

SUNRISE YOGURT BOWL

greek yogurt topped with fresh strawberries, blueberries, chia seeds, bananas, pumpkin seeds granola and drizzled with honey. 10

BRIOCHE FRENCH TOAST

grilled brioche with cinnamon and orange zest, strawberries, blueberries and maple syrup topped with powdered sugar 11

BREAKFAST BURRITO 🍁

a whole wheat tortilla filled with choice of bacon, veggie bacon or soyrizo with scrambled eggs, black beans, red potatoes and cheddar cheese with a side of salsa verde - served with fresh fruit . . . 12

SERVED WITH YOUR CHOICE OF FRESH FRUIT, HOUSE POTATOES OR A BALSAMIC DRESSED SALAD

AVOCADO EVERYTHING TOAST 🍁

toasted whole wheat bread topped with avocado lemon mash, a medium fried egg, heirloom tomato, pickled red onions and everything seasoning 11

EGGS OLE

two fried eggs with black beans, cheddar cheese, sour cream, salsa, cilantro and avocado served on a corn tortilla 12

BREAKFAST CROISSANT

scrambled egg, lettuce, tomato and veggie bacon on a fresh baked croissant 12

SPINACH SCRAMBLE

your choice of veggie sausage, veggie bacon or real bacon scrambled with two eggs, sautéed spinach and onions topped with feta cheese - served with toast 12

MORNING MIX

two eggs scrambled with sautéed mushrooms, tomatoes and onions topped with goat cheese and avocado - served with toast 12

TURMERIC TOFU SCRAMBLE 🍁

tofu marinated in turmeric and scrambled with mushrooms, onion, sautéed spinach and tomatoes topped with avocado - served with toast 12

LUNCH BOWLS**EVERYTHING ZEN BOWL** 🍁

arugula tossed with quinoa, edamame, pumpkin seeds and tahini dressing - topped with shaved beets, carrots and avocado. 11

CERES BOWL 🍁

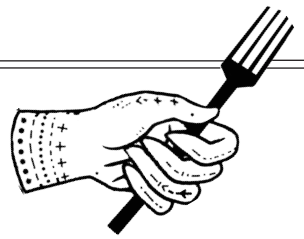
orzo pasta mix with lemon, olive oil and parsley - topped with cherry tomatoes, pickled red onions, sliced bell peppers, cucumbers, kalamata olives, feta cheese, mint, a scoop of red pepper hummus, drizzled tzatziki and toasted naan bread 12

KALE & BLACK BEAN BOWL 🍁

cilantro rice topped with black beans, sautéed mushrooms, kale, feta cheese, roasted cherry tomatoes, avocado, salsa verde, pickled red onions, vegan chipotle aioli and cilantro 12

GRILLED SQUASH & AVOCADO 🍁🥑

grilled hass avocado and squash topped with quinoa, romesco sauce, feta and cilantro 11



THE DEN

**PASTRIES**

COOKIES	2.25
MUFFINS	3.50
CHOCOLATE CROISSANT	4.00
PLAIN CROISSANT	3.00
CINNAMON ROLL	4.50

Happy Hour

EVERYDAY

3 - 6 PM

1/2 OFF BEER, WINE & SANGRIA

SIDES / ADD ONS

TWO EGGS	3
VEGGIE BACON	3
VEGGIE SAUSAGE	3
SOYRIZO	3
AVOCADO	2
PICO DE GALLO	1
VERDE SALSA	1
CHEESE	1
FRESH FRUIT	4
BREAKFAST POTATOES	3



VEGAN / VEGAN OPTIONAL



CONTAINS NUTS

SALADS & SANDWICHES

MIXED QUINOA & CHICKEN SALAD

quinoa, chicken breast, mixed greens, avocado and red onions with our creamy herb dressing 13

CRANBERRY & GOAT CHEESE SALAD 🍁🥄

mixed greens, dried cranberries, diced apples, candied walnuts and goat cheese with raspberry vinaigrette 12

CHICKEN WALDORF CROISSANT 🥄

chicken salad with crisp green apples, grapes, walnuts, celery and mayo on top of mixed greens on a freshly baked croissant 11

TUNA MELT

albacore tuna mixed with green apples, celery and mayo with sliced tomatoes and melted cheddar cheese 11



ETC.

HUMMUS AND NAAN 🍁

roasted garlic and red pepper hummus along side fresh naan, sliced hothouse cucumbers and carrots 10

DILL TADA 🍁🥄

two fried tortillas topped with dill cashew cheese, beans, pico de gallo, mixed greens, avocado, tajin, and vegan chipotle aioli 13

SALSA VERDE NACHOS

baked black beans, melted jack cheese, salsa verde, cilantro, sour cream and thinly sliced jalapeños on corn tortilla chips 11

STREET STYLE TACOS 🍁

two corn tortillas with choice of chipotle aioli chicken or serrano pesto mushrooms with cilantro, pickled onions, feta cheese and lime with a side of black beans and cilantro rice 12

*Bottomless
Mimosas!*

FROM OPEN TIL' 3
DRINK RESPONSIBLY PLEASE

\$13 WITH
PURCHASE OF ENTREE

SANGRIA 7/14
MICHELADA 7
BLOOD MARY fermented vodka . . . 7
MIMOSA 7
MORNING AFTER sparkling wine
with pomegranate juice. . . . 7

BOTTLED BEER

ACE pineapple cider 5% 6
STELLA ARTOIS 5% 6
10 BARREL cucumber sour 5% . . . 6
MONTEJO lager 4.5% 6
KONA big wave golden ale 4.4% . . . 6
TOWN PARK white ale 4.5% 6
BOOTLEGGERS rocco red ale 7.1% . . 6
CORONADO islander IPA 6% 6
BARLEY FORGE coconut stout 6.6% . . 6

RED WINE

HEAVYWEIGHT CABERNET CA. 7/25
BLACK RIDGE PINOT NOIR CA 7/25
LATIDO MALBEC Argentina. 8/29

WHITE WINE

THREE PINES CHARDONNAY CA. . . . 8/29
THE NED SAUVIGNON BLANC N.Z. . . . 8/29

COLD LIBATIONS

Paradise Iced Tea 2.75
Arnold Palmer 3.00
Soda 2.75
Root Beer
Lemonade 3.00
Lemonade Slush 3.50
Lavender Lemonade 3.50
Mango Lemonade 3.50
Italian Soda 2.50
Martinelli's 2.50
Strawberry Lemonade 3.50
Kombucha 5.00
Perrier 2.25
Fiji Water 2.75
Orange Juice 3.50
Smoothie 4.95



VEGAN / VEGAN OPTIONAL



CONTAINS NUTS

COFFEE

	12 oz	16 oz
House Coffee	2.75	3.25
Cafe Au Lait	2.25	2.75
Chai Latte	4.25	4.75
Hot Cocoa	3.00	3.50
Mayan Cocoa	3.50	4.00
Cafe Francais	3.25	3.75
Cafe Latte	4.00	4.50
Cafe Mocha	4.25	4.75
Mayan Mocha	4.75	5.25
Cafe Americano	2.75	2.75
Cappuccino	3.50	
Loose Leaf Hot Teas		3.00
Iced Americano		3.00
Iced Latte		4.50
Iced Cafe Francais		4.00
Iced Mocha		4.75
Iced Chai Latte		4.75
Fresh Banana Mocha		5.25
Bottled Cold Brew		4.50