



Organic Produce, Organic Poultry, Wild / Sustainable Seafood,
No Seed / Vegetable Oil, Non GMO, Because it Matters

THE CORE
OF WHO WE ARE IS
THE SOURCE
OF WHAT WE DO

GOOD MORNING

ALMOND BUTTER TOAST MAPLE, BANANA, CINNAMON
13 v sub g/f bread **4**

AVOCADO TOAST CASHEW CREAM, RADISH, PARSLEY, SUMAC
16 v sub g/f bread **4**

CURRY EGG TOAST EGG SALAD, CUCUMBER, GARLIC CASHEW AIOLI, SUNFLOWER SEEDS, PALEO BREAD
18 g/f

FRITTATA COCONUT MILK, EGG, BROCCOLI, FETA, TOMATO, KALE, BASIL, SALT, PEPPER
18 g/f add hot sauce **1.5**

PIER PANINI EGG, FONTINA, AVOCADO, TOMATO, GARLIC CASHEW AIOLI, MIXED GREENS
18.5 sub g/f bread **4** add hot sauce **1.5**

BOWLS & SALADS

QUINOA BOWL QUINOA, SAUTEED TAHINI CILANTRO CABBAGE, CASHEW CREAM, PICKLED VEGGIES, AVOCADO, SPICED ALMONDS
16.5 g/f, v add 6 minute egg **3**

POWER BOWL WHITE SWEET POTATO, CAULIFLOWER, MIXED GREENS, AVOCADO, SEED PESTO, DUKKAH, 6 MINUTE EGG
20 g/f add hot sauce **1.5** add feta **3** add chicken **6**

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

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

FARRO SALAD SHIITAKE MUSHROOM, BROCCOLI, ROMESCO, FERMENTED VEGGIES, DUKKAH, TAHINI MISO, ZAATAR CHILLI OIL
17 v

KALE CHICKEN CAESAR SALAD 8 MINUTE EGG, PARMESAN GARLIC DRESSING, CROUTONS
19

PALEO CHICKEN SALAD ROASTED CHICKEN BREAST, PESTO, CELERY, SCALLIONS, CURRANTS, TOASTED PECAN
18 g/f, p

KALE SALAD BRAISED GARBANZO BEANS, ONION GARLIC CONFIT, ROASTED CHERRY TOMATOES, LEMON DRESSING, ALMONDS
16 g/f, v add feta **3** add chicken **6** add salmon **14**

PANINIS & MORE

CASSAVA TACOS CAULIFLOWER, MOLE, PICKLED RED ONION, CILANTRO, HOT SAUCE
19 g/f, v sub chicken mole **3**

PALEO CHICKEN PANINI CHICKEN SALAD, PESTO AIOLI, ARUGULA SALAD, PALEO BREAD, MIXED GREENS
19 g/f add hot sauce **1.5**

CHICKEN AVOCADO PANINI FONTINA, TOMATO, AVOCADO, SPINACH, GARLIC CASHEW AIOLI, MIXED GREENS
18 sub g/f bread **4** add hot sauce **1.5**

TUNA PANINI FONTINA, ONION CONFIT, ARUGULA, AIOLI, MIXED GREENS
20.5 sub g/f bread **4** add hot sauce **1.5**

VEGGIE PANINI PORTOBELLO, EGGPLANT, RED PEPPER, CARMELIZED ONION, CARROT PUREE, PESTO, MIXED GREENS
18 v sub g/f bread **4** add hot sauce **1.5**

CHICKEN CAESAR WRAP KALE, 6 MINUTE EGG, PARMESAN GARLIC DRESSING
20 g/f add hot sauce **1.5**

TURKEY BURGER FONTINA, PESTO, CARMELIZED ONION, TOMATO, GREENS, PICKLED ONION ON GLUTEN FREE SOURDOUGH
25 g/f

BONE BROTH & SOUP

BONE BROTH GRASS FED BEEF
9

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

GOLDEN IMMUNITY BONE BROTH COCONUT MILK, TURMERIC, VIT C POWDER, LEMON, HONEY
13.5

VEGAN SOUP
12

SIDES & ADD ONS

CHICKEN **6**

ROASTED SALMON **16**

EGG **3.75**

SPICY AIOLI **2**

FERMENTED HOT SAUCE **1.5**