

Brunch All Day

Avocado Toast 11 🥞🌿 GF seed & oat toast +2
sourdough, pomegranate, pickled onions, sprouts, dukkah

Almond and Banana French Toast 13 🥞🌿
sourdough french toast topped with almond butter, banana, blueberries, hemp seeds

Waffle 13.5 🥞
gluten-free waffle topped with fruit, hemp seeds and coconut-cashew cream

Waffle & Chana 15.5 🥞
gluten-free waffle topped with chickpea curry, coconut yogurt, olives, tomato, mint and dill

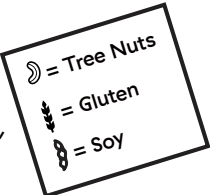
Hello Pancakes 13.5 🥞
gluten-free pancakes with banana, strawberries, walnuts, hemp seeds, chocolate sauce

Breakfast Bowl 14.5 🥞🌿
sautéed mushroom, kale & spinach, tofu scramble, smashed avocado, chili sin carne, tomato and cucumber salsa, dukkah, brown rice

Omelette and Greens 15
chickpea and kale omelette in ranchero sauce, salad, seed-oat crackers

Benny Benny 16 🥞🌿🌿 GF on pancakes +2
parsley and tofu ricotta, smashed avo, tomato, house hollandaise, coconut, scallions, on pressed bun, side salad and roasted wedges

Irene's Massive Breakfast 17 🌿🥞
chickpea and kale omelette in ranchero sauce, roasted wedges, sourdough toast or gluten-free seed & oat toast (+1), pancakes, seared tempeh, side salad



Apps & Sides

Loaded Sweet Potato 9 🥞🌿 w/ smashed avo + 2
chili sin carne, chimichurri, cashew cream, arugula, coconut

Hello Fried Rice 9 🌿
tofu, kale, onion, garlic, nori, sesame, scallion

Cauliflower Extravaganza 10 🥞
house hollandaise, gojuchang, sumac, nori, tamari almonds

Lettuce Taco (3) 12 🌿
grilled palm hearts, boston lettuce, portobello, coriander, avocado, gochujang, tamari almonds, pickled onions

Big Nacho Party 18 🥞🌿
tomato sauce, cashew cream, chili beans, salsa, avocado, coconut bacon, pickled onion, pickles, ricotta tofu, romaine, coriander, sunflower crumble

Wedges 9.5 🥞
•Messy: cashew cream, smashed avocado, sunflower crumble, scallions, pickled onion, coconut
•Kimchi: gochujang, sesame, scallions, nori, teriyaki, cashew cream
•Pesto: pesto, olives, tomato, ricotta, onion, za'atar

Bowls & Salads

123 Caesar 12.5 🌿🥞 add choice of protein + 3
romaine, kale, spinach, pickled onions, parsley, oat-seed crunch, sunflower crumble, pumpkin seeds, coconut, tamari almonds, hemp

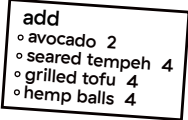
Deep Greens & Kimchi 13 add choice of protein +3
kale, spinach, arugula, peashoots, greens, kimchi, palm hearts, coriander, parsley, mint, dill, cucumber, olives, pumpkin and hemp seeds, sunflower creamy dressing & lemon

Green xxxxx 15
hemp and sunflower balls or seared tempeh, pesto quinoa, steamed kale & spinach and broccoli, cucumber, zucchini, smashed avo, pumpkin seeds, tahini or pumpkin pesto sauce

Superfood Burrito Bowl 14.5 🥞
choice of base, kale, chili beans, smashed avocado, salsa, hemp, tortilla chips, lime wedge, cashew cream

Spicy Bap 15 🌿 with smashed avo + 2
choice of grain, grilled tofu, house kimchi, mushroom, kale, spinach, carrots, eggplant, zucchini, sprouts, nori, gochujang

Cauliflower Tahini 14.5 hemp balls + 2
sunflower hummus, choice of base, roasted cauliflower, mint, greens, za'atar salsa, carrots, cabbage, beets, pomegranate, sesame, pickled onions, seed-oat crackers, tahini, chimichurri



↖ Make it Paleo/Keto: sub crackers & quinoa for lettuce wraps

Hands

Upgrade your fries or salad +3.5

Hello Burger 15 🥞 add smashed avo +2
house patty, onion, tomato, lettuce, aioli, pickle, in bun, gluten-free bun(+2), on lettuce or on grain, with roasted wedges & salad

Kimchi Burger 17 🥞🌿
house patty, cucumber, gochujang, house kimchi, lettuce, asian pear, in bun, gluten-free bun(+2), on lettuce or on grain, with wedges & salad

Toasty Tempeh Sandwich 15 🌿🌿
sourdough, tempeh, arugula, mushroom, pesto, olives, sunflower hummus, zucchini, tomato sauce, roasted wedges & salad

CBLT + P 15 🌿
sourdough, grilled portobello, tomato, coconut bacon, aioli, mustard dressing, with salad & roasted wedges

Specialties

Lasagna 20 🥞🌿
zucchini, portobello mushroom, cashew ricotta, basil, olives, bechamel & tomato sauce, made with hand-made 100% semolina, served with caesar salad & garlic sourdough

Chickpea & Lentil Curry 18 🥞
coconut, lentil, chickpea, roasted yam & cauliflower, dill, braised greens, coconut yogurt, coriander, served with garlic sourdough

Chipotle Chili 16 🥞
black beans slow cooked with leek, celery, tomatoes, carrots, garlic, onion and chipotle adobo sauce, topped with roasted sweet potato, coriander, scallion, cashew cream, caramelized onions, cashew-tofu ricotta and lime wedge, and garlic sourdough (make gf +2)

Pozole 17 add sliced avocado +2
mexican soup/stew made up of oyster mushrooms, hominy corn, garlic, onion, oregano, ancho, gustillo & arbol chilis & topped with fresh radishes, scallions, cilantro, lettuce and lime served with tortilla chips

Dessert

Chocolate Avo Mousse 8.5

Pecan Pie 9

Pumpkin Pie 9

