

## BREAKFAST

### Citrus Granola 6

local berries, with vanilla yogurt or milk

**yogurt** | 793 cal, 30 protein, 103 carb, 29 fat

**almond milk** | 662 cal, 12 protein, 85 carb, 31 fat

### Salmon Lox 10

fromage blanc, pickled red onion, micro greens, all on a toasted everything bagel

540 cal, 18 protein, 28 carb, 38 fat, V

### Avocado Toast 9

roasted shishito peppers, feta cheese, arugula, tomato, soft poached egg

286 cal, 15 protein, 25 carb, 14 fat



### Power Bowl 10

smoothie base, topped with grains, seeds, & seasonal fruit

510 cal, 54 protein, 34 carb, 18 fat

### Farmhouse Breakfast 10

choice of protein, two eggs, grilled tomato, calabrian potatoes, toast with jam or marmalade

**pork sausage** | 1508 cal, 49 protein, 114 carb, 96 fat

**bacon** | 1490 cal, 45 protein, 114 carb, 96 fat

**vegan sausage** | 1760 cal, 86 protein, 124 carb, 63 fat

### Breakfast Tacos 9

your choice of protein with scrambled eggs, roasted poblano pico, cotija, avocado crema

**chicken** | 574 cal, 26 protein, 26 carb, 41 fat

**bison** | 592 cal, 22 protein, 26 carb, 45 fat

**vegan sausage** | 558 cal, 15 protein, 37 carb, 39 fat

## SIDE PLATES

### Crispy Bacon 4

280 cal, 16 protein, 0 carb, 24 fat

### Granary Toast 3

270 cal, 0 protein, 34 carb, 12 fat

### Pork Sausage 4

280 cal, 16 protein, 0 carb, 24 fat

### Two Eggs 3

140 cal, 13 protein, 0 carb, 10 fat

### Vegan Sausage 6

380 cal, 32 protein, 10 carb, 24 fat, V

### Seasonal Fruit Plate 4

210 cal, 12 protein, 40 carb, 0 fat

# SMOOTHIES

## PB&J 8

peanut butter, seasonal fruit, banana  
*whole milk* | 430 cal, 12 protein, 48 carb, 20 fat  
*oat milk* | 480 cal, 9 protein, 49 carb, 19 fat

## Something Blue 8

kale, spinach, blueberry, avocado, mint  
*whole milk* | 341 cal, 10 protein, 31 carb, 22 fat  
*oat milk* | 370 cal, 8 protein, 34 carb, 21 fat

## Smoothie Add-ins 1

chia seed      rolled oats  
flax seed      protein powder 2

## The Tropical One 8

açaí, pineapple, banana, coconut water  
*whole milk* | 511 cal, 8 protein, 100 carb, 5 fat  
*oat milk* | 530 cal, 6 protein, 110 carb, 3 fat

# SHRUBS & TONIC

## Mango Serrano Shrub 7

apple cider vinegar, mango puree,  
serrano pepper, vanilla, sugar  
175 cal, 0 protein, 20 carb, 0 fat

## Nai Tai 7

lime juice, orgeat, egg white  
84 cal, 3 protein, 18 carb, 0 fat

## Cafe Tonic 7

espresso, almond milk, orgeat, tonic  
48 cal, 0 protein, 11 carb, 0 fat

## Blackberry Basil Shrub 7

balsamic vinegar, blackberry, basil,  
cane sugar  
145 cal, 0 protein, 22 carb, 0 fat

# HOUSE JUICES

## Elixir 5

pineapple, ginger, lemon,  
wheatgrass, cayenne  
20 cal, 0 protein, 5 carb, 0 fat

## Capri Fun 8

pineapple, grapefruit, lime  
75 cal, 0 protein, 23 carb, 0 fat

## Beet Booster 8

beet, ginger, lemon, orange  
62 cal, 0 protein, 13 carb, 0 fat

## All Day Greens 8

spinach, mint, lemon,  
orange, wheatgrass  
70 cal, 2 protein, 10 carb, 0 fat

# LOOSE-LEAF TEA

(caffeinated) 3.5

## Mao Jian

traditional green tea

## Moroccan Mint

gunowder green & peppermint

## Earl Grey

black tea blend,  
bergamont

## Cinnamon Orange

chinese black tea, orange  
peel, clove, cinnamon

(de-caffeinated) 3.5

## Day Dreamer

licorice root, fennel, peppermint, basil

## Carousel Dreams

apple, cinnamon, almond, beetroot

## Bedtime Story

peppermint, chamomile, lemon  
grass, rosehips, valerian root

## Cape Paradise

green roobois, tropical fruits,  
orange peel, apple, calendula petals

# COFFEE

Drip Coffee 2

Espresso 2.5

Macchiato 3

Cortado 3.5

Americano 3

Cappuccino 3.5

Latte 4

Flat White 3

Matcha Latte 4.5

Mocha 4

Bulletproof 6

Add-ins 1

orgeat, chocolate, chai, vanilla,  
sugar-free vanilla or honey