

MENU YOU MATTER

BREAKFAST

[SERVED ALL DAY]

BREAKFAST HAND PIE \$9.00

housemade pastry crust | egg | sausage | hashbrown | sharp cheddar + jack | salsa verde

EGG WHITE WRAP \$12.75

spinach* | cage free egg whites | crispy bacon | organic cheddar* | avocado | diced tomato | green chili aioli | spinach wrap suggested add-on: quinoa*

FIRST-CLASS BREAKFAST WRAP \$11.00

diced egg frittata with black pepper | sausage crumbles | pepper jack | tomato | roasted hashbrowns w/peppers + onions | chipotle sauce | spinach wrap

BREAKFAST WRAP \$10.50

diced egg frittata with black pepper | crispy bacon | pepper jack | tomato | chipotle sauce | spinach wrap

BACON, EGG & GOUDA \$8.25

crispy bacon | egg frittata with black pepper | gouda | onion aioli | english muffin

SAUSAGE, EGG + CHEDDAR \$9.00

sausage | egg frittata with black pepper | white cheddar | green chili aioli | english muffin

BACON CHEDDAR QUICHE \$8.25

housemade pastry crust with savory egg custard | bacon | cheddar cheese | spices

AVOCADO TOAST \$7.75

thick-sliced sourdough toast | avocado | seasoning* suggested add ons: bacon | organic cheddar* | sliced tomato 'everything but the bagel' seasoning | pickled onion

... & SNACKS

PLAIN/JALEPEÑO CHEESE BAGEL \$3.00/3.50

ENGLISH MUFFIN \$2.00

toasted. suggested add ons: cream cheese | butter | peanut butter | fruit preserves

YOGURT PARFAIT \$8.00 +

greek yogurt | organic strawberry puree | gluten friendly vanilla granola (dairy-free option available!)

SEASONAL OVERNIGHT OATS \$7.00

gluten friendly, dairy friendly overnight oats | gluten friendly

QUINOA CUP \$8.00

quinoa* cup stacked with tomatoes, carrots, and cucumbers

ADD-ONS & SUBSTITUTIONS

PRODUCE: mixed greens* | spinach* | romaine* | shredded carrot | tomato | cucumber | avocado | pickled onion | sweet corn | sprouted pumpkin seeds

PROTEIN: chicken | turkey | egg whites | egg frittata | bacon | quinoa*

CHEESE: pepper jack | gouda | white cheddar | cheddar* | feta | dairy-free cheddar

BREAD: sourdough (vegan) | spinach wrap | GF wrap | GF bread | bagel | english muffin

HOUSEMADE CONDIMENTS: creamy ranch | creamy chipotle | onion aioli | vegan spread

CONDIMENTS: avocado lime | caesar | green chili aioli | pesto | mayonnaise | veganise | mustard | bragg's seasoning* | 'everything but the bagel' seasoning

*organic

LUNCH

[SERVED ALL DAY]

ITALIAN HAND PIE \$11.00

housemade pastry crust | sausage | pepperoni | mozzarella | marinara sauce | spices

CLASSIC TURKEY & BACON \$15.00

oven-roasted turkey | crispy bacon | pepper jack | mixed greens* | sliced tomato | chipotle | spinach wrap

VEGGIE WRAP \$11.00

avocado | romaine* | shredded carrot | tomato | cucumber | organic cheddar* | vegan spread | spinach wrap

BLT-A \$12.50

crispy bacon | romaine* | tomato | avocado | white cheddar | mayonnaise | thick-cut sourdough bread

GROWN-UP GRILLED CHEESE \$9.00

crispy bacon | gouda | sliced tomato | onion aioli | sourdough

TURKEY PESTO PANINI \$14.00

oven-roasted turkey | white cheddar | sliced tomato | pesto | sourdough

CHICKEN QUESADILLA WRAP \$14.50

chicken | bacon | cheddar* | tomato | avocado lime dressing | beans | spinach wrap suggested add-on: avocado

SALADS

SOUTHWEST SUPREME SALAD \$14.00 (OR MAKE IT A WRAP!)

chicken | romaine* | cheddar* | sweet corn | tomato | beans | green chili aioli | crispy tortilla chips suggested add-on: avocado

STUFFED AVOCADO SALAD \$12.00

smashed avocado | romaine* | shredded carrots | cheddar* | diced tomato | diced cucumber | vegan dressing | seasoning* | raw sprouted pumpkin seeds*

BLT-A W/ CREAMY RANCH SALAD \$11.75

bacon | romaine* | tomato | avocado | cucumber | cheddar* | ranch

AVOCADO LIME SALAD \$13.75 (OR MAKE IT A WRAP!)

chicken | romaine* | tomato | pickled onion | avocado lime dressing | cilantro | cheddar*

CHICKEN CAESAR SALAD \$11.50 (OR MAKE IT A WRAP!)

chicken | romaine* | tomato | caesar | parmesan | croutons

COFFEE

ESPRESSO DRINKS

ESPRESSO (DOUBLE SHOT)

MACCHIATO

CORTADO

UNDERTOW

CAPPUCCINO

AMERICANO

LATTE

+housemade syrups:

lavender, vanilla, cocoa, white cocoa, brown sugar, maple*, local honey* & seasonal

HOUSE BREW

HOUSE BREW

CAFE AU LAIT

POUR OVER

COLD BREW

NITRO COLD BREW

FRENCH PRESS

BULLETPROOF

OTHER DRINKS

CHAI LATTE

MATCHA LATTE
(sweetened or unsweetened)

TEA* by RISHI

KOMBUCHA ON TAP

LEMONADE*

STEAMER

CRAFT BEER

SMOOTHIES

[plant-based smoothies served all day]

TROPICAL SUNRISE \$9.00

mango* | banana | pineapple juice* | coconut milk | vanilla plant protein* | agave*

EPIC JOURNEY \$9.00

peanut butter | cocoa powder | cacao powder | chocolate plant protein* | maple syrup* | almond milk

GREEN SUN \$9.00

spinach* | banana | orange juice* | pineapple juice* | vanilla plant protein* | greens+ | agave*

STRAWBERRY BANANA DELIGHT \$8.00

strawberry* | banana | coconut milk | agave*

PURPLE DRAGON \$9.50

dragon fruit | strawberries | banana | orange juice | agave*

SMOOTHIE ADD-ONS & SUBS

MILKS: almond | oat | organic* | coconut | low fat

PLANT PROTEINS: chocolate* | vanilla*

PRODUCE: spinach*

FRUIT: strawberry* | banana | mango*

POWDERS: sweetened matcha* | unsweetened matcha* | cocoa | cacao

OILS: MCT | coconut*

BUTTERS: cashew | almond | PB | grass-fed butter

EXTRAS: honey* | greens+ | agave* | maple* | collagen protein

SWEET TREATS

AFFOGATO \$6.00**

double shot of espresso | Good Scoop "cinnilla" ice cream

GOOD SCOOP OF ICE CREAM \$5.00**

GOOD SCOOP ICE CREAM SANDWICH \$4.50

COFFEE MILKSHAKE \$7.50**

FRESHLY BAKED PASTRIES

*organic

**dairy free vanilla available +\$1.00

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