

# Plant-Based Breakfast

## Almond Milk Chia Pudding

*market fruit. house-made granola.*

## 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

*mushroom. spinach. bell pepper. onion. tomato. avocado.  
alongside country-style potatoes.*

*option to add vegan sausage.*

*choice of toast: ad astra sourdough, seeded, or  
whole wheat, or coast gluten-free seeded loaf.*

## Sunrise Pancakes

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

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## Beverages

### Fresh-Pressed Orange Juice

### Fresh-Pressed Green Juice

### Cold-Pressed Apple Juice

*gizdich ranch. watsonville, california.*

### Cold-Pressed Grapefruit Juice

*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*

### Chocolate Wellness Smoothie

*banana. blueberry. almond milk. pumpkin seed. cacao.  
lion's mane mushroom.*

### Turmeric + Coconut Wellness Smoothie

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