





BREAKFAST TACOS

2 corn tortillas, cage free fried eggs, refried beans, avocado, house queso, and pickled onions. Served with a side of salsa verde. / \$12

MAKE IT VEGAN!

Substitute Tofu Scramble and Almond Ricotta

BAGEL SANDWICH

Jax Bread Co. bagel with sweet potato, cage free fried egg, avocado, cheddar cheese and a tomato herb aioli. / \$12

MAKE IT VEGAN! Substitute Tofu Scramble and Almond Ricotta

AVOCADO TOAST

Almond ricotta spread, smashed avocado, roasted butternut squash, and toasted pepitas on a sourdough slice, sprinkled with hemp seeds, drizzled with salsa verde. / \$12

ADDITIONS!

Cage Free Fried Egg / \$2.5 · Tofu Scramble / \$2.5

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. / \$13

ADDITIONS!

Tofu / \$3 · Tempeh / \$3 · Veggie Burger / \$5

SOUP OF THE DAY

Made from scratch, always vegan, served with a toast point and infused with good vibes. Cup / \$4 · Bowl / \$6

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. / \$11

CHIA SEED PARFAIT

Coconut milk soaked chia seeds with organic blue agave, topped with house granola and fruit. / \$8

NUT TOAST

Toasted sweet bread with almond butter, seasonal fruit, toasted coconut flakes, hemp seeds, and drizzled with organic blue agave. / \$8

MAKE IT VEGAN!

Substitute a Vegan Bagel half

BREAKFAST BURRITO

2 cage free fried eggs, refried beans, avocado mash, roasted sweet potatoes, cheddar cheese, spicy romesco and cilantro, wrapped in a whole wheat tortilla. / \$13

MAKE IT VEGANI

Substitute Tofu Scramble and Vegan Cheddar

TOFU OR TEMPEH BANH MI

Sauteed tofu or tempeh, carrot, onion, and cucumber slaw, jalapeños and radishes with a spicy vegan aioli, on a baguette and served with chips. / \$13

substitute a cup of soup or house kale salad for \$2.50

MUSHROOM MELT

Roasted mushrooms, cabbage slaw, sliced tomatoes, pickled cucumbers, pickled jalapeños, spicy vegan aioli, cheddar or vegan cheddar on a toasted french baguette. / \$14



Avocado Mash / \$2 · Fried Egg / \$2.5 · Bagel with Cream Cheese or Almond Ricotta Spread / \$5 · Fruit Cup / \$3.5 Side House Kale Salad / \$6 · Cup of Soup / \$5 · Potato Chips / \$2 *Gluten free bread available / \$2



PLANT POWERED LATTES

12 OZ / MILK OF YOUR CHOICE: WHOLE, ALMOND, COCONUT OR OAT / HOT OR ICED MAKE IT DIRTY BY ADDING AN ESPRESSO SHOT / \$3

GOLDEN MILK LATTE

Organic turmeric, ginger, cardamon, cinnamon, organic vanilla, organic blue agave, milk of your choice. / \$8.5

ROSE LATTE

Rose, beet powder, organic vanilla, organic blue agave, organic coconut creamer, milk of your choice. / \$8.5

MORINGA MATCHA LATTE

Organic moringa and matcha powder, coconut cream powder, organic vanilla, organic blue agave, milk of your choice. / \$8.5

FLOWER POWER LATTE

Butterfly Pea flower powder, ashwagandha, organic agave, organic vanilla, organic coconut creamer, milk of your choice. / \$8.5

HEART HEALER LATTE

Organic raw cacao, organic rose, adaptogenic organic wild mushroom blend, organic vanilla, date syrup, milk of your choice. / \$9.5

CHAI VEGAN COLLAGEN LATTE

Organic vegan collagen herb blend (He Shou Wu extract powder, horsetail extract powder, nettles, gynostemma, Lucuma, rose petals, cardamom, cinnamon, Calendula, turmeric, vanilla, mangosteen), house chai mix, organic vanilla, date, milk of your choice. / \$8.5

ADAPTOGENIC MOCHA LATTE

Organic 7 Wild Mushroom blend (Reishi, Agaricus, Cordyceps, Chaga, Lions Mane, Shiitake, Maitake), organic raw cacao, cinnamon, cardamom, organic vanilla, date, milk of your choice. / \$8.5

HOUSE DRINKS

COLD BREW YERBA MATE ICED TEA

Organic Argentine Yerba Mate, Sweetened or Unsweetened. / \$4 (16oz)

SUNRISE HIBISCUS MIMOSA

Champagne, Florida orange juice, organic hibiscus. / \$8

GINGER MINT LEMONADE

Ginger, mint, and lemons. Sweetened. / \$4 (16oz)

HIBISCUS COOLER

Organic hibiscus, fruit juice, ginger beer spritz. / \$4 (1602)

CHECK OUT OUR BEVERAGE COOLER FOR A ROTATING SELECTION OF PREMIUM BEVERAGES, FLORIDA CRAFT BEERS AND WINE!

ESPRESSO DRINKS

ESPRESSO No milk, just espresso. / \$3

CORTADO 2:1 steamed milk to espresso ratio. / \$4

CAFE CON LECHE

Espresso and steamed or iced milk, 12oz. Order "traditional" for a spoon of sugar on the bottom and cardamon, cinnamon, sugar blend sprinkled on top. / \$5

> **CAFE CUBANO** Sugar and espresso. / \$3

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Espresso, organic raw cacao, organic vanilla extract, date syrup, milk of your choice. Hot or iced, 12 oz. / \$7

VANILLA LATTE No syrups, just the good stuff: espresso, organic vanilla extract, organic blue agave, milk of your choice. Hot or iced, 12 oz. / \$7

COFFEE & Tea

PACO'S PREMIUM DRIP BREWED

\$3.5 (12oz) / \$4.5 (16oz)

PACO'S COLD BREW

\$4.5 (12oz) / \$5.5 (16oz)

CULTIVATE LOOSE LEAF HOT TEA

\$3.5

SHARKTOOTH KOMBUCHA

Locally made kombucha. Rotating flavors. \$4.5 (12oz) / \$6 (16oz)



224 WEST KING STREET, ST. AUGUSTINE, FL 32084 · WWW.BUENAONDASTAUG.COM CALL FOR TAKEOUT (904) 827-4499

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.