

organic coffee, tea & espresso

hot or iced

	reg	large
coffee [dark roast]	3	3.5
tea	3	3.5
london fog	5	5.5
chai latte	4	4.5
hot chocolate	4	4.5
wellness tea [fresh lemon, ginger, and honey]	-	5
espresso	4.5	-
americano	4.5	5
latte	6	6.5
cappucino	6	-
red eye	6	6.5

add an
in-house
syrup
+1.5

vanilla
chocolate
chai
caramel
maple

add
espresso
+3

decaf
espresso
available



smoothies

made with real fruit

strawberry banana ^{GF} 13	triple berry ^{GF} 13
frozen yogurt, strawberries, banana, coconut milk	frozen yogurt, blueberries, strawberries, raspberries, granola, almond milk
bob marley ^{GF} 12	green envy ^{GF VG} 12
frozen yogurt, mango, pineapple, hemp hearts, orange juice	spinach, mango, banana, ground flax, coconut milk
funky monkey ^{GF} 16	inflammation buster ^{GF VG} 16
frozen yogurt, banana, in-house peanut butter, chocolate almond milk	banana, mango, carrot, fresh pressed ginger juice, turmeric, cayenne, chia seeds, coconut milk

bakery

gluten free, plant based, & better tasting!

muffin loaves ^{GF VG}	3.5	three - 9.5
muffin bites ^{GF VG}	three - 3.5	nine - 9.5
chocolate chip cookie ^{GF VG}	3.5	three - 9.5
double chocolate brownie ^{GF VG}	3.5	three - 9.5

all-day breakfast

grand slam breakfast sammy 8

two egg frittata and parmigiano, served on a toasted pinsa, with your choice of in-house avocado OR chipotle dressing
[Classic - two eggs, spinach, and mushroom]
[Loaded - two eggs, spinach, red pepper, and bacon]+1

egg protein slammer ^{GF} 6

in-house protein packed breadless egg frittata with melted parmigiano
[Classic - two eggs, spinach, and mushrooms]
[Loaded - two eggs, spinach, red pepper, and bacon]+1

fiesta burrito or bowl ^{GF} 14

whole wheat tortilla, two hard boiled eggs, feta cheese, spinach, black beans, and brown rice, with your choice of in-house avocado OR chipotle dressing [bowl served on brown rice]

avocado toast ^{VG} 9

toasted pinsa with avocado puree and grape tomatoes, finished with olive oil and fleur de sel
[Loaded - topped with a hard boiled egg] +1

^{VG} - vegan

^{GF} - gluten free

pinsa panini

Handcrafted flatbread. Low fat/gluten, unmatched taste & texture.

the OG egg salad 10

boiled eggs mixed with in-house hummus and green onion, served on a toasted pinsa with spinach and in-house avocado dressing

the chipotle club 20

your choice of oven roasted chicken OR crispy pork belly, bacon, and melted cheese blend, served on a toasted pinsa with spinach and in-house chipotle dressing

the tuscan roasted veg ^{VG} 16

red pepper, red onion, mushroom, and zucchini roasted in balsamic vinegar and maple syrup, with melted vegan cheese, served on a toasted pinsa with spinach and in-house hummus

the hello halloumi cheese melt 19

halloumi cheese, cheese blend, and parmigiano melted in a toasted pinsa, served with your choice of in-house avocado or chipotle dressing

ADD-ONS

roasted chicken	6	two hard	cheese blend	2
crispy pork belly	6	boiled eggs	feta cheese	2
sticky tofu	6	three pieces	parmigiano	2
halloumi [2]	6	of bacon	vegan cheese	2

What is a Pinsa?

It's not Pizza, It's Better.

Better tasting, better for you.

An authentic slow fermentation approach offers a lighter crust and enhanced digestibility.

This low gluten alternative creates unmatched taste and texture.

Handcrafted Finishings

Hot Honey - Balsamic Glaze - Fresh Basil +1
Avocado - Chipotle - Honey Dijon
Caesar - Balsamic - Greek - Tahini +2

85%
Less Fat

40%
Less Sugar

40%
Less Cal.

Crust Nutrient Breakdown

33%
Less Carbs

100%
Less CHOL.

72-hour
Fermentation



Ancient Roman Flatbread

Pepperoni Diavola

pepperoni, mozzarella, san marzano tomato sauce

The Carnivore

sausage crumble, pepperoni, prosciutto cotto, bacon, fior di latte, san marzano tomato sauce

Margherita

basil, fior di latte, san marzano tomato sauce

Classic Cheese

mozzarella, san marzano tomato sauce

\$19.99
(12 inch/450 grams)

ramen and quesadilla

uncommon ramen bowl

crispy pork belly, jammy egg, ramen noodles, roasted mushrooms, bok choy, and green onions, in a chicken and pork broth, topped with pea sprouts

chicken chipotle quesadilla

oven roasted chicken and cheese blend on a whole wheat tortilla, served with in-house chipotle dressing
[substitute chicken for crispy pork belly at no extra charge]

build your own

choose a wrap, salad, or bowl

[wrap whole wheat tortilla] [salad mixed greens] [bowl quinoa or brown rice]

choose your toppings

cucumber, grape tomato, red pepper, red onion, green onion, crispy onion, roasted mushroom, bok choy, carrot, chickpea, black bean, olives, corn, shredded cabbage, sweet potato, hemp hearts, pumpkin seeds

add an in-house dressing

avocado, tahini, caesar, chipotle, honey dijon, balsamic, greek, tzatziki, hummus

choose additional add-ons



wraps, salads, bowls

[wraps served on a whole wheat tortilla]

[salads served on seasonal mixed greens]

[bowls served on quinoa or brown rice]

the mighty caesar

bacon, parmigiano, crispy onions, and mixed greens, with in-house caesar dressing

the signature mediterranean

your choice of oven roasted chicken OR crispy pork belly, hard boiled egg, parmigiano, red onion, red pepper, grape tomatoes, and olives, with in-house honey dijon dressing

the one n' only buddha

sticky tofu, roasted sweet potatoes, cucumber, chickpeas, shredded cabbage, and avocado puree, topped with sesame seeds and in-house avocado OR tahini dressing

the big fat greek

feta cheese, cucumber, grape tomatoes, red onion, red pepper, and olives with in-house tzatziki and greek dressing

the hello halloumi cobb

grilled halloumi cheese, bacon, hard boiled egg, grape tomatoes, cucumber, and crispy onions, with your choice of in-house honey dijon OR balsamic dressing

the power protein overload

sticky tofu, oven roasted chicken, black beans, grape tomatoes, hemp hearts, and pumpkin seeds, with in-house hummus and balsamic dressing

the spicy southwest chicken

oven roasted chicken, cheese blend, crispy onions, black beans, red pepper, corn, and avocado puree with in-house chipotle dressing

ADD-ONS

roasted chicken	6	two hard		cheese blend	2
crispy pork belly	6	boiled eggs	3.5	feta cheese	2
sticky tofu	6	three pieces		parmigiano	2
halloumi [2]	6	of bacon	3	vegan cheese	2