

Menu

we have formulated our menu to be clean and accommodating to most dietary needs. We source high-quality, fresh, hyper-local, and organic ingredients. Ninety percent of our menu is made in-house.

Breakfast served until 3

The Basic B* 15

two pasture-raised eggs*, crispy tri-colored potatoes, and a slice of local ciabatta with butter, house-made jam, and ketchup
vo: sub tofu scramble & vegan butter | sub JUST Egg 2
gfo 2

Breakfast Sandwich* 15

pasture-raised egg*, maple sage roasted Lion's Mane mushroom, cheddar, spinach, and vegan spicy mayo on a ciabatta roll served with a side salad
vo: sub JUST Egg 1.5
tomato 0.5 | avocado 3 | sub Beyond sausage 1
gfo 2

Loaded Breakfast Burrito* 15

scrambled pasture-raised egg*, cheddar, crispy potatoes, black beans, sour cream, and pico de gallo in a warm tortilla
sautéed functional mushrooms & onions 2 | green chili smother 2 | house hot sauce 1 | beyond sausage crumbles 2.5
vo: sub tofu scramble & sunflower crema | sub JUST Egg 1.5
gfo: served as a bowl with tortilla chips

Beirut Plate* 17

labneh, two pasture-raised eggs*, pickled turnips, cucumber, cherry tomatoes, kalamata olives, and za'atar-spiced ciabatta toast with olive oil, sumac, and a side of jam.
vo: sub hummus for labneh sub tofu for egg
gfo 2

a la carte

tri-colored home fries 6
mixed greens 6
two pasture-raised eggs* 4
avocado 3
burrata 6
toast: butter, jam or garlic 5
toast: gfo 7

JUST egg 3
maple sage Beyond sausage 6
tofu scramble 4
crispy tamari tofu 6
lions mane patty 4
meati™ crispy cutlet 7

Salads

Thai Peanut - 19

mixed greens tossed in Thai peanut dressing with sesame rice noodles, crispy tamari tofu, pickled carrots, cucumber, jalapeño, cilantro, crushed peanuts, and sesame seeds
Meati™ crispy cutlet 7 | pasture-raised egg* 2
make it a wrap
v/gf

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, and candied pecans served with garlic ciabatta toast
gfo 2

Mediterranean Plate 15

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

Daily Soup 9

12oz bowl served with a piece of local garlic ciabatta toast
gfo 2

v vegan
vo vegan option
gf gluten free
gfo gluten free option

Sandwiches

served with house mixed dijon greens

Tofu Banh Mi - 19 | ½ Sandwich - 14

crispy tamari tofu, cucumber, pickled carrots, vegan spicy mayo, jalapeño, and cilantro on a ciabatta roll
full size available as a wrap
v/gfo 2/4

Mushroom Havarti Panini - 16

roasted functional mushroom and onion blend, tamari glaze, and creamy havarti on ciabatta
gfo 4 | vo 2

Toast

served on one slice of large ciabatta

The Old School 9

classic avocado toast with fresh tomato, balsamic glaze, and red pepper flakes
v/gfo 2
pasture-raised egg* 2 | vo: tofu scramble
goat cheese 2 | creamy burrata 6

House Toast** 13

house-made beet butter**, toasted pistachios, and honey
goat cheese 2 | creamy burrata 6
gfo 2

Savory Forest*** 16

mashed avocado on ciabatta, topped with a fried pasture-raised egg*, sautéed mushrooms & onions, garlic potion, honey, and red pepper flakes
vo: tofu scramble
goat cheese 2 | creamy burrata 6
gfo 2

a 16% gratuity is automatically added to all transactions, combining contributions from both front-of-house and back-of-house teams. This ensures fair compensation, and supports a sustainable living wage for our staff

*These food items may be served undercooked or raw. Consuming undercooked or raw animal products may increase your risk of food borne illness. **Contains honey



Coffee, Tea, & Espresso

almond, coconut, oat or whole milk

	12oz	16oz	20oz
Drip Coffee		4	
Mocha	6	6.75	
Latte	5.25	6	
Chai Latte	5.25	6	
Dirty Chai Latte	6.25	7	
Matcha	6.5	7.5	
Cold Brew		5.5	7
Americano	3.5		
Espresso (2oz)	3.5		
Cortado (4oz)	4		
Cappuccino (6oz)	4		
Cacao Hot Chocolate		6.5	
Iced Tea	5	6	
Hot Tea	5		

House-Made Syrups +.75/ea

vanilla, lavender, maple cinnamon,
honey ginger, seasonal

herbal tea and superfoods provided by

Balanced Root
apothecary

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

Our Mission

we pride ourselves in our eclectic, bohemian vibe with a fine dining standard. We have formulated our menu to be clean and accommodating to most dietary needs. We source quality fresh, hyper-local, & organic ingredients



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Happy Hour

happy hour specials Thurs/Fri 4-6 pm

\$2 off Food, Beer, Wine, and cocktails

\$2 off Juice

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

