



PLANT-BASED BREAKFAST

AVAILABLE 7:30AM – 10:30AM

A LA CARTE ITEMS

Almond Chia Pudding | *fresh market fruit. house-made granola. garden herb & flower.*

Overnight Oats | *golden raisins. hemp seeds. flax seeds. sunflower seeds. coconut.*

Sunrise Pancakes | *maple syrup. lemon. poppy seeds. market fruit.*

Breakfast Bagel | *tomato. plant-based cream cheese. shaved red onion. caper.*

Soft Tofu Omelet with Grilled Squash + Pipérade | *choice of the following:
vegan sausage. mushrooms. baby spinach. pepper. onion. tomato. avocado.*

BREAKFAST BEVERAGES

Mr. Espresso Coffee, Oakland, Ca

Drip Coffee
Cappuccino
Chai
Latte
Mocha

Five Mountain Heirloom Organic Teas, San Francisco, CA

Bergamot Black, Earl Grey
Grand Crimson, English Breakfast
Nile Valley Chamomile, Herbal Tisane
Pacific Peppermint, Herbal Tisane
Spring Jade, Green Tea

With choice of: Whole, Low-fat, Non-fat, Almond, Oat, or Soy Milk



JUICES & MILKS

Fresh Pressed Orange

Fresh Pressed Green | green apple. spinach. celery. ginger.

Cold Pressed Apple | gizdich ranch. watsonville. ca.

Cold Pressed Grapefruit | perricone farms. beaumont, ca.

Choice of Milk | half & half. whole. low-fat. 2%. soy. almond. oat. chai.

BREAKFAST COCKTAILS

Bloody Mary | ketel one. bloody mary mix. 21

'Green' Living | vodka. fresh pressed green juice. lemon juice. simple syrup. 21

Mar-Mosa | fresh squeezed orange juice. sparkling wine. 21

WINE SELECTIONS BY THE GLASS

Sparkling Rosé | raventós i blanc 'de nit.' conca del riu anoia. sp. N.V. 20

Champagne | andre clouet 'grand reserve.' champagne., fr. N.V. 28

Chardonnay | failla 'post ranch inn luci's cuvee.' sonoma coast. ca. 2018 25

Still Rosé | domaine du dragon, côtes de provence. fr. 2021 16

CRAFT BEERS

Alvarado Street 'Monterey Beer' | locals' lager. monterey. ca. 14

Moonlight Brewing Co. 'Working For Tips' 16 oz | redwood ale. santa rosa. ca. 16

Stone IPA 16 oz | west coast ipa. escondido. ca. 14

Russian River 'Pliny The Elder' 17 oz | double ipa. santa rosa. ca. 16

Athletic 'Run Wild' | non-alcoholic ipa. san diego. ca. 12

Athletic 'Run Upside Dawn' | non-alcoholic golden ale. san diego. ca. 12