



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, Harissa Sauce *V/GF/VO* 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
 Frittata of the Day, Mixed Lettuces, Mustard Lemon Vinaigrette *V/GF* 13
 2 Eggs and Toast; Two Eggs Your Way, Toast with House Made Butter, Mixed Lettuces *V* 9
 Avocado Toast: Gluten Free Bread, Pickled Onions, Radish, Sesame Spice Mix *VV/GF* 11
 Buckwheat, Oat and Flaxseed Pancakes, Vegan Butter, Fruit, Maple Syrup *VV* 13
 Buckwheat, Oat and Flaxseed Waffle, Vegan Butter, Fruit, Maple Syrup *VV/GF* 13
 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
 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
 Potato Hash Brown, Horseradish Tofu Cream, Beet Ketchup *VV/GF* 9.00
 Half of an Avocado 3.50
 Farm Egg 3.00
 Toast with House Made Butter 2.75 *Gluten Free Bread, White*

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

Sharing Plates

- Grilled Tofu, Lila's Dragon Sauce, Chinese Mustard *V/VO/GF* 12.95
 Roasted Yam Wedges, Harissa Spices, Almond Mayo *VV/GF* 13.95
 Soup of the Day 8.00

Vegetable Plates

Cool/Cold

- Grilled Avocado -Farro Bowl, Almond Feta, Yogurt Sauce, Nuts and Seeds *V/VO* 15.50
 Vobb Salad: Avocado, Coconut Bacon, Tofu Chopped 'egg', Tomatoes, 'Bleu Cheese' Dressing, Lettuces *VV/GF* 14.00
 Macro Bowl: Chickpeas, Cucumber, Kale, Millet, Rice, Avocado, Seeds, Tahini-Turmeric Dressing *VV/GF* 16
 Greek Salad; Tomatoes, Cucumber, Red Onion, Black Olives, Almond Feta, Olive Oil *VV/GF* 15.95

Warm/Hot

- Black Bean Burrito, Whole Wheat Wrap, Rice, Avocado, Pickled Onions, Tofu Sour Cream, Chipotle *VV* 14.00
 Grilled Vegan Jack Cheese, Avocado, Tomato, Coconut Bacon, Country Rye Bread, Lettuces *VV* 12.00
 Veg Burger: Mushrooms, One Island Dressing, Rice, Herbs, House Made Bun, Mixed Lettuces *VV* 15
 Buddha Bowl: Squash, Yam, Kale, Quinoa, Cashew Falafel, Tahini Sauce, Pumpkin Seeds *VV/GF* 15.95
 Bean Tostadas: Yucatan Style Cabbage Slaw, Pickled Onions, Salsa, Avocado, Cilantro *VV/GF* 14.00
 Vegetable-Kale Stir-Fry: Asian Vegetables, Rice, Red Curry Sauce *VV/GF* 13.00