

## BREAKFAST A LA CARTE

### AVAILABLE ALL DAY

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

#### EGGS FLORENTINE WITH ASPARAGUS / 13

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

#### SOFT SCRAMBLED EGG SANDWICH / 10

monterey jack cheese, two organic scrambled eggs, brioche bun, fresh herbs, pea shoots dressed greens, **add bacon / 4**

#### New! 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, bee pollen **V, GF**

*Add almond butter, cacao, chia seeds, flax 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

GRILLED ASPARAGUS / 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 / 7

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

WHITE BEAN HUMMUS / 10

spinach and white bean hummus, grilled sourdough, asparagus, radish, cucumber **V, available GF**

**GF**=gluten free **V**=vegan

GLUTEN FREE BREAD AVAILABLE FOR ADDITION \$2

## ENTREES

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New! 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, soft boiled egg, radish sprouts

ASPARAGUS, CUCUMBER & GOAT CHEESE TOAST / 11

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

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

MEDITERRANEAN ROASTED VEGETABLE SANDWICH / 12

roasted sweet potato, spinach & white bean hummus, lettuce, 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 **GF**

SCHUYLER'S LIL SALAD / 7

little gem lettuce, pickled market vegetables, lemon thyme vinaigrette **V,GF**

WINTER CITRUS, AVO & GRILLED LITTLE GEM / 11

grilled little gem, kishu tangerines, ruby red grapefruit, avocado, cara cara 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

## BRUNCH MENU (SAT & SUN ONLY)

ALL INCLUSIVE WITH BOTTOMLESS MIMOSAS \$25  
(OR WITH NON ALCOHOLIC KOMBUCHA MIMOSAS \$20)

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, pea shoots, 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 salad **GF**

FREEKEH BREAKFAST RISOTTO **SAT & SUN only**

braised leek, roasted shitake mushrooms, pesto  
mushroom jus, cashew cream, sunny side up egg  
**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, parsley, 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

## 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

# MARCH 2018

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

GRAB N GO AVAILABLE ANYTIME

