



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
 Mother Kombucha: *Blue Rose, Lavander Mojito, Tumeric Ginger Lemonade, Jasmine Flower, Orange Blossom (Switchel)* 7.00 Bottle
 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, 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, Pumpernickel Toast, Tomatoes, Red Onions, Capers, Tofu Cream 14
 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 3.00
 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 14.75
 Broccoli 'Caesar': Grilled Romaine Lettuce, No Oil Dressing, Baguette Croutons VV 14.00
 Macro Bowl: Chickpeas, Sweet Potatoes, Avocado, Seaweed, Rice, Tahini Vinaigrette VV/GF 14.95
 Greek Salad; Tomatoes, Cucumbers, Red Onion, Black Olives, Feta, Oregano, Olive Oil V/GF/VO 13.50

Warm/Hot

Black Bean Burrito, Whole Wheat Wrap, Rice, Avocado, Pickled Onions, Tofu Sour Cream, Chipotle VV 13.50
 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 15.95
 Stir-Fry: Tofu, Asian Vegetables, Rice, Red Curry Sauce VV/GF 15
 Bean Tostadas: Yucatan Style Red Cabbage Slaw, Salsa, Avocado, Cilantro VV/GF 13.75