



V Vegetarian VV Vegan GF Gluten Free VO Vegan Option

Breakfast

8:00-2:30

- Lila Rice Bowl: Chermoula Rice, Kale, Avocado, Two Poached Eggs, Feta Cheese, Harissa *V/GF* 12
Gluten Free Quiche of the Day, Mixed Lettuces, Mustard Lemon Vinaigrette *V/GF* 13
Poached Eggs Benedict, Paleo Bread, 'Hollandaise', Avocado, Mixed Lettuces *V/GF* 13
2 Eggs and Toast; Two Eggs Your Way, Toast with House Made Butter, Mixed Lettuces 9
Avocado Toast: Danish Style Rye Bread, Pickled Onions, Radish *VV* 11
Buckwheat, Oat and Flaxseed Pancakes, Vegan Butter, Fruit, Maple Syrup *VV* 12
Buckwheat, Oat and Flaxseed Waffle, Vegan Butter, Fruit, Maple Syrup *VV/GF* 12
Brioche French Toast, Vegan Butter, Maple Syrup, Jam *V* 12
Paleo Porridge: Apple, Flaxseeds, Sunflower Seeds, Almonds, Almond Milk *VV/GF* 9.25
Raw Muesli: Almonds, Dates, Coconut, Fresh Fruit, Almond Milk *VV/GF* 10.50
Lightly Smoked Salmon, Gluten Free Toast, Tomatoes, Red Onions, Capers, Tofu Cream 14
Hash: Potatoes, Horseradish, Onions, House Cooked Corned Beef Brisket, Two Eggs Sunnyside Up *GF* 13

Sides

- Jam 3
Brioche Toast, House Made Ricotta Cheese and Jam *V* 8.25
Half of an Avocado 3.50
Farm Egg 3.00
Toast with House Made Butter 2.75 *White, Danish Rye, Gluten Free Bread*

Add to Any Plate or on the Side

- Add Chorizo (4 oz. Patty) *GF* 5.00
Add Extra Sauce .50
Add House Made Bacon *GF* 4.50
Add Colemans Organic Chicken Breast (4 oz.) *GF* 4.50
Add Falafel with Tahini Sauce *VV/GF* (3 each) 5
Add Tofu *VV/GF* 3
Add Baked Fish Cake with Cilantro, Mint and Jalapeño *GF* 5
Add Grilled Gulf Shrimp, Garlic, Vegan Butter (4 each) *GF* 6

Lunch

11:00-4:00

Vegetable Plates

Cool/Cold

- Grilled Avocado -Farro Bowl, Feta Cheese, Yogurt Sauce, Nuts and Seeds *V/VO* 14.75
Grilled Broccoli 'Caesar': Grilled Romaine Lettuce, No Oil Dressing, Baguette Croutons *VV* 14.00
Macro Bowl: Chickpeas, Cucumber, Kale, Millet, Rice, Avocado, Seeds, Tahini-Turmeric Dressing *VV/GF* 16
Greek Salad; Tomatoes, Cucumbers, Red Onion, Black Olives, Feta, Oregano, Olive Oil *V/GF/VO* 13.95

Warm/Hot

- Black Bean Burrito, Whole Wheat Wrap, Rice, Avocado, Pickled Onions, Tofu Sour Cream, Chipotle *VV* 14.00
Veg Burger: Mushrooms, One Island Dressing, Rice, Herbs, House Made Bun, Sweet Potato Wedges *VV* 15
Buddha Bowl: Squash, Yam, Kale, Quinoa, Cashew Falafel, Tahini Sauce, Pumpkin Seeds *VV/GF* 15.95
Stir-Fry: Tofu, Asian Vegetables, Rice, Red Curry Sauce *VV/GF* 15
Bean Tostadas: Yucatan Style Cabbage Slaw, Pickled Onions, Salsa, Avocado, Cilantro *VV/GF* 14.00