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BREAKFAST (ALL DAY)

POTATO FRITTATA SANDWICH

Potato and onion frittata sandwiched between toasted Ciabatta bread with a herb dijon aioli. Served with a side of roasted pepper romesco sauce. / \$8

TOSTADA CON HUEVOS

Crispy corn tortilla, 2 fried eggs, refried beans, green tomato poblano sauce, pickled onions and house queso. / \$8

MAKE IT VEGAN!

Substitute tofu scramble and almond ricotta

BREAKFAST TACOS

2 Corn tortillas, fried eggs, refried beans, avocado, and house queso. / \$8

MAKE IT VEGAN!

Substitute tofu scramble and almond ricotta

CHIA SEED PARFAIT

Coconut milk soaked chia seeds with organic blue agave, topped with house granola and fruit. / \$6

NUT TOAST

Toasted sweet bread with house almond butter, seasonal fruit, toasted coconut flakes, hemp seeds, and drizzled with organic blue agave. / \$6

MAKE IT VEGAN!

Substitute a vegan bagel half

AVOCADO TOAST

Almond ricotta spread, smashed avocado, roasted butternut squash, and toasted pepitas on a sourdough slice, sprinkled with hemp seeds. / \$9

ADDITIONS!

Fried Egg / \$2

LENTIL & QUINOA VEGGIE BREAKFAST BOWL

Sauteed sweet potatoes, kale and onions, lentils and quinoa, topped with 2 fried eggs, salsa verde, toasted pepitas and served with toasted bread. / \$11

MAKE IT VEGAN!

Substitute tofu scramble

ADD-ONS

Avocado Mash / \$2 · Fried Egg / \$2 · Bagel with Cream Cheese or Almond Ricotta Spread / \$4 · Fruit Cup / \$3

LUNCH (AFTER 11AM)

CUMBIA BOWL

Broccoli and brussel sprouts crunch salad with black beans, quinoa, and roasted sweet potatoes on a bed of arugula, tossed with a vegan ranch.

Topped with beet and carrot. / \$11

ADDITIONS!

Tofu / \$3 · Veggie Burger / \$5

SUPERFOOD VEGGIE BURGER

Lentil, quinoa, chia seed, mushroom, carrot, sweet pea veggie burger, on a toasted bun with a vegan herb dijon aioli, arugula, tomatoes, and pickles.

Served with Zapp's potato chips. / \$12

SUBSTITUTE!

House Salad or Soup / \$2

ADDITIONS!

Cheese or Almond Ricotta / \$2 · Fried Egg / \$2

OPEN FACED TOMATO & GOAT CHEESE SANDWICH

Kale and hemp seed pesto, olive tapenade, arugula, goat cheese, sliced tomato and cucumber on a sourdough. Served with Zapp's potato chips. / \$12

SUBSTITUTE!

House Salad or Soup / \$2

MAKE IT VEGAN!

Substitute almond ricotta

VEGAN EMPANADAS

One sweet potato, kale and onion empanada, and one beyond "meat", potato, onion, carrot and olive empanada. Served with beet slaw and a side of chimichurri sauce. / \$8

3 DIP PICNIC

Nut cheese, roasted pepper romesco and bean dip, crudite vegetables, marinated olives, homemade gluten free toasted flatbread points. / \$11

ADD-ONS

Side House Salad / \$3 · Sweet Potato & Kale Empanada / \$3 · Beyond "Meat", Potato, Onion, Carrot & Olive Empanada / \$3 · Cup of Soup / \$4 · Zapps Potato Chips / \$2

*Gluten free bread available / \$2

CHORIPAN

Beyond vegan "sausage", vegan herb dijon aioli, pickled onions, beet slaw, chimichurri on a toasted ciabatta. Served with Zapp's potato chips. / \$12

SUBSTITUTE!

House Salad or Soup / \$2

PRESENT MOMENT BOWL

Raw kale and creamy avocado salad over lentils and quinoa drizzled with a cilantro goddess dressing, topped with roasted butternut squash pickled carrots and cashews. / \$11

ADDITIONS!

Tofu / \$3 · Veggie Burger / \$5

SOUP OF THE DAY

Made from scratch, infused with good vibes.
Cup / \$4 · Bowl / \$6