



## SMOOTHIES

- Berry, Berry** 6  
organic berries, banana, organic orange juice
- Blueberry Almond** 7  
almonds, organic blueberry, banana,  
organic almond milk, organic orange juice
- PBJ** 7  
organic peanut butter, chia, organic berries,  
banana, apple juice
- Turmeric Sunrise** 8  
fresh turmeric, sunflower seeds, organic banana,  
pineapple, organic orange juice
- Matcha Kaboom** 9  
matcha, chia, almond butter, organic coconut oil,  
organic almond milk, apple juice,  
organic peach, banana
- Sweet Green** 7  
organic kale, banana, dates, organic almond milk
- Double Green ++** 8  
Organic kale, organic spinach, banana,  
almond butter, dates
- Let's say Acai** 9  
Acai, banana, organic almond butter & almond milk
- Greenya Colada** 9  
Pineapple, avocado, coconut milk,  
organic orange juice, ginger, agave
- Chocolate** 8  
Cacao, banana, cashews, dates, organic almond milk
- Chocolate Berry Blush** 8  
Cacao, strawberry, banana, cashews, dates,  
organic almond milk
- Start Fresh Freeze** 6  
Peach, organic greens, ginger, filtered H2o
- Cold Brew Slush** 6  
Fire & Ice cold brew, dates, organic almond milk
- Mocha Slush** 8  
Cacao, Fire & Ice cold brew, dates, agave,  
organic almond milk



# MORNING MENU



## TOAST

MADE ON RUSTIC CUT PUGLISE BREAD  
ON GF NOURISH BREAD +1

- Fruits and Nuts** 5  
Almond butter, local honey, banana or seasonal fruit  
*substitute peanut butter by request*
- Avocado Smashed** 6  
Avocado, flake salt, pepper, balsamic
- Fluffy Egg** 6  
Scrambled local eggs, flake salt, pepper  
*add prosciutto, ham or turkey 3.25*
- Prosciutto** 6.75  
on tomato tapenade, topped with avocado
- Metro Egg Salad Classic** 6

## BREAKFAST SANDWICHES

- PLT + E** 8.5  
Prosciutto, Lettuces, Tomato Tapenade,  
and fluffy local Eggs *add mozzarella or brie + 2.00*
- The Bella** 6  
Roasted portabella, avocado crema, balsamic and  
greens

## BREAKFAST BOWLS GF

- Eggs on Greens** 8  
Two fluffy eggs on organic power greens with chèvre,  
tomato tapenade and toast

## METRO JUICE

*Cold pressed from organic, local and sustainably  
farmed produce, resulting in deep, delicious nutrition*

*Juice ingredients change with the seasons*

- Juices** 10oz 6 / 12.5oz 7.5
- Elixirs** 10oz 7.5
- Shots** vary

### COLD-PRESSED JUICE CLEANSSES

The Daily **20** / Balance-up **35** / Metro Reset **55**

**Samples joyfully offered!**



KITCHEN + DRINKERY

IN THE WAL PUBLIC MARKET  
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