Breakfast

GRANOLA 8
apricot, nuts, yogurt,
local honey VG

FRUIT & BERRIES 10
ever-changing, yogurt VG GF

BANANA TOAST 9
peanut butter, local honey VG

TACOS 9
choice of protein, eggs, cotija,
poblano pico, avocado crema
VG GF

OVERNIGHT OATS 9
berries, flax seed, local honey VG

AVOCADO TOAST 12
sourdough, greens, feta,
vinaigrette VG
add egg + 1

FARMHOUSE BREAKFAST 13
two eggs, choice of protein,
potatoes, toast, jam

SIDES
bacon 3, sausage 4, two eggs 3,
vegan sausage 6, crispy potatoes 5,
toast & jam 5, fruit 6

VG vegetarian | VE vegan | GF gluten free

TONICS

DAILY JUICE 8
best of the season

DETOX SHOT 6
apple, ginger, lemon,
honey, cayenne

WATERMELON CRAWL 7
watermelon, fennel, black pepper,
lemon, vinegar, soda

KOMBUCHA 7
lavender, hibiscus,
nettle, strawberry

SMOOTHIES

PEAS & CUKES 8
green pea, spinach, cucumber,
lemon, avocado, ginger, apple

MANGO DREAMS 8
mango, pineapple, acai,
orange, banana, coconut

BANANA NUT 8
banana, oat, almond, cinnamon,
turmeric, almond milk

PB&J 8
peanut butter, berries,
banana, milk

COFFEE & TEA

DRIP COFFEE 3
buffalo blend

ESPRESSO 3
black apple blend

CORTADO 3.50
espresso, little milk

CAPPUCCINO 3.50
espresso, some milk

LATTE 4
espresso, more milk

CAMBRIC 5
matcha or house spiced chai, milk

WHITE PEONY 4
white tea

LU MOUNTAIN CLOUD MIST 4
green tea

DAFFODIL OOLONG 4
oolong tea

LAPSANG SOUCHONG 4
black tea