

BAKERY

CROISSANT 6

CHOCOLATE CROISSANT 8

ALMOND CROISSANT 8

SEASONAL MUFFIN 5

SUGAR BRIOCHE 5

BAGEL OR TOAST 5

JUICES

GREEN JUICE 12

granny smith apple, kale, cucumber, spinach, lemon, young ginger

RUBY RED JUICE 12

beet, carrot, orange, lemon, young ginger

CARROT JUICE 10

TUMERIC TONIC 10

ORANGE JUICE 8

GRAPEFRUIT JUICE 8

SMOOTHIES

MACA-CACAO ENERGY 14

maca, cacao, cinnamon, banana, strawberries, coconut

FITNESS & PROTEIN 14

omega seed butter, almond milk, wild blueberries, hemp, chia, dates

POLLEN + 14

pine pollen, jungle peanut butter, dates, banana, almond milk, himalayan salt

ENERGIZING & FRESH

WILD BLUEBERRY BOWL 16

jungle peanut butter, fresh and dried fruits

VANILLA CHIA BOWL 15

dates, cacao, brazil nuts, hemp, fruit

PLAIN WHOLE MILK OR COCONUT YOGURT 14

add berries +4 granola +4

PANCAKES & TOASTS

BUTTERMILK PANCAKES 19

seasonal berries

SMOKED SALMON 22

tomato, capers, onions, toasted bagel

AVOCADO TOAST 14

extra virgin olive oil, sunflower seeds and sea salt
add poached egg +4
add smoked salmon +5

GLUTEN FREE ALMOND PANCAKES 17

banana whipped cream

BRIOCHE FRENCH TOAST 12

caramelized mango, bacon

EGGS

EGGS ANY STYLE 15

cherry tomatoes, rosemary roasted potatoes, choice of toast

EGG WHITE OMELET 16

fresh herbs, cherry tomatoes, rosemary roasted potatoes, choice of toast

OMELET 18

choice of mushroom, cheese, ham or smoked salmon

EGG SANDWICH 16

flying pigs farm ham, gruyere and pickled chilis

EGGS BENEDICT 24

ham or russ & daughters smoked salmon

POACHED EGGS 20

roasted mushrooms, parmesan and herbs

CEREALS & FRUIT

CEREALS 9

add berries or banana +4

OATMEAL or CREAM OF WHEAT 10

add berries or banana +4

SEASONAL FRUIT PLATE 22

SMOKED MEATS & FISH

CHICKEN & JALAPENO SAUSAGE 10

PORK & HERB SAUSAGE 10

NIMAN RANCH SMOKED BACON 10

FLYING PIGS FARM HAM 12

SMOKED ORGANIC TURKEY BACON 10

RUSS & DAUGHTERS SMOKED SALMON 18