

ORGANIC LOOSE LEAF TEAS *individual pot of tea* 5

ORGANIC BLACK TEA *(full caffeine)*

english breakfast

rich, full-bodied blend of malty assam and ceylon

assam

full body and malty sweet tasting tea from India

earl la crème

classic earl grey with hints of vanilla

ORGANIC GREEN TEA *(medium caffeine)*

jasmine blueberry

organic blueberries are mingled with jasmine green tea

spring green

unique buttery flavor and light sweet taste

brown rice green

matcha green tea blended with toasted brown rice

green yerba mate

pure unaged Brazilian yerba mate

ORGANIC HERBAL TEA *(caffeine free)*

chamomile

calming organic Egyptian chamomile

peppermint

soothing and refreshing, peppermint is known as a digestive tonic

wonder woman

nettles, raspberry leaf, peppermint, chamomile, ginger,

dandelion leaf, oatstraw, horsetail, stevia & rose

coconut lavender

coconut, lavender, rooibos

aphroditea

damiana, kava kava, cinnamon, ginger, cloves, cardamom, anise,

rose petals, licorice

executive chef: JANINE DORAN *sous chef:* RACHEL MEYERS

MORNING LIBATIONS *rise & shine / garden flora / mimosa* 11/9

VITAMIN C KOMBUCHA TONIC 8

PASSIONFRUIT MANGO NOG 7

GOLDEN MILK *(served warm)* 7

breakfast 9am-2pm

CINNAMON ROLL 5.75

*baked fresh every morning with caramelized sugar, maple toasted pecans, and vanilla icing V, SF**

MARKET FRUIT BOWL 6

BISCUITS & GRAVY 6/12

housemade rosemary biscuits, vegan country gravy V

SOUTHERN PLATTER 14

*eggs or seasoned tofu, smoky collard greens & a housemade rosemary biscuit with vegan country gravy V**

BREAKFAST PLATTER 13

*eggs or seasoned tofu, roasted potatoes or cheesy grits, served with garlicky greens & fresh fruit GF, V**

BREAKFAST QUESADILLA 14

roasted yams, poblano peppers, corn, & pepper jack cheese inside an egg-wrapped flour tortilla, topped with snappy sauce &

tomatillo salsa, served with mixed green salad

\$2 to add avocado slices and lime creme fraiche

SPRING ASPARAGUS SCRAMBLE 13

*eggs or seasoned tofu, roasted asparagus, spring onions, lemon ricotta, chive blossoms GF, V**

RANCHO COLORADO SCRAMBLE 13

*eggs or seasoned tofu, slow cooked rancho beans, tomatillos, fresh chilis, & sweet corn, queso fresco, blue corn tortilla chips GF, V**

(scrambles are served with a choice of cheesy grits or roasted potatoes)

YAM FRIES

cayenne aioli GF, V

6

FRIED OLIVE & HUMMUS PLATTER

fried castelvetroano olives, seasonal fresh vegetables, hummus with chili oil, marcona almonds, and mint GF, V, SF \$2 to add house pita bread GF*, V*

10

SEASONAL SOUPS

selections rotate daily

5/8

HOUSE SALAD

organic greens & vegetables in herbed balsamic vinaigrette GF, V, SF

7/11

CAESAR SALAD

romaine, herbed croutons, parmesan, fried capers GF, V**

7/11

MOROCCAN CARROT SALAD

watercress, fennel, carrot, dates, apple cider & orange blossom vinaigrette, feta, toasted almonds, & fresh tarragon V, GF, SF*

13

SUPERFOOD SALAD

*kale, cabbage, broccoli, onion, carrots, spinach, creamy apple cider vinaigrette, hemp seeds, currants, blood oranges, & almonds V, GF, SF**

14

RADISH AVOCADO TOAST

multigrain sunflower toast, mashed avocado & spring peas, local radishes, sesame salt, pea shoots, mint parsley gremolata V, , SF

10

please inform your server of food allergies or dietary restrictions

GF = gluten free / * available gluten free
 \$1 to substitute gluten free pita, \$2 to substitute gluten free pizza dough
V = vegan / * available vegan
SF = soy free / * available soy free

sandwiches are served with choice of yam fries or house salad

FRENCH DIP

portobello mushrooms, caramelized onions, & swiss cheese on a seeded baguette with mushroom garlic au jus GF, V**

15

ITALIAN BURGER

grilled black bean burger, basil pesto aioli, sundried tomato jam balsamic tossed arugula, soft potato roll V, GF add mozzarella \$.50*

15

FALAFEL

chickpea croquettes on warm pita, with romaine, cucumber & tomato, fresh herbs, sumac vinaigrette, and tahini GF, V add feta \$1*

14

sandwiches



ASPARAGUS PIZZA

asparagus, red pepper, red onion, mozzarella cheese, topped with watercress, cherry tomatoes, chimichurri, and parmesan on wheat crust V, GF*, SF*

17

CHEESE FLORENTINE PIZZA

marinara, spinach, garlic, smoked mozzarella, & parmesan on wheat crust GF, SF*

16

pizzas

breakfast available 9am - 2pm, lunch available 11am - 5pm

consuming raw or undercooked eggs may increase your risk of food borne illness

Parties of 6 or more - we do not offer split/separate checks.
 Feel free to discuss your options with your server. Thank you!