

organic coffee, tea & espresso

hot or iced

	reg	large
coffee (dark roast)	3	3.5
tea	3	3.5
london fog	4	4.5
chai latte	4.5	5
hot chocolate	3.5	4
wellness tea (fresh lemon, ginger, honey)	-	4.5
espresso	4	-
americano	4	4.5
latte	5	5.5
cappuccino	5	-
dirty chai latte	7	7.5
mocha latte	6	6.5
red eye	5.5	6

[HANDMADE SYRUPS (+\$1.5): vanilla, chai, chocolate, simple]
[No glucose, No fructose, or anything you can't pronounce]

smoothies

made with real fruit

strawberry banana ^{GF}	12	inflammation buster ^{GF VG}	12
frozen yogurt, strawberries, banana, coconut milk		banana, mango, fresh pressed ginger juice, turmeric, cayenne, chia seeds, carrot, coconut milk	
bob marley ^{GF}	11	triple berry ^{GF}	12
frozen yogurt, mango, pineapple, orange juice, hemp hearts		frozen yogurt, blueberries, strawberries, raspberries, granola, almond milk	
funky monkey ^{GF}	14	green envy ^{GF VG}	11
frozen yogurt, banana, homemade peanut butter, chocolate almond milk		mango, spinach, banana, coconut milk, ice, ground flax	

bakery

gluten free, plant based, & better tasting!

muffin loaves ^{GF VG}	3.15	three for 9
muffin bites ^{GF VG}	three for 3	nine for 8
chocolate chip cookie ^{GF VG}	3.15	three for 9
energy bites ^{GF VG}	3.15	three for 9
double-chocolate brownie ^{GF VG}	3.15	three for 9

VG - vegan
GF - gluten free

all-day breakfast

grand slam breakfast sammy

egg frittata, parmigiano, in-house avocado or chipotle dressing, served on a toasted pinsa

[Classic - spinach, mushrooms & egg]

[Loaded - spinach, red pepper, bacon & egg = +1]

egg protein slammer

in-house protein packed breadless egg frittata with melted parmigiano

[Classic - 2 eggs, spinach & mushrooms]

[Loaded - 2 eggs, spinach, red pepper & bacon = +1]

fiesta burrito or bowl

ww tortilla, boiled eggs, spinach, black beans, brown rice, feta cheese, salsa

[bowl served on brown rice]

wicked waffles with berries

gluten free and vegan waffles served with in-house berry compote and real maple syrup

pinsa panini

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

7.5

the OG egg salad

boiled eggs, in-house hummus & avocado dressing, green onions, spinach, served on a toasted pinsa

10

the chipotle club

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

17

5.5

the tuscan roasted veg

red peppers, red onions, mushrooms, zucchini, roasted in balsamic vinegar & maple syrup, spinach, vegan cheese, with in-house hummus and served on a toasted pinsa

15

13

the hello halloumi cheese melt

halloumi cheese, cheese blend, parmigiano, melted on a toasted pinsa & served with in-house avocado or chipotle dressing

18

ADD-ONS

Protein:

oven roasted chicken = 5

sticky tofu = 5

pork belly = 5

bacon = 3.5

2 hard boiled eggs = 3.5

Cheese:

halloumi = 6

parmigiano = 1.5

cheese blend = 1.5

feta = 1.5

vegan cheese = 2

MAKE IT A VALUE TRIO +5.00

pick any two below
with any menu item

coleslaw

2 muffin bites

chicken & veg soup

tomato & basil soup

side salad

ADD A SIDE with any menu item

coleslaw 4

chicken & veg soup 4

tomato & basil soup 4

side salad 4

 - vegan

 - gluten free

ramen, soups & quesadilla

uncommon ramen bowl 23
crispy pork belly, jammy egg, ramen noodles, pork/chicken broth, roasted mushrooms, bok choy, green onions, and pea sprouts

nonna's tomato & basil soup 7
san marzano tomatoes, basil, oregano, onions, garlic, coconut milk, served with pinsa wedge

hearty chicken & veg soup 7
house made chicken stock, celery, onions, garlic, carrots, peas, corn, in-house oven roasted chicken, rosemary, thyme, served with brown rice and pinsa wedge

the chicken chipotle quesadilla 17
oven roasted chicken & cheese blend on a whole wheat tortilla, served with in-house chipotle dressing [substitute chicken for crispy pork belly at no extra charge]



wraps, salads, bowls

[salads served on seasonal mixed greens]
[bowls served on your choice of quinoa or brown rice]

the mighty caesar 15
bacon, parmigiano, crispy onions, mixed greens, with in-house caesar dressing

the signature mediterranean 20
oven roasted chicken or crispy pork belly, boiled egg, parmigiano, red onions, red peppers, tomatoes, olives, with in-house honey dijon dressing

the one n' only buddha 19
gd2go sticky tofu, roasted sweet potatoes, guacamole, cucumber, chickpeas, shredded cabbage, sesame seeds, served with in-house avocado or tahini dressing

my big fat greek 16
tomatoes, olives, cucumbers, red onions, red peppers, mixed greens, feta cheese, with in-house tzatziki and greek dressing

the hello halloumi cobb 23
grilled halloumi cheese, bacon, boiled egg, tomatoes, cucumber, crispy onions, mixed greens, with in-house honey dijon or balsamic dressing

the power protein overload 24
gd2go sticky tofu, oven roasted chicken, black beans, tomatoes, hemp hearts, pumpkin seeds, with in-house hummus and balsamic dressing

spicy southwest chicken 20
oven roasted chicken, cheese blend, crispy onions, black beans, red peppers, corn, house-made guacamole & chipotle dressing

ADD-ONS

Protein:			Cheese:	
oven roasted chicken = 5	bacon = 3.5		halloumi = 6	feta = 1.5
sticky tofu = 5	2 hard boiled eggs = 3.5		parmigiano = 1.5	vegan cheese = 2
pork belly = 5			cheese blend = 1.5	

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.



Pinsa Margherita **\$14**

A personal sized, handcrafted Roman flatbread.

Creamy farmhouse mozzarella, blistered tomatoes, fresh basil & oregano, drizzled olive oil & balsamic glaze, finished with fleur de sel.

85%
Less Fat

40%
Less Sugar

40%
Less Cal.

33%
Less Carbs

100%
Less CHOL.

72-hour
Fermentation