

BREAKFAST A LA CARTE

AVAILABLE ALL DAY

We are happy to leave items off of dishes, but no substitutions are allowed.

EGGS, BACON AND TOAST / 10

2 eggs any style, grilled sourdough, butter
applewood smoked bacon **(available GF)**

EGGS FLORENTINE WITH ASPARAGUS / 13

poached egg, toasted sourdough, smashed avocado,
hollandaise, roasted asparagus, fresh seasonal fruit
add bacon / 4

SOFT SCRAMBLED EGG SANDWICH / 10

monterey jack cheese, two organic scrambled eggs,
brioche bun, fresh herbs, radish sprouts, dressed greens
add bacon / 4

MATCHA BLUEBERRY PANCAKES / 10

vegan butter, fresh blueberries, maple **V, GF**

BIG BREAKFAST BOWL / 13

ancient grains, bacon, sunny side up egg,
wilted greens, green sriracha, tomato salad **GF**

ACAI BOWL / 10

all the fruit, toasted coconut flakes,
house made Manitoba hemp seed granola **V, GF**

New! THIN MINT PROTEIN BOWL / 14

acai, bananas, cashews, cacao nibs, cacao powder, almond butter,
hemp, mint, chia, vanilla, topped with Manitoba hemp seed granola and all the fixings! **V, GF**

ACAI BOWL ENHANCEMENTS:

Add almond butter, cacao, chia seeds, flax seeds,
hemp seeds, raw pepitas, ginger, kale or MCT oil / 1 each
Add grassfed ghee, maca, reishi mushroom boost,
vegan protein, turmeric, or neocell collagen / 2 each



ADD ONS

ROASTED SEASONAL VEGETABLES / 5

SAUTEED GREENS / 4

ORGANIC EGG / 2 each

SOURDOUGH TOAST, JAM & BUTTER / 4

WARM ANCIENT GRAINS / 4

ORGANIC BERRIES / 4

APPLEWOOD SMOKED BACON / 4

FREE RANGE CHICKEN BREAST / 5

WILD CAUGHT SALMON / 8

GINGER MARINATED TEMPEH / 4

HALF AVOCADO / 2.5

SMALL PLATES

MAPLE CHILI GLAZED YAMS / 6

sriracha, maple, maldon salt, cilantro **V,GF**

WHITE BEAN HUMMUS / 10

white bean spinach hummus, grilled sourdough,
crudite vegetables **V, available GF**

GF=gluten free **V**=vegan

ENTREES

GREEN GODDESS BOWL / 13

broccolini, asparagus, wilted kale, ancient grains, avocado,
green hummus, chimichurri, radish, pea shoots **V, GF**

KIMCHEE GRAIN BOWL / 13

ancient grains, house-made kimchee,
fried egg, shiitakes, snap peas, red bell pepper,
gochujang, house-made pickles **GF**

SAMMY & TOAST

AVOCADO TOAST / 11

radish, cherry tomato, serrano chimichurri,
cold soft boiled egg, radish sprouts

FLUFFER NUTTER TOAST / 10

almond butter, tempeh bacon, banana, strawberry,
hemp granola, maple **V (available GF)**

ASPARAGUS, CUCUMBER & GOAT CHEESE TOAST / 11

roasted asparagus, fresh cucumber, watermelon radish,
whipped goat cheese, kale pesto, toasted sourdough
pea shoots

ROASTED CHICKEN CLUB SANDWICH / 12

roasted chicken breast, bacon, tomato, lettuce,
garlic aioli, pickles, on grilled sourdough
with green salad or potato salad

BURRATA CAPRESE SANDWICH / 12

pesto, basil, fresh tomato, pea shoots, radish sprouts,
on grilled sourdough, with green salad or potato salad

HIPPIE SANDWICH / 12

roasted sweet potato, spinach & white bean hummus,
lettuce, sprouts, tomato, sriracha aioli, pickles, sourdough,
with green salad or potato salad **V**

SOUP & SALAD

MASSAGED KALE & BRUSSELS CAESAR / 13

seaweed caesar dressing, baby kale, pepitas,
shaved brussels sprouts, avocado, shredded cotija
nori furikake **GF**

SCHUYLER'S LIL SALAD / 7

little gem lettuce, shaved radish, cucumber, carrot
lemon thyme vinaigrette **V,GF**

WINTER CITRUS, AVO & GRILLED LITTLE GEM / 11

grilled little gem, kishu tangerines, ruby red grapefruit,
avocado, orange poppy seed vinaigrette **V,GF**

36 HOUR FREE RANGE CHICKEN BROTH / 6

pho herbs, lime, lava salt

ALWAYS VEGAN SOUP CUP / 6 or BOWL / 8 **V,GF**

SOUP CUP & HALF SALAD COMBO 12

GLUTEN FREE BREAD AVAILABLE FOR
ADDITIONAL \$2 WITH ANY DISH.

BRUNCH MENU (SAT & SUN ONLY)

ALL INCLUSIVE WITH BOTTOMLESS MIMOSAS \$25
(OR WITH NON ALCOHOLIC KOMBUCHA MIMOSAS \$20)
bottomless mimosas available for 1 hour after purchase

BLOOD ORANGE MIMOSA / 9

KOMBUCHA MIMOSA / 7

EGGS FLORENTINE WITH ASPARAGUS

poached egg, toasted sourdough, smashed avocado,
hollandaise, roasted asparagus, fresh seasonal fruit

SOFT SCRAMBLED EGG SANDWICH

monterey jack cheese, two organic scrambled eggs,
brioche bun, fresh herbs, radish sprouts, dressed greens

New! MATCHA BLUEBERRY PANCAKES

vegan butter, fresh blueberries, maple V, GF

BIG BREAKFAST BOWL

ancient grains, bacon, sunny side up egg,
wilted greens, green sriracha, tomato

FREEKEH BREAKFAST RISOTTO **SAT & SUN only**

leek, roasted shitake mushrooms, pesto,
cashew cream, sunny side up egg, pea shoots
available vegan

ALL MENU ITEMS AVAILABLE GLUTEN FREE

SMOOTHIES

all smoothies are vegan and gf

LOCAL COLD PRESSED JUICE / 8

TROPI-KALE / 9

kale, pineapple, nopal, toasted coconut, ginger, mint, lime

GOLDEN MANGO / 9

mango, turmeric, ginger, lime, black pepper, tangerine

WAKE UP KALE / 9

kale, lemon, maple syrup, ginger, apple, almond butter

COCOA MOTION / 9

cacao nibs, chai, banana, dates, pepitas, hawaiian salt

BERRY ALIVE / 9

blueberry, strawberry, goji berry, almond butter, banana,
coconut water

New! LEAN GREEN HEMP MACHINE / 9

pear, avocado, mint, lime, ginger, cucumber, spinach,
Manitoba hemp seeds, coconut water

ENHANCEMENTS

Add almond butter, cacao, chia seeds, flax seeds,
raw pepitas, ginger, kale or MCT oil / 1

Add grassfed ghee, maca, reishi mushroom boost,
vegan protein, turmeric, or neocell collagen / 2

Add avocado / 2.5

Add a double shot of espresso or matcha / 3.25

SPRING 2018

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Mon-Friday 8am-2pm / Sat-Sun 9am-2pm

GRAB N GO AVAILABLE ANYTIME

