

# BREAKFAST

/until 11:30am

COCONUT YOGURT  House-Made Granola, Macerated Berries  GLUTEN FREE / VEGAN	1 6
OATMEAL Tahini Chocolate, Seasonal Fruit GLUTEN FREE / VEGAN	1 4
E G G T O S T A D A Pico De Gallo, Avocado, Queso Cotija, Crisp Corn Tortilla GLUTEN FREE	1 2
BACON, EGG & CHEESE Applewood Smoked Bacon, Soft Scrambled Egg, Cabot Cheddar on Toasted Brioche Bun	18
HOMESTYLE BREAKFAST 2 Eggs any style, Breakfast Potatoes, Choice of Applewood Smoked Bacon or Chicken Apple Sausage	18
POACHED EGGS & LABNEH Chili Crunch, Toasted Angel Bakery Pita	1 6
O M E L E T T E Wild Mushrooms, Cabot Cheddar, Petite Greens	1 8
AVOCADO TOAST House Made Fitness Bread, Kimchi Cheese, Crystalized Ginger Add Egg +4	18
L <b>A T K E S</b> Pastrami Smoked Salmon, Crème Fraîche Add Poached Egg  +4	18

# REJUVINATION -

# PRESSED

# 1 2

6

# REFRESHERS

#### PERFORMANCE

Beets, Apple, Carrot, Ginger, Lemon

#### CLEANSE

Kale, Celery, Cucumber, Lemon, Green Apple, Coconut Water

### I M M U N I T Y S H O T

Ginger, Pineapple, Organic Agave, Lemon, Cayenne

# AJI LIBRE

10

Aji Dulce, Lemon, Tonic

#### SILK ROAD

10

Coconut Water, Ginger Beer, Turmeric

#### ZEN GARDEN

1 0

Cucumber, Mint, Lime, Soda

#### GRINDHOUSE

1 2

Espresso, Tonic, Ginger

### CORPA PURE COCONUT WATER

Organic

#### ICED TEA

4

4

6

Black / Green

#### CLASSIC

LEMONADE

Seasonal Flavors + 2

# FORTIFIED SMOOTHIES 14

Served All Day

#### BALI MOUNTAIN BLEND

Cacao, Cashews, Coconut Yogurt, Vanilla, Medjool Dates, Flax Seed, Pepitas, Cinnamon

KETOGENIC / PALEO / GLUTEN-FREE / VEGAN

#### GREEN FIBER

Spinach, Cucumber, Lemon, Apple, Banana, Spirulina, Psyllium Husk. KETOGENIC / PALEO / GLUTEN-FREE / VEGAN

#### POWER BERRY

Strawberries, Blackberries, Blueberries, Coconut Milk GLUTEN-FREE / VEGAN

#### ADD:

Chia Seeds +2 / Flax Seeds +2 / Protein Powder +4 / MCT Powder +4 / Collagen +4 Espresso Shot +3

### ALLDAY MENU

STARTING AT 11:30 am

#### MEZZE 12

#### SERVED WITH WARM PITA OR VEGETABLE CRUDITÉS

#### HERB HUMMUS

Chickpea, Herbs, Olive Oil GLUTEN-FREE / VEGAN

#### TZATZIKI

Strained Greek Yogurt, Cucumber, Garlic, Urfa Chili GLUTEN-FREE

#### TARAMASALATA

Smoked Fish Roe, Caramlized Onion, Pink Peppercorn, Horseradish GLUTEN-FREE

#### HOUSEMADE FALAFEL

Herbed Tahini, Salat Aravi

#### MEDITERRANEAN OLIVE BLEND

# SMALL PLATES

#### CHEESE PLATE

Chef Curated Local Cheeses, Grain Mustard, Pickles Single Cheese 12 | Three Cheeses 27

#### HOUSE MADE BREADS

1 2

Whipped Butter, Olive Oil, Balsamic Vinegar

#### MUSHROOM PÂTÉ

16

Pickled Vegetables, Grain Mustard, Foccacia VEGAN

#### AHI TUNA TARTARE

2 4

Preserved Lemon, Sesame Lime Vinaigrette, Scallion, Taro Chips GLUTEN-FREE

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#### HEALING CHICKEN BROTH

Kelp Noodles, Green Onion, Chilis

#### TOMATO SOUP

Calabrian Chili, Cheese Crostini

# SALADS

#### BUTTER LETTUCE SALAD

16

Frisée, Herbs, Mustard Shallot Vinaigrette

#### ICEBERG WEDGE

18

Applewood Smoked Bacon, Heirloom Tomato, Radish, Blue Cheese GLUTEN-FREE

A D D: Avocado +4 / Poached Egg +4 / Tofu +5 / Chicken +7 Salmon +10 / Steak +16 / Seared Ahi Tuna +16

#### NICOISE

28

Seared Ahi Tuna, Haricot Verts, Tomato Confit, Nicoise Olives, Jammy Egg  ${\tt GLUTEN-FREE}$ 

#### THAI SHRIMP SALAD

3 0

Chilled Wild Gulf Shrimp, Charred Avocado, Herb Aioli, Makrut Lime, Crisp Cashews GLUTEN-FREE / DAIRY FREE

### BOWLS

#### AUTUMN SQUASH BOWL

2 5

Caraflex Cabbage, Quinoa, Smoked Tofu, Coconut Turmeric Broth

#### SUKI BOWL

28

Seared Faroe Island Salmon, Sesame Miso Brown Rice, Wilted Greens, Pickled Ginger

GLUTEN-FREE

#### TURKEY CHILI

2 5

Kidney Beans, Cauliflower Rice, Crème Fraîche

GLUTEN-FREE

# HANDHELD

A V O C A D O T O A S T House Made Fitness Bread, Kimchi Cheese, Crystalized Ginger Add Egg +4	18
BLT	18
Applewood Smoked Bacon, Heirloom Tomato, Bibb Lettuce, Avocado Mayo, Fries	
Avocado inayo, rries	
FISH TACOS	2 0
Cabbage, Salsa Verde, Pickled Onion	
FALAFEL SANDWICH	18
Housemade Pickles, Hummus, Tahini, Angel Bakery Pita Bread	
VEGAN BURGER	2 4
Housemade Patty, Olive Tapenade, Roasted Pepper Aioli, Arugula, Pretzel Bun,	
Sweet Potato Fries	
BURGER	2 9
Wagyu Beef, Bibb Lettuce, Tomato, Cabot Cheddar, Sesame Brioche	

# LARGE PLATES

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S M O K E D T O M A T O R I S O T T O Burrata, Urfa, Oregano	2 4
FREE-RANGE CHICKEN PAILLARD Shaved Fennel & Arugula Salad, Sauce Vierge GLUTEN-FREE	2 6
TORCHED MISO HALIBUT Shiitake Mushroom, Snow Peas, Mustard Greens GLUTEN-FREE	3 6
BLACK ANGUS FLAT IRON STEAK French Fries, Petite Salad, Chimichurri GLUTEN-FREE	4 2

