRY COOLER	\$ 6.00	\$ 8.00
MILK BANANA STRAWBERRY		
STRAWBERRY LEMONADE	\$ 6.00	\$ 8.00
	+ PEA PROTEIN	\$1
	+ COLLAGEN POWDER	\$1
	+ SPIRULINA	\$1

ALCOHOLIC DRINKS

DOMESTIC BEER	\$6.00
IMPORTED BEER	\$7.00
WHITE CLAW	\$10.00
WINE BOTTLES	CALL FOR PRICING

BREAKFAST

Yogurt Parfait \$9.00 GF

Greek yogurt | toasted coconut | seasonal berries | mixed nut granola

Overnight Oats \$9.00 V GF

Chia seeds | almond milk | agave | strawberries
chocolate almond granola

Breakfast Sandwich \$12.00

Sausage | egg whites | chipotle gouda cheese | mustard aioli
English muffin

Breakfast Croissant \$12.00

Turkey bacon | whole eggs | tomato | garlic aioli | Gruyere cheese

Sunrise Mini Quiche \$9

Roasted potato | green peas | pancetta | Gruyere cheese

Egg Bites \$3 each or 3 for \$7 GF

Whole eggs | bell pepper | onions | crispy bacon | cheddar cheese
Egg Whites | sundried tomatoes | caramelized onions | basil pesto
Plain whole eggs | cracked pepper

Protein Bites \$ 2.50 each or 3 for \$6 GF

Dates & Cashew - Coconut milk | whey protein | almonds
Peanut Butter & Oats - Dark Valrhona chocolate | flax seeds
chia seeds | honey

LUNCH

Vegan Spinach Salad \$14 V GF

Organic baby spinach | strawberries | seasonal radish
roasted sweet peppers | fresh dill | candied pecans
poppy seed and agave vinaigrette

Chopped Salad \$14 GF

Iceberg lettuce | cherry tomato | cucumber | roasted corn
bacon bits | cotija cheese | ranch dressing

Chipotle Smoked Chicken Sandwich \$16

Bibb lettuce | mayo | steak tomato | pickled red onion
Lacey Swiss cheese | turkey bacon | sourdough bread

Flatbread \$14

Classic tomato sauce | mozzarella cheese | add pepperoni \$2

Seasonal Vegetable Flatbread \$16

Margherita sauce | thin sliced seasonal vegetables
Fontina and mozzarella cheese | basil pesto | Focaccia crust

Mediterranean Smoked Turkey Wrap \$16

Spinach | olives | roasted tomato | cucumber
red pepper hummus | paprika

Antipasto Board \$16

Artisanal selection of cheese | cured meats | crackers
dried fruits | nuts

Fruit Platter \$10 V GF

Selection of seasonal fruits and berries

V = VEGETARIAN GF = GLUTEN FREE