



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	HORCHATA ICED COFFEE 5/6.5
ESPRESSO 3.5	FLAT GREEN 5.25
FLAT WHITE 4.75	MATCHA LATTE 6 (HOT / ICED)
CAPPUCCINO 4.75	CHAI LATTE 6 (HOT / ICED)
CAFE LATTE 5.25 (HOT / ICED)	GOLDEN MYLK 7.5 (HOT / ICED)
WHIPPED ICED AMERICANO 4	WHIPPED ICED MATCHA 4
HOT AMERICANO 4	RISHI HOT TEA 5 (SEASONAL SELECTION)

MILK ALTERNATIVES: ALMOND, OAT +1
HOUSE MADE SYRUPS: VANILLA, ORANGE, LAVENDER, MINT, MOCHA +.50
HONEY +.50 / MAPLE +1.25
ADAPTOGENS: VITAL PROTEINS, CHIA, PROBIOTIC +2/ ASHWAGANDHA +1

SPECIALTY DRINKS

MATCHA

WHIPPED ORANGE MATCHA 4.5 (ICED)
PUMPKIN SPICED LATTE 7.5 VANILLA SIMPLE, NUTMEG (ICED)
BEAUTIFUL LATTE 8.5 COLLAGEN, PROBIOTIC, VANILLA SIMPLE (HOT / ICED)
BANANA MATCHA LATTE 8 BANANA SYRUP, MAPLE, MARSHMALLOW (ICED)
“CEREAL MILK” MATCHA LATTE 7 (ICED)
PASSION-POM MATCHA LEMONADE 6/7.5 [ADD CHIA +2]

SWEATER WEATHER SIPPERS

CHILLED TIRAMISU LATTE 8 (ICED)
PUMPKIN PIE LATTE 7 ESPRESSO, PUMPKIN SYRUP, CINNAMON (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, MUDDLED STRAWBERRY, BASIL, MINT SIMPLE
LONDON FOG 7 EARL GREY TEA, STEAMED MILK, VANILLA (HOT / ICED)
HOT CHOCOLATE 6 WITH MARSHMALLOWS & MERINGUE