

BREAKFAST

Open - 11am

Toast

*served on housemade
gluten-free bread*

Avocado 10

vegan cotija, broccoli,
watermelon radish, fresno
chili relish, red onion,
sunflower, lime

*add pasture raised smoked
egg or salmon +3*

B.A.E. 13

local housemade bacon,
avocado, soft scrambled
pasture raised eggs, local
pepper salsa

*vegetarian option:
smoked mushrooms with
truffle vinaigrette*

Salmon 14

sustainably sourced
salmon, watercress,
smashed peas, fennel,
radish sprout, horseradish,
grilled celery, lemon
vinaigrette

add avocado +2

Plates & Tacos

Breakfast Tacos 12

pasture raised soft
scrambled eggs, avocado,
radish, local chili adobo,
lime, coriander, salsa verde
and housemade cassava
tortillas

*add local housemade bacon
or smoked mushrooms +2*

Sweet Potato Hash 13

pasture raised poached
eggs, chickpeas, kale,
smoked mushrooms,
shallot, olives

*add local housemade
bacon +2*

Steak and Eggs 22

grass-fed beef, sunny side
up pasture raised egg,
quinoa, red onion, peppers,
parsley and tarragon
gremolata

*choice of GF bread or
cassava tortillas*

Coffee & Tea

hot or iced

Espresso - 3

Americano - 3

Latte - 4

Cappuccino - 4

Housemade Cold Brew - 4

Drip Coffee - 3

Matcha - 6

Golden Milk Latte - 4

tumeric, dates, ashwaganda

*add mushroom adaptogen blend,
MCT oil or organic ghee +1.5*

Sweetner Options:
monk fruit, stevia, maple syrup,
raw local honey

Milk Options:
organic housemade nut milk,
califia farms oat milk or organic
whole milk

ALL DAY

Smoothies

20oz

*turn any smoothie into a
bowl for +2*

*our smoothie bowls
are topped with grain-free
granola, organic fresh fruit,
and various organic
superfoods.*

Clarity 13

*suggested protein:
vanilla isolate whey
mint, cacao nibs, avocado,
spinach, medjool date,
banana, cauliflower, lion's
mane, ginkgo biloba, panax
ginseng, ceylon cinnamon,
organic housemade nut milk*

Revive 12

*suggested protein:
collagen peptides
unsweetened açai, blueberry,
strawberry, banana, goji, chia,
hemp, almond butter,
grain-free granola, ceylon
cinnamon, organic housemade
nut milk*

Vitality 13

*suggested protein:
vanilla grass-fed whey
vanilla, almond butter,
medjool date, banana,
cauliflower, flax, maca,
cordyceps, mucuna, ceylon
cinnamon, housemade
cold brew coffee, organic
housemade nut milk*

Refresh 11

*suggested protein:
collagen peptides
spinach, mango, lime, ginger,
zucchini, avocado, orange,
local raw honey, basil seeds,
cilantro, coconut water*

Chill 16

*suggested protein:
collagen peptides
blue majik spirulina, culina
coconut yogurt, young
coconut, banana, onefarm
CBD oil, ashwagandha, reishi,
organic housemade nut milk,
layered over chia & basil seed
pudding*

Recover 14

banana, peanut butter,
cacao, cauliflower, chaga,
MCT oil, grass-fed whey
isolate, organic, organic
housemade nut milk

*add grass-fed whey isolate,
or plant based proteins +2*

add collagen peptides +2.5

Organic Bone Broth

Classic Chicken 9

roasted free-range organic
chicken bones cooked with
mirepoix, fresh herbs and
aromatics

Ginger Chicken 9

free-range classic chicken
enriched with ginger, garlic,
turmeric, and citrus

Coconut Curry Chicken 9

free-range classic chicken
enriched with curry spices,
cilantro and lime

Classic Beef 11

roasted grass-fed beef bones
cooked with mirepoix, fresh
herbs and aromatics

Make it a Meal +4

brown rice, free-range
organic chicken, turmeric,
ginger, garlic, chickpeas, &
seasonal vegetables

*add mushroom adaptogen
blend, MCT oil or organic
ghee +1.5*

*Consuming raw or
undercooked meats, poultry,
seafood, shellfish or eggs
may increase your risk of
food borne illness.*

100% gluten free kitchen

*All offerings are gluten-free.
Can be made vegan, dairy-free
or nut-free upon request.*

GRAB & GO

Quick Bites

Chia + Basil Seed Pudding 7
oat milk, coconut cream, ceylon cinnamon, monk fruit, vanilla topped with organic fresh fruit, shredded coconut & housemade grain-free granola

Cinnamon Apple Overnight Oats 8
organic gf oats, chia seed, flax, hemp, monk fruit, oat milk, cinnamon and apple topped with housemade granola and almond butter

AB Banana Overnight Oats 8
organic gf oats, chia seed, flax, hemp, monk fruit, oat milk, cinnamon, banana and almond butter topped with housemade grain-free granola

Avocado Mousse 6
avocado, cacao, coconut butter, housemade cold brew coffee, monk fruit, maple, maca, reishi, cinnamon, vanilla topped with cacao, coconut and pistachios

Organic Housemade Granola 7

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Wellness Shots

Digest 4
cold-pressed aloe, ginger, pineapple, lemon, mint, sea salt

Cleanse 6
cold-pressed beet, turmeric, parsley, cilantro, garlic, milk thistle, dandelion root

Wellness 4
cold-pressed ginger, turmeric, orange, raw local honey, black pepper, minced garlic

Immunity 6
cold-pressed orange, lemon, elderberry, echinacea, oregano oil, goldenseal

Reset 4
cold-pressed activated charcoal, coconut water, sea salt

Bottled Blends

Vanilla Maca 7
housemade cold brew coffee, maca, vanilla powder, oat milk, medjool date, collagen, mct oil, monkfruit

Happy Milk 10
blue majik spirulina, onefarm CBD oil, organic housemade nut milk

Housemade Organic Activated Nut Milk 6
almond, cashew, pecan, filtered water, vanilla, date, sea salt

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Toast

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gluten-free bread*

Avocado 10
vegan cotija, broccoli, watermelon radish, fresno chili relish, red onion, sunflower, lime

*add pasture raised smoked
egg or salmon +3*

Salmon 14
citrus cured sustainably sourced salmon, watercress, smashed peas, fennel, radish sprouts, horseradish, charred scallion, orange, yogurt

add avocado +2

Chicken 13
organic free-range chicken breast, avocado, pickled pepper, feta, pasture raised smoked egg, heirloom cherry tomato, alfalfa sprout, tarragon aioli

Shrimp 14
lightly poached wild shrimp, heirloom tomato, goat cheese, pickled onion, charred scallion, basil seed, almond

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undercooked meats, poultry,
seafood, shellfish or eggs
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Salads

Vegan Caesar 11
GEM lettuce, avocado, belgium endive, broccoli, vegan parmesan, heirloom cherry tomato, gluten-free foccacia crouton, vegan caesar vinaigrette

Greek Melon 12
spinach, pickled melon, marinated cucumber, feta, red onion, toasted quinoa, mint vinaigrette

Smoked Beets 13
arugula, burrata, olive, basil seed, spiced sunflower seed, basil, pickled beet, beet vinaigrette

Shaved Kale 12
heirloom carrots, carrot chips, honeycrisp apple, dukkah, pickled sweet peppers, ginger pepper vinaigrette

*pasture raised smoked
egg +3*

*organic free-range
chicken +4*

*sustainably caught salmon
or shrimp +5*

grass-fed texas wagyu +6

organic lentils +2

Plates & Tacos

Fish & Chips 15
wild caught atlantic cod, kale & sweet potato chips—fried in avocado oil, housemade tartar sauce

Fish, Mushroom or Jackfruit Tacos 14
avocado, radish, organic chili adobo, lime, coriander, salsa verde and housemade cassava tortillas

Chicken 16
organic, free-range chicken breast, english peas, smoked mushrooms, sweet potato hash, mint, parsley, tarragon

Steak 24
grass-fed texas wagyu, roasted heirloom carrot, broccoli, ginger carrot emulsion, toasted garlic and carrot top gremolata, watercress

Salmon 19
grilled sustainably sourced salmon, brown rice, chickpeas, red onion, heirloom cherry tomato, wilted kale, red pepper and sherry coulis

Cauliflower 14
tri-colored, organic cauliflower, cilantro, lime, dates, heirloom carrots, herbed coconut yogurt, chickpea, pickled onion, turmeric, toasted coconut