



V Vegetarian VV Vegan GF Gluten Free VO Vegan Option

Beverages

Orange Juice, Tomato Juice 4.00
Java Dawg, Organic Big Dawg Blend Coffee, Regular or Decaf 2.95
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', Arugula Salad V/GF 12
2 Eggs and Toast; Two Eggs Your Way, Toast, 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 Toast, House Made Farmers Cheese and Jam V 8.25
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
Half of an Avocado 3.50
Farm Egg 2.50
Fresh Berries/Fruit 6
Toast 2.50 *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

