

## Coffee

OUR BEANS ARE ROASTED LOCALLY BY THE OCEAN

BATCH BREW .....	2.75
COLD BREW .....	4
NITRO COLD BREW .....	4
ICED COLD BREW LATTE .....	4.75
ESPRESSO	
DOUBLE .....	3
LONG BLACK .....	3.25
MACCHIATO .....	3.75
CORTADO .....	3.75
FLAT WHITE .....	4
CAPPUCCINO .....	4
LATTE .....	4.75

## Matcha 5

CEREMONIAL MATCHA TEA  
MATCHA LATTE  
LAVENDER MATCHA LATTE  
ICED MATCHA LEMONADE

## Tea 3.50

MADE WITH ORGANIC TEA LEAVES

### IMMUNITEA

turmeric, ginger, lemon, honey & hot water

### ICED TEA

choice of: black garden of eden, green moroccan mint, white goji blossom, herbal hibiscus

### HOT TEA

choice of: black garden of eden, green moroccan mint, white goji blossom, earl grey, sencha green, scottish caramel pu-erh, herbal hibiscus, sweet dreams herbal

## Refreshing Sips

ICED PINK LEMONADE .....	5
DRAFT KOMBUCHA .....	7
DRAFT KEFIR SODA .....	7

LOCAL, ORGANIC,  
NON-GMO, SUSTAINABLE

## Signature Sips 5

MADE WITH HOMEMADE SYRUPS

VANILLA LATTE	
LAVENDER LATTE	
HONEY CINNAMON LATTE	
SALTED MAPLE LATTE	
MOCHA	
MAYAN MOCHA	
cacao, cayenne, cinnamon, sea salt	
ICED MINT LATTE	
cold brew, mint, vanilla, milk	
NO ESPRESSO	
CHAI LATTE	
CACAO CHAI LATTE	
HOT CHOCOLATE	
COCONUT BLOSSOM HOT CHOCOLATE	
low-glycemic	

ADD ESPRESSO SHOT (+1)

## Elixir Lattes

MADE WITH FUNCTIONAL SUPERFOODS

FLAT BLACK .....	5
activated charcoal, homemade lavender honey, milk	
TURMERIC LATTE .....	5
turmeric, ginger, vanilla, cardamom, honey, almond milk	
BEET GOJI LATTE .....	5
beet, vanilla, cardamom, cinnamon, goji, milk	
MAGIC MUSHROOM MATCHA .....	9
10 mushroom superfood blend, ashwagandha, homemade lavender honey, milk	
MUSHROOM CACAO CHAI .....	9
10 mushroom superfood blend, collagen, chai, coconut blossom cacao (low-glycemic), milk	
MOON MILK .....	9
ashwagandha, reishi, turmeric, cardamom, ginger, homemade lavender honey, milk	
IMMORTALITY LATTE .....	9
Longevity herbs - he shou wu, reishi, ginger with cardamom & honey vanilla, milk	

ADD ESPRESSO SHOT (+1)

## PERSONALIZE YOUR COFFEE & TEA

ORGANIC MILKS - WHOLE, NON-FAT, 2%  
ALMOND, UNSWEETENED ALMOND <sup>P</sup> <sup>K</sup>,  
COCONUT, OAT, HALF & HALF (+1)

HOMEMADE LAVENDER, VANILLA, HONEY VANILLA (+.50)



## Seasonal

- GREEN SHAKSHUKA** ..... 13  
roasted tomatillo & poblanos, za'atar, labneh, pickled onions, poached eggs, grilled bread
- BAE TOAST** ..... 13  
beet hummus, avocado & egg, black sesame seeds, turmeric vinaigrette
- CHICKEN CAESAR SALAD** (GF) (P) ..... 15  
grilled chicken, baby gem lettuce, vegan parmesan cheese, caramelized onions, furikake, cashew caesar dressing

LOCAL, ORGANIC, NON-GMO, SUSTAINABLE

## Early Bird All Day

- OVERNIGHT OATS** (GF) (V) ..... 9  
chia pudding, homemade fruit preserves, flaxseed, nuts
- COCONUT YOGURT BOWL** (GF) (V) ..... 9  
fresh berries, homemade fruit preserves, homemade granola
- HEALTHY BREAKFAST BOWL** (GF) (V) ..... 9  
oatmeal, quinoa, fresh fruit, cinnamon, walnuts
- BELGIAN WAFFLE** ..... 11  
fresh berries, homemade nutella, granola, organic whipped cream
- CACAO WAFFLE** (GF) ..... 11  
coconut yogurt, fresh berries, banana, chia, cinnamon, coconut sugar
- CHILAQUILES** (GF) ..... 15  
baked tortillas, guajillo chile salsa, feta cheese, guacamole, pico de gallo, 2 organic over easy eggs
- ORGANIC GREENS SCRAMBLED EGGS** ..... 12  
spinach, asparagus, green beans, avocado, labneh, toast, salsa verde  
PALEO OR KETO BY REQUEST: SUB GRAINS FOR GREENS
- ORGANIC EGGS & SALMON** ..... 14  
beet-cured smoked salmon, avocado, labneh, toast  
EZEKIEL BREAD (+1.50) / GF TOAST (+2) / SUBSTITUTE EGG WHITES  
PALEO OR KETO BY REQUEST: SUB GRAINS FOR GREENS
- EGGS BENEDICT ON TOAST** ..... 13  
2 poached eggs, roasted poblano hollandaise, roasted tomatoes, avocado, spinach pesto

## Toasts

SUBSTITUTE EZEKIEL BREAD (+1.50) / GF TOAST (+2)

- AVOCADO (V)** ..... 12  
pickled mustard, serrano peppers, crunchy mung beans, cilantro, pumpkin seeds, beet spirals  
ADD ORGANIC EGG (+2) / FALAFEL (+6) / BEET-CURED SMOKED SALMON (+8)
- HARVEST** ..... 13  
avocado, tomatoes, pickled red onions, basil  
ADD ORGANIC EGG (+2)
- MUSHROOM** ..... 13  
spinach pesto, white truffle oil, goat cheese, arugula  
ADD ORGANIC EGG (+2) / AVOCADO (+2)
- SALMON** ..... 13  
beet-cured smoked salmon, dill, cucumber relish, labneh  
ADD ORGANIC EGG (+2) / AVOCADO (+2)
- ALMOND BUTTER** ..... 9  
homemade fruit preserves, fresh berries

## Salads

- GOLDEN GODDESS** (GF) (V) (P) ..... 12  
baby gem lettuce, wild arugula, baby spinach, dill, chives, shaved radish, avocado, fresh turmeric & lemon vinaigrette  
ADD CHICKEN (+6) / GRILLED SALMON (+8) / EGG (+2) / SMOKED SALMON (+8)
- RAW KALE SALAD** (GF) (V) (P) ..... 12  
cucumbers, avocado, red onion, arugula, watercress, heirloom tomatoes, grapefruit, hemp, lemon basil dressing  
ADD CHICKEN (+6) / FALAFEL (+6) / SALMON (+8)
- FARRO SALAD** (V) ..... 14  
roasted yams, shaved fennel, carrots, breakfast radish, arugula, baby spinach, toasted almonds, fuji apples, apple cider, dijon mustard vinaigrette  
ADD AVOCADO (+2) / CHICKEN (+6) / GRILLED SALMON (+8)

## Entrées

- GRILLED VEGETABLE BOWL** (V) ..... 14  
organic vegetables, beets, zucchini, red onion, carrots, baby tomatoes, sweet corn, nut cheese, buckwheat noodles, balsamic vinegar dressing  
ADD AVOCADO (+2) / CHICKEN (+6) / GRILLED SALMON (+8)  
PALEO BY REQUEST: SUB GRAINS FOR GREENS
- ROASTED GREENS BOWL** (V) (P) ..... 14  
roasted greens, za'atar, mushrooms, kabocha squash, brussels sprouts, spinach brown rice, polenta & almond croutons  
ADD POACHED EGG (+2) / GRILLED AVOCADO (+3)  
PALEO BY REQUEST: SUB GRAINS FOR GREENS
- PARAKEET BOWL** (GF) (V) ..... 15  
brown rice, enoki mushroom salad, sesame collard greens, roasted mushrooms, marinated cucumbers, almond butter miso mayo  
ADD AVOCADO (+2) / GRILLED SALMON (+8)  
PALEO BY REQUEST: SUB GRAINS FOR GREENS
- GRILLED CHICKEN SANDWICH** ..... 15  
black bean purée, avocado, roasted tomatoes, radish, roasted potatoes or house salad
- FALAFEL BURGER** (V) ..... 14  
baked pistachio millet falafel, beet hummus, avocado, roasted tomatoes, radish, arugula, roasted potatoes or house salad

## Soups

- GREEN SOUP** (GF) (V) (K) ..... 9  
broccoli, lentils, mung beans
- TORTILLA SOUP** (GF) (V) ..... 9  
spinach, nopales, tomatoes, guajillo chile
- ORGANIC CHICKEN NOODLE** ..... 9  
udon noodles, vegetables  
PALEO OR KETO BY REQUEST

### ADD-ONS

personalize your toast, soup, salad or bowl

- GRILLED SALMON (+8) / BEET-CURED SMOKED SALMON (+8)
- GRILLED ORGANIC CHICKEN (+6) / BAKED PISTACHIO MILLET FALAFEL (+6)
- ROASTED POTATO (+4) / GRILLED AVOCADO (+3)
- AVOCADO (+2) / ORGANIC EGG (+2)
- ORGANIC GLUTEN-FREE TOAST (+2) / EZEKIEL BREAD (+1.50)

(GF) GLUTEN-FREE (V) VEGAN (P) PALEO (K) KETO