

Breakfast All Day



EGGS YOUR WAY 8.50
Two Farm-Fresh Eggs,
Bacon or Turkey Sausage,
Potatoes, Fruit, Toast

ÇAÍ BOWL 8.50
Açaí, Strawberries, Banana,
Agave, Granola, Peanut Butter,
Almond Milk, Chia Mix

PANCAKES 8.50
Whipped Cream, Syrup

STEEL-CUT OATMEAL 6.00
Berries, Chia Mix

TRY
SOMETHING
NEW



BREAKFAST TACOS

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Add sliced avocado 0.25

AMERICAN 3.00
Bacon, Eggs, Potatoes, Cheddar

TEXICAN 3.00
Chorizo, Eggs, Grilled Corn, Cotija

SMOOTHIES

STRAWBERRY BANANA 5.25
Strawberry, Greek Yogurt,
Banana, Agave

COCOA COLD BREW 5.25
Banana, Almond Milk,
Cold Brew Coffee, Greek
Yogurt, Agave, Cocoa

SUNRISE 5.25
Mango, Pineapple, Carrot,
Greek Yogurt, Orange
Juice, Turmeric

KALE-YEAH! 5.25
Kale, Greek Yogurt,
Banana, Fresh Lemon



START OFF STRONG, ADD A BOOST
Collagen, Protein, or
Extra Greens +\$2
Peanut Butter or Agave +\$0.50

WRAPS or HASHES

Served wrapped or on potato hash; accompanied by fresh fruit
sub gluten-free wrap \$2

DAGWOOD 8.25
Bacon, Eggs, Potatoes,
Arugula, Cheddar

EARLY BIRD 8.75
Turkey Sausage, Egg Whites,
Spinach, Arugula, Swiss

MARKET OFFER 8.75
Veggie Sausage, Eggs, Sprouts,
Tomatoes, Avocado

BORDER TOWN 8.25
Chorizo, Eggs,
Cotija, Avocado Mash

DRINKS

SOFT DRINKS, ICED TEA 2.25
COFFEE, COLD BREW, HOT TEA 2.25

SWEETS

HOUSE-MADE TRAIL MIX 3.00
COOKIE 2.00

GLUTEN-FREE Available upon request

VEGETARIAN

VEGAN

STARTERS



AVOCADO TOAST 6.00
Mult-Grain Toast, Avocado
Mash, Cucumber, Radish, Hard
Cooked Egg, Everything Spice

CLASSIC HUMMUS 5.00
Choose veggies, chips,
or grilled flatbread

HOUSE GUACAMOLE 6.50
Choose veggies, chips,
or grilled flatbread

ROASTED EGGPLANT DIP 5.50
Choose veggies, chips,
or grilled flatbread

FIREWORK SHRIMP 7.25
Corn Starch Fried Shrimp,
Iceberg, Carrots, Green Onion,
Cilantro, Sweet Thai Chili Aioli

WRAPS or SALADS

Served wrapped with choice of chips or fruit, or as a salad
sub side \$2 | sub gluten-free wrap \$2

CHICKEN

UNLEAVENED 9.25
Chicken Salad, Lettuce,
Carrots, Sprouts,
Tomatoes, Ranch

EPIC 10.25
Grilled Chicken, Arugula,
Pico, Feta, Kalamata
Olives, Cucumber Dill,
Balsamic Vinaigrette

WEEKENDER 12.00
Buttermilk Fried Chicken,
Bacon, Lettuce, Tomatoes,
Carrots, Green Onion, Ranch

TURKEY

CLUBHOUSE 10.25
House-Roasted Turkey,
Bacon, Lettuce,
Sprouts, Tomatoes, Avocado
Mash, Harissa Crema

TUNA

SEASIDE 10.50
Skinny Tuna Salad,
Arugula, Sprouts,
Tomatoes, Cucumbers, Carrots,
Avocado Mash, Green Goddess

VEGETARIAN

FARMSTAND 9.75
Portobello and
Zucchini, Arugula,
Hot Cherry Peppers, Pickled
Onion, Feta, Roasted
Eggplant, Green Goddess

PORK

DEEP SOUTH 9.75
Bourbon-Glazed Pulled
Pork, Horseradish Pickles,
Kale, Pickled Onion, Ranch

HAVANA 10.50
Guava-Glazed Pulled
Pork, Ham, Horseradish Pickles, Red
Cabbage, Swiss, Honey Mustard

STEAK

SOUTHWESTERN 12.25
Grilled Fajita Steak,
Sautéed Peppers
and Onions, Red Cabbage,
Hominy, Pico, Cotija,
Avocado Mash, Salsa

SHRIMP

WEST COAST 12.25
Corn Starch Fried Shrimp,
Arugula, Iceberg, Green Onion,
Cilantro, Carrots, Sliced
Avocado, Sweet Thai Chili Aioli

WARM BOWLS

ADD PROTEIN AND OPTIONS

grilled chicken + \$4
sustainable salmon + \$5

center-cut sirloin + \$4
fried egg + \$1

CASHWU SESAME 8.50
Curried Cauliflower, Brown
Fried Rice, Asian Slaw,
Chopped Cashews



LEMON PESTO 8.50
Portobello, Zucchini,
Tomatoes, Sautéed Spinach,
Crimson Lentils, Arugula, House
Pesto, Grilled Lemon

MOLÈ VERDE 8.50
Garlic Charred Broccoli, Roasted
Sweet Potatoes, Pico, Sliced
Avocado, Poblano Feta Sauce,
Shaved Chocolate

SIDES

SIDE ME UP!

SWEET POTATO FRIES 3.00
Curried Ketchup

GRILLED SWEET CORN 3.00
Fresh-Shucked Corn, Shallot,
Harissa Crema, Lime, Ancho,
Cilantro, Cotija

HOPPIN' JUAN 3.00
Chorizo, Cotija,
Black-Eyed Peas, Shaved Kale

CHIPS 1.50

FRESH FRUIT AND BERRIES
 3.00
Seasonal Selection

BROCCOLI SLAW 3.00
Chopped Broccoli, Red Cabbage,
Carrots, Raisins, Chia, Sunflower
Seeds, Green Goddess

HOUSE SALAD 3.00
Seasonal Selection,
Balsamic Vinaigrette

DAILY HOUSE-MADE SOUP

Cup 3.00 | Bowl 5.00

Kiddos

Served with choice of fruit, chips, or sweet potato fries and kid's drink
- 12 and under -

RUTH 6.75
Chicken quesadilla

WYNNE 6.75
Peanut Butter and Sliced
Strawberries Roll-up

DELANEY 6.75
Pepperoni Pizza Roll-up

CHICKEN LITTLE 6.75
Tenders (fried or grilled)
Ranch or Honey Mustard

LIBERTY 6.75
Grilled Cheese

