

**GOOD MORNING**

**ALMOND BUTTER TOAST** MAPLE, BANANA, CINNAMON  
**11** sub g/f sourdough **4** sub grilled yam **3**

**AVOCADO TOAST** CASHEW CREAM, RADISH, PARSLEY, SUMAC  
**12.5** sub g/f sourdough **4** sub grilled yam **3**

**CURRY EGG TOAST** EGG SALAD, CUCUMBER, GARLIC AIOLI, SUNFLOWER SEEDS, PALEO BREAD  
**16** g/f

**FRITTATA** EGG, SUNDRIED TOMATOES, ZUCCHINI, FETA, COCONUT MILK, GARLIC, ALEPPO PEPPER, MIXED GREENS  
**16** g/f

**PIER PANINI** EGG, FONTINA, AVOCADO, TOMATO, GARLIC AIOLI, MIXED GREENS  
**16** sub g/f sourdough **4**

**PANINIS & MORE**

**CASSAVA TACOS** CAULIFLOWER, MOLE, PICKLED RED ONION, CILANTRO  
**17** g/f sub chicken mole **3**

**PALEO CHICKEN PANINI** CHICKEN SALAD, PESTO AIOLI, ARUGULA SALAD, PALEO BREAD, MIXED GREENS  
**18** g/f

**TURKEY PANINI** FONTINA, TOMATO, AVOCADO, SPINACH, GARLIC AIOLI, MIXED GREENS  
**17** sub g/f sourdough **4**

**TUNA PANINI** FONTINA, ONION CONFIT, ARUGULA, PESTO AIOLI, MIXED GREENS  
**17** sub g/f sourdough **4**

**VEGGIE PANINI** GRILLED ZUCHINI, EGGPLANT, CARMALIZED ONION, PESTO, CARROT TURMERIC PUREE, MIXED GREENS  
**16** v sub g/f sourdough **4**

**TURKEY WRAP** CASHEW CREAM, ARUGULA, AVOCADO, SUNDRIED TOMATO, FETA, MIXED GREENS  
**17** g/f

**BOWLS & SALADS**

**QUINOA BOWL** CASHEW CREAM, PESTO KALE, RADISH, FERMENTED VEGGIES, AVOCADO  
**16** g/f, v + 6 minute egg **2**

**NINE24 BOWL** WHITE SWEET POTATO, CAULIFLOWER, MIXED GREENS, AVOCADO, SEED PESTO, DUKKAH, 6 MINUTE EGG  
**18** g/f

**SALMON BOWL** BLACK RICE, CUCUMBER, ARUGULA, FERMENTED VEGGIES, CHICKPEA CILANTRO MISO  
**25** g/f

**LENTIL BOWL** CHICKPEA, LENTILS, CUMIN, CARROT TURMERIC PUREE, AVOCADO, MIXED GREENS, SEEDS  
*modifications unavailable*  
**18** g/f, v

**SPINACH SALAD** SPINACH, ROASTED ZUCCHINI & EGGPLANT, AVOCADO, PUMPKIN SEEDS, PESTO & LEMON DRESSING  
**16** g/f, v + feta **2**

**KALE CHICKEN CAESAR SALAD** 8 MINUTE EGG, PARMESAN GARLIC DRESSING, CROUTONS  
**16** in a g/f wrap **2**

**BONE BROTH & SOUP**

**BONE BROTH** GRASS FED BEEF, CHICKEN, TURMERIC, GINGER  
**8**

**GREEN BONE BROTH** SPINACH, KALE, PARSLEY, CILANTRO, COCONUT OIL  
**11** + matcha, lemon & ginger **3**

**VEGAN SOUP** G/F SOURDOUGH  
**12.5**

**SIDES & ADD ONS**

CHICKEN **5.75** TURKEY **5.75**  
 ROASTED SALMON **12** EGG **2**  
 SPICY AIOLI **2** FERMENTED HOT SAUCE **1**