



# BREAKFAST MENU



MON-FRI 8:15-10:30AM

## HEALTHY STARTERS

**GREEN MONKEY SMOOTHIE 10 GF VG** – 16OZ BOTTLE

Chia, flax, apple, spinach, kale, basil, lime juice, pineapple, avocado, dates, baobab powder

**WIRED MONKEY SMOOTHIE 10 GF VG N** – 16OZ BOTTLE

Cold brew, peanut butter, banana, dried cherries, almond milk, dates, cinnamon, salt, bloomed chia seeds

**OVERNIGHT OATS 7 VG N** Cashew-maple Homestead Gristmill soaked oats, peanut butter, blueberry compote, candied pepitas

## BREAKFAST SANDWICHES

ADD SAMBAL OR HOUSE REAL HOT SAUCE +.25

**TOMATO, EGG & CHEESE 6.5 V** Soft scrambled Swift Hill Farms eggs, tomato, Martin's potato roll, provolone, house sambal

**BACON, EGG & CHEESE 8** Soft scrambled Swift Hill Farms eggs, crispy bacon, Martin's potato roll, provolone, house sambal

## HOUSE - BAKED GOODS

**BLUEBERRY MUFFIN 5 GF N**

Buckwheat, pecan flour, flax seed-sugar sprinkle

**CINNAMON SWIRL COFFEE CAKE 6**

Ricotta whipped cinnamon swirl with cinnamon streusel



## COFFEE & MATCHA

**COLD BREW 5/6.5**

**ESPRESSO 3.5**

**FLAT WHITE 5**

**CAPPUCCINO 5**

**CAFE LATTE 5.75 (HOT / ICED)**

**WHIPPED ICED AMERICANO 4.25**

**HOT AMERICANO 4.25**

**HORCHATA ICED COFFEE 5.5/7**

**FLAT GREEN 5.25**

**MATCHA LATTE 6 (HOT / ICED)**

**CHAI LATTE 7.25 (HOT / ICED)**

**GOLDEN MYLK 7.5 (HOT / ICED)**

**WHIPPED ICED MATCHA 4.5**

**RISHI HOT TEA 5 (SEASONAL SELECTION)**

**MILK ALTERNATIVES:** ALMOND, OAT +1

**HOUSE MADE SYRUPS:** VANILLA, ORANGE, LAVENDER, MINT,

HAZELNUT, MOCHA +.50

HONEY +.50 / MAPLE +1.25

**ADAPTOGENS:** VITAL PROTEINS, CHIA, PROBIOTIC +2/ ASHWAGANDHA +1

## SPECIALTY DRINKS

### MATCHA

**WHIPPED ORANGE MATCHA 5 (ICED)**

**BEAUTIFUL LATTE 8.5** COLLAGEN, PROBIOTIC, VANILLA SIMPLE (HOT / ICED)

**BANANA MATCHA LATTE 8** BANANA SYRUP, MAPLE, MARSHMALLOW (ICED)

**MATCHABERRY LATTE 7.5** MUDDLED FRESH STRAWBERRIES, MINT SIMPLE (ICED)

**“CEREAL MILK” MATCHA LATTE 7 (ICED)**

**STRAWBERRY MATCHA LEMONADE 6/7.5 [ADD CHIA +2]**

### SPRING FRILLS

**SASSY PINEAPPLE 5/6.5** JALAPENO, PINEAPPLE FRESCA, CHIA, TAJIN (ICED)

**LAVENDER VANILLA SHAKEN ESPRESSO 6.5 (ICED)**

**STRAWBERRY BLISS 7.5** STRAWBERRY, ESPRESSO, MILK, VANILLA SIMPLE (ICED)

**BANANA LATTE 8** ESPRESSO, MAPLE-BANANA SYRUP, MARSHMALLOW FLUFF (ICED)

### YEAR ROUND CLASSICS

**“HEART OF LOCAL” SHAKEN ICED TEA 6/7.5** TANGERINE-GINGER TEA, BASIL, BLOOD ORANGE, MINT SIMPLE, BLOOMED CHIA

**STRAWBERRY GREEN TEA 7.5** VITAL PROTEINS, STRAWBERRY, ORANGE JUICE, LEMON JUICE, MINT SIMPLE

**LONDON FOG 7.5** EARL GREY TEA, STEAMED MILK, VANILLA (HOT / ICED)