



GOOD MORNING SUNSHINE

Monday – Friday 7am – 11am • Saturday & Sunday 7am – 2pm

Callie's Burrito / 10.95

two organic scrambled eggs, breakfast potatoes, sweet corn, garden mushrooms, heirloom beans, Pico de Gallo, guacamole, sour cream, wrapped in a spinach or tomato tortilla

Avocado Toast / 12

two poached eggs, heirloom tomatoes, organic garden herbs, Bermuda onion

Morning Toast / 10

Di Stefano Farms ricotta, Harry's berries, breakfast basil, figs and local honey

The Full Shovel / 13.50

two organic eggs scrambled, crispy organic bacon, California sharp cheddar, avocado, heirloom tomato, served with toast & oven roasted Peruvian potatoes

Proscuitto & Caramelized Onion Omllette / 13

heirloom tomatoes, crispy shallots, California fontina cheese, organic baby gem lettuces, fresh dill, served with toast & oven roasted Peruvian potatoes

Blood Orange Ricotta Pancakes / 12

organic warm berry compote

Brioche Stuffed French Toast / 12

Coombs Family Farms organic maple syrup, organic blueberry compote

Eggs Any Way You Like Them / 10

2 farm raised organic eggs with your choice of bacon or sausage, served with toast & oven roasted Peruvian potatoes

EYE OPENERS

organic cage free egg(s) / 2 per egg
organic fruit bowl / 6.25
organic sausage links / 4.95
organic applewood smoked bacon / 4.95
oven roasted peruvian potatoes / 4.95
fresh cold press juice / 9.00

BUILD YOUR OWN CEREAL / 8.25

Choose Topping • Granola or Gluten Free Granola
Choose Fruit • Bananas or Mixed Berries
Choose Milk • Almond, Coconut, Whole, or Non-Fat

BOUNTIFUL BOWLS / 8.25

Acai

strawberries, blueberries, toppings: banana, granola, local honey

Acai PB&J

peanut butter, strawberries, blueberries, banana, toppings: banana, granola, cocoa

Tropical Dragon

pitaya, mango, pineapple, toasted coconut
toppings: banana & granola

SHOVEL TO STRAW SMOOTHIES

Avacocoa

almond milk, cocoa, avocado, dates, vanilla / add espresso shot for deeper flavor

Matcha Madness

coconut milk, matcha green tea, banana, orange, ginger, spirulina, hemp

Banana Nut

almond milk, banana, peanut butter, coconut, chia

Greenhouse Greens

spinach, kale, celery, strawberries, banana, turmeric

Espresso Horchata Colada

milk, ground espresso beans, pineapple, 5-spice powder

ALL DAY MENU

SANDWICHES

{ choice of salad + house chips or fresh fruit }

Prosciutto / 12

organic arugula, heirloom tomato, California mozzarella, basil

Farmers Sando / 10.45

hummus, organic cucumber, heirloom tomato, Himalayan sea salt, red bell pepper, radish, olives

House Smoked Turkey / 11.75

avocado, heirloom tomato, cucumber, Swiss cheese, organic baby lettuces, red onion, whole-grain mustard

BLT / 11.25

thick cut bacon, organic lettuce, organic tomato, avocado, lemon aioli

CULTIVATED SALADS / 9.25

Add Avocado +\$1.00

Choose Protein

organic chicken \$5, sustainable salmon \$7
grass fed steak \$6, organic non-gmo tofu \$4

Sophia's Salad

roasted beets, oranges, avocado, baby lettuces, kale, goat cheese, toasted hazelnuts, herb vinaigrette, fig toast

Mezzed Up

quinoa, cucumber tabbouleh, hummus, lemon wheat berry, organic greens, flatbread crisps, oregano vinaigrette

Strawberry Fields

organic arugula, strawberries, shaved baby fennel, goat cheese, olives, golden sunflower sprouts, aged balsamic, fig toast

Baby Lettuces

herbs from the garden, organic cherry tomatoes, Bermuda onions, organic cucumbers, California goat cheese, toasted hazelnuts

Isabella's

baby lettuces, kale, tomatoes, pickled cauliflower, pickled red onions, cucumbers, berries, organic carrots, golden sunflower sprouts, Kalamata olives, crispy chickpeas

Watermelon & Heirloom Tomatoes

feta, organic cucumbers, olives, toasted pistachios, mint, organic arugula, herbed red wine vinaigrette

MIX-N-MATCH HEALTHY PLATES

Our proteins are naturally raised without additives because clean food makes a healthier you.

Choose Protein

organic chicken \$5, sustainable salmon \$7
grass fed steak \$6, organic non-gmo tofu \$4

Choose Organic Sides

one \$4 • two \$7 • three \$9

- roasted butternut squash & toasted pepitas
- roasted shaved brussels sprouts
- oven roasted peruvian potatoes
- wood roasted broccoli with cilantro lime crema
- baked japanese sweet potato with sea salt & californian evoo
- wilted organic spinach
- soy braised grilled japanese eggplant
- red quinoa, avocado, sesame
- california colusari red rice
- mushroom barley
- roasted cauliflower, red onion, cilantro, parsely, turmeric, dates, & almonds
- mini trio; scoop of roasted corn & black bean salsa, crushed avocado hummus & raw organic veggies

BOUNTIFUL BOWLS / 8.25

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Acai PB&J

peanut butter, strawberries, blueberries, banana, toppings: banana, granola, cocoa

Tropical Dragon

pitaya, mango, pineapple, toasted coconut
toppings: banana & granola

SHOVEL TO STRAW SMOOTHIES / 9.00

Avacocoa

almond milk, cocoa, avocado, dates, vanilla / add espresso shot for deeper flavor

Matcha Madness

coconut milk, matcha green tea, banana, orange, ginger, spirulina, hemp

Banana Nut

almond milk, banana, peanut butter, coconut, chia

Greenhouse Greens

spinach, kale, celery, strawberries, banana, turmeric

Espresso Horchata Colada

milk, ground espresso beans, pineapple, 5-spice powder

*These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. While we offer gluten free items, our kitchen is not gluten free.