



TEA & ESPRESSO

DAIRY, ALMOND, COCONUT OR OAT MILK

12 oz 16 oz

SATTE	4.75	5.50
MOCHA	6	6.75
CHAI LATTE	5.25	6
DIRTY CHAI LATTE	6.25	7
MATCHA	6.5	7.5
COLD BREW	5.5	
AMERICANO	3.5	
ESPRESSO (2OZ)	3.5	
CORTADO (4OZ)	4	
CAPPUCCINO (6OZ)	4	
ICED TEA	5	
HOT TEA	5	

HAPPY HOUR

\$2 off Food, Beer, Wine, & Mead-on-Tap

\$2 off Cold-Pressed Juice

\$1 off Coffee, Lattes, Superfood Lattes, and Teas

16% Gratuity Included

ORGANIC COLD PRESSED JUICE

ROTATING SELECTION, MADE IN HOUSE DAILY

8 OZ	7	GINGER SHOT	5
12 OZ	10	TURMERIC SHOT	5
16 OZ	13	JUICE FLIGHT	13

SUPERFOOD LATTES

12 oz 6.75 / 16 oz 7.5

TAP ROOT

beet, ginger, cinnamon, and honey with coconut milk

EARTH ROOT

cacao, maca, and honey with coconut milk

BALANCED ROOT

espresso, ashwagandha, cinnamon, and honey with oat milk

GOLDEN MILK

turmeric, ginger, cinnamon, black pepper, cayenne, and honey with choice of milk

MUSHROOM CACAO

cacao, lions mane, reishi, chaga, cordyceps, turkey tail, shiitake, maitake, and tremella with honey and choice of milk





AFTER 3

SOUP & SALADS

THAI PEANUT SALAD 19

mixed greens tossed in Thai peanut dressing topped with sesame rice noodles, crispy tamari tofu, pickled carrots, cucumber, jalapeno, cilantro, crushed peanuts and sesame seeds

*add meati™ crispy cutlet 7 | make it a wrap
gf/v*

SUMMER STRAWBERRY SALAD 16

mixed greens and spinach tossed in champagne vinaigrette. Topped with red onion, goat cheese, fresh strawberries, candied pecans, and a balsamic glaze.

*add meati™ crispy cutlet 7 | make it a wrap
gf/v*



THE SPRING BEET 16

creamy burrata atop a bed of arugula, tossed in a champagne citrus vinaigrette and layered with pickled beets, radish, red onion, balsamic glaze and candied pecans served with garlic ciabatta toast

*add meati™ crispy cutlet 7
gfo 2*

DAILY SOUP 9

12oz daily soup offering served with local garlic ciabatta toast
vo/gfo

BITES

PISTACHIO LABNEH DIP 9

creamy labneh topped with pistachios, honey, za'atar, and olive oil. Served with toasted local ciabatta
gfo 2



MEDITERRANEAN PLATE 15

house-made hummus, pickled turnips, dolmas, cucumber, cherry tomatoes, kalamata olives, and garlic ciabatta toast with a small bed of spring greens with greek dressing
v/gfo 2



MUSHROOM PANINI 16

Roasted mushroom and onion blend with Havarti cheese on toasted local ciabatta.
gfo 4, vo 2



SEASONED FRIES 6

served with spicy mayo or ketchup
v/gf



SUMMER FLATBREAD 16

olive oil base topped with roasted summer squash, red onion, and cherry tomatoes, finished with creamy burrata, fresh arugula, a drizzle of olive oil, and red chili flakes
add meati™ crispy cutlet 7
vo 2



TOFU BANH MI 19

1/2 Sandwich for 14
tamari-baked tofu, cucumber, pickled carrots, vegan spicy mayo, jalapeno, and cilantro on local ciabatta
v, gfo 4