

BREAKFAST

Breakfast Panini 12.00

Grilled with scrambled eggs*, cheddar and caramelized onion jam* on your choice of sourdough*, multigrain, or gluten free bread (add 1.25 for gluten free).
Served with fresh fruit.

Add avocado 1.50

Add spinach* .75

Add bacon (nitrate free, uncured) 2.00

Breakfast Sandwich 12.00

Scrambled eggs*, american cheese, bacon (nitrate free, uncured) on lightly toasted brioche roll or bagel. Served with fresh fruit.

Add avocado 1.50

Add spinach* .75

Breakfast Burrito 13.00

Flour tortilla with scrambled eggs, organic black beans, colby jack cheese, avocado, and tomatos served with our homemade pico de gallo & chipotle sauce

Summer Yogurt Bowl 11.00

Grass-fed plain yogurt* with sweet summer granola, our homemade strawberry sauce*, and topped with bananas*, strawberries, blueberries and honey drizzle.

Substitute organic coconut yogurt* 1.25

Banana Whip Breakfast Bowl 12.50

Banana whip* layered with our homemade maple walnut granola then topped with blueberries, strawberries, almond butter and honey drizzle

Toasted Bagel

Toasted plain, everything, or gluten free bagel with butter - 3.50

With cream cheese - 3.95

With house made strawberry, or house made cinnamon raisin cream cheese - 4.50

Add all natural Strawberry jam add .50 vegan cream cheese add 2.50

Banana Walnut Oatmeal 7.50 - served 7am-11am

Our organic oatmeal cooked with bananas and brown sugar then topped with fresh bananas and toasted walnuts. Served with your choice of milk

Granola with milk 7.75

Your choice of our homemade granola served with your choice of milk.

Granola Choices:

Simply Maple - GF rolled oats*, cinnamon, coconut oil and maple syrup

Maple Walnut - GF rolled oats*, walnuts, cinnamon*, raisins*, coconut oil and maple syrup*

Sweet Summer - GF rolled oats*, almonds, sunflower seeds*, dried blueberries*, dried cherries*, dried papaya*, coconut oil and maple syrup*

Chocolate - GF rolled oats*, almonds, cocoa powder*, coconut flakes*, coconut oil, maple syrup* and dark chocolate chips

**Milk choices: whole*, 2%*, fat free*, almond
House made coconut, cashew, or oat add.50**

*Organic

V vegan

GF gluten free

(we do not have a dedicated gluten free kitchen)

BRUNCH/LUNCH

Choose from organic sourdough*, multigrain, or gluten free bread

Farmhouse Cheese Panini 12.00

Grilled with grass fed butter, cheddar, american cheese, and fresh tomato puree* for dipping. Served with mixed greens salad.

Roasted Chicken Panini 14.50 - served 11am-2pm

Roast chicken breast with house made roasted green peppers* in extra virgin olive oil, sun dried tomatoes, fresh basil, fresh baby spinach*, and mozzarella. Served with mixed greens salad.

Greens & Beans 13.75 - served 11am-2pm

Sauteed broc rabe with garlic, cannellini beans, extra virgin olive oil. Topped with chili flakes & served with rustic italian bread.

Everything Avocado Toast 12.25

Smashed avocado topped with a squeeze of lime and everything seasoning. Served with mixed greens salad. Add poached or scrambled egg 2.00

Avocado Feta Toast 13.50

Smashed avocado topped with pickled red onions*, feta, radishes*, microgreens, and lemon drizzle. Served with mixed greens salad. Add poached or scrambled egg 2

Mediterranean Toast 12.50

Whipped ricotta topped with cherry tomatos, basil and extra virgin olive oil. Served with mixed greens salad.

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BANANA WHIP

A healthy, organic frozen treat that tastes like soft serve ice cream!

7.50

Made with: bananas and coconut milk (all organic)

Comes with one topping.

Extra toppings \$1.00 each. (sprinkles .50)

Toppings

Chocolate sauce*

Nutella

Caramel sauce

Vegan caramel sauce*

Strawberry sauce*

Peanut butter sauce*

Honey

Almond butter

Peanut butter*

Milk chocolate chips

Dark chocolate chunks

Peanuts*

Almonds

Coconut flakes*

Chocolate granola

Sweet summer granola

Maple walnut granola

Strawberries

Blueberries

Whipped cream

Natural colored sprinkles:

Rainbow or Chocolate

*Organic

SMOOTHIE BOWLS

Made with real fresh and frozen fruit
no additives, preservatives, or other fillers.

Acai – pure acai*, banana*, mango*, coconut milk* blended and topped with simply maple granola, strawberries, bananas*, mango, coconut flakes* and raw honey drizzle 12.00

Island – mango*, pineapple*, pitaya*, coconut milk* blended and topped with simply maple granola, banana*, pineapple, kiwi, coconut flakes* and raw honey drizzle 12.00

Pink Pitaya – strawberries*, pitaya*, banana*, and coconut milk* blended and topped with simply maple granola, strawberries, mango, blueberries, coconut flakes* and raw honey drizzle 12.00

Swell – banana*, mangos*, blue spirulina*, coconut milk* blended and topped with simply maple granola, bananas*, strawberries, mango, coconut flakes* and raw honey drizzle 12.00

Extra toppings 1.00 each

Don't like coconut milk? You can substitute with any of our dairy milks, oat milk*, cashew milk* or almond milk!

SMOOTHIES

Mango Beach – mango*, banana*, pineapple*, coconut water* 9.00

Green – kale*, spinach*, banana*, pineapple*, coconut water* 10.00

Pink Sunrise – strawberries*, mango*, organic grass-fed plain yogurt*, coconut water* 9.50

Berry Summer – blueberries*, strawberries*, banana*, organic grassfed plain yogurt*, coconut water* 9.50

Substitute coconut yogurt* .75
Add organic protein powder 1.50

Add Ins \$.50:
Chia Seeds*
Flax seeds*