



V Vegetarian VV Vegan GF Gluten Free VO Vegan Option

### Beverages

Orange Juice, Tomato Juice 4.00  
 Sara Fresh Organic Cold Pressed Juice *Beetiful, or Alkalizer* 7.00 glass  
 Java Dawg, Organic Big Dawg Blend Coffee, Regular or Decaf 3.25  
 Nespresso European Style Coffee, Regular or Decaf 2.75 1.25 Refill  
 Espresso 3.75 Cappuccino 4.25 Decaf Cappuccino 4.25

### 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, Arugula Salad *V/GF* 13  
 2 Eggs and Toast; Two Eggs Your Way, Toast with House Made Butter, Arugula Salad 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, Pumpernickel Toast, Tomatoes, Red Onions, Capers, Tofu Cream 13  
 Hash: Potatoes, Horseradish, Onions, House Made 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 2.50  
 Fresh Berries/Fruit 6  
 Toast with House Made Butter 2.75 *White, Danish Rye, Pumpernickel, Chia-Quinoa*

### Add to Any Plate or on the Side

Add Chorizo (4 oz. Patty) *GF* 4.50  
 Add House Made Bacon *GF* 4  
 Add Colemans Organic Chicken Breast (4 oz.) *GF* 5  
 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  
 Roasted Beets, Avocados, Oranges, Hazelnuts, Sherry Vinaigrette, Mixed Greens *VV/GF* 13  
 Macro Bowl: Chickpeas, Sweet Potatoes, Avocado, Seaweed, Rice, Tahini Vinaigrette *VV/GF* 14  
 Greek Salad; Tomatoes, Cucumbers, Red Onion, Black Olives, Feta, Oregano, Olive Oil *V/GF/VO* 13

#### Warm/Hot

Black Bean Burrito, Whole Wheat Wrap, Rice, Avocado, Pickled Onions, Tofu Sour Cream, Chipotle *VV* 12  
 Veg Burger: Mushrooms, One Island Dressing, Rice, Herbs, House Made Bun, Sweet Potato Wedges *VV* 15  
 Buddha Bowl: Squash, Yam, Kale, Quinoa, Pistachio Falafel, Tahini Sauce, Pumpkin Seeds *VV/GF* 15  
 Stir-Fry: Tofu, Asian Vegetables, Rice, Red Curry Sauce *VV/GF* 14  
 Bean Tostadas: Yucatan Style Red Cabbage Slaw, Salsa, Avocado, Cilantro *VV/GF* 13