

## 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*

#### Chilaquiles 16

vital farms pasture raised  
eggs prepared sunny side  
up, cauliflower, carrots,  
pecan mole, fermented chili,  
pickled red onion, sunflower  
seeds and sprouts, cassava  
tortilla chips

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

100% gluten free  
kitchen

### Coffee & Tea

*hot or iced*

#### Espresso 3

#### Americano 3

#### Latte 4

#### Cappuccino 4

#### Cold Brew 4

#### Drip Coffee 3

#### Matcha Latte 6

#### Golden Milk Latte 4

tumeric, dates, ashwaganda  
  
housemade cold brew coffee,  
maca, vanilla powder, oat  
milk, medjool date, collagen,  
mct oil, monk fruit

#### Blue Matcha Latte 9

ceremonial grade matcha,  
blue spirulina, housemade  
nut milk, vanilla powder,  
& monk fruit

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

**Sweetener Options:**  
monk fruit, stevia, maple syrup,  
raw local honey

**Milk Options:**  
organic housemade nut milk,  
oat milk or organic whole milk

### Juice

*cold pressed & organic*

#### Kickstart 9

apple, lemon, ginger,  
cucumber, cayenne

#### Hydrate 9

kale, apple, cucumber, mint,  
lemon, ginger

#### Energize 9

carrot, apple, lemon, ginger,  
turmeric

#### Replenish 9

romaine, spinach, cucumber,  
celery, lemon

## 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 13

*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, almond 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.*

## 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

**Blueberry 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 8**  
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**

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

### 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

**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

**Housemade Cold Brew 4**

100% gluten free kitchen

## ALL DAY

### 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*

**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

### Salads

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

**Acorn Squash & Lentil 12**  
gem lettuce, purslane, pecans, capers, red onion, medjool date puree, squash vinaigrette, moroccan spices

**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*

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

### Plates & Tacos

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

**Tacos 14**  
avocado, radish, organic chili adobo, lime, coriander, salsa verde and housemade cassava tortillas

*choice of organic chicken, atlantic cod, smoked mushrooms, or wagyu steak*

**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

**Butternut Squash 15**  
nutritional yeast, coconut, arugula, smoked mushroom, pickled cauliflower, pepita crumble