

Plant-Based Breakfast

Almond Chia Seed Pudding

house-made granola.

Sunrise Pancakes

market fruit. meyer lemon. poppy seed. maple syrup.

Golden Quinoa Breakfast Bowl

butternut squash. kale. local honey. za'atar.

Avocado Toast

ad astra seeded sourdough. pico de gallo. spiced pepitas.

Breakfast Bagel

tomato. red onion. caper. plant-based cream cheese.

Soft Tofu Omelet

vegan sausage. mushroom. spinach. bell pepper. onion. tomato. avocado.

choice of toast: sourdough, rye, whole wheat, or gluten-free.

Beverages

Fresh-Pressed Orange

Fresh-Pressed Green

green apple. spinach. celery. ginger.

Cold-Pressed Apple

gizdich ranch. watsonville, california.

Cold-Pressed Grapefruit

perricone farms. beaumont, california.

Five Mountains Organic Tea

choice of: bergamot black, cederberg rooibos, grand crimson, nile valley chamomile, pacific peppermint, or spring jade.

Wellness Smoothies *in partnership with TUSOL Wellness*

Maqui Berry + Acai

banana. blueberry. almond milk. pumpkin seed. chaga mushroom. maca. coconut.

Turmeric + Coconut Wellness Smoothie

banana. blueberry. almond milk. pumpkin seed. flax seed. coconut. ginger. cinnamon. monkfruit.