

# Mountain & Field Beverages

## COFFEE

ESPRESSO DOUBLE \$3.50

CORTADITO \$4.50

MACCHIATO DOUBLE \$4.50

CAPPUCCINO \$5.50 | ICED \$6.25

LATTE \$5.50 | ICED \$6.25

AMERICANO \$4.00 | ICED \$4.25

SINGLE ORIGIN DRIP \$3.75 | ICED \$4

## TEA

ARTISANAL TEAS HOT \$4.00 | ICED \$5.00

## HOT TEA

Green Tea • Earl Grey Creme • Pacific Coast Mint • Summer Peach & Black Tea • Hibiscus

# SIGNATURE HOUSE LATTES

HOT \$7.00 | ICED \$7.25

## MATCHA LATTE

artisanal Japanese green tea choose your milk • or made w. coconut water  
(served iced only)

## SPICED CHAI TEA LATTE

black tea & spiced chai tea

## LATTE BLUE

blue butterfly pea tea, ginger, raw local honey

## **BARISTA BAR SPECIALS**

### **CITRUS SPICE ESPRESSO**

espresso, orange juice, clove-infused syrup, & a dash of cinnamon, served over ice  
\$7.95

### **CARAMEL COCONUT SHAKERATO**

espresso, coconut mylk, caramel syrup, & a hint of sea salt, shaken until frothy  
\$7.95

### **MOCHA MINT ICED LATTE**

espresso, dark chocolate syrup, fresh mint extract, & oat mylk, served over ice  
\$7.95

### **ESPRESSO COLAD**

espresso, pineapple juice, coconut mylk, & a touch of vanilla, topped w. shredded coconut  
\$7.95

### **STRAWBERRY CREAM ESPRESSO**

espresso, strawberry puree, vanilla syrup, & oat mylk, served over ice  
\$7.95

### **SPICY HONEY ESPRESSO:**

espresso, honey, cayenne pepper, & oat mylk, topped w. a pinch of chili powder  
\$7.95

# Acai Bowls

## TROPICAL SUNRISE

Açaí w. banana & mango, topped w. fresh pineapple, kiwi, passionfruit, shaved coconut, & vegan GF granola.  
\$14.95

## COCONUT GROVE

Açaí w. banana & coconut water, topped w. papaya, dragonfruit, toasted coconut flakes, chia seeds, & vegan GF granola.  
\$14.95

## KEY LIME DREAM

Açaí w. banana & a hint of lime, topped w. kiwi, lime zest, crushed pecans, shaved coconut, & vegan GF granola.  
\$15.95

## SUNSET BLISS

Açaí w. banana & guava, topped w. strawberries, oranges, mango, cacao nibs, & vegan GF granola.  
\$15.95

## EVERGLADES ENERGY

Açaí w. banana & spinach, topped w. blueberries, goji berries, almond butter, chia seeds, & vegan GF granola.  
\$15.95

## TROPICAL PARADISE

Açaí w. banana & pineapple juice, topped w. fresh passionfruit, papaya, mango, & toasted macadamia nuts w. vegan GF granola.  
\$15.95

# Smoothies

## **BANANA BERRY**

Coconut water, strawberries, bananas, & blueberries \$11.95

## **THE GREEN THING**

Kale, spinach, dates, chia seeds, almond milk, banana, cashews, cinnamon, & honey  
\$11.95

## **BEACH BUM**

Coconut water, pineapple, banana, mango \$11.95

## **BERRY'S BATCH**

Acai, strawberry, blueberry, banana, coconut water \$11.95

## **PEANUT POWER**

Peanut butter, banana, almond milk, chocolate protein, honey \$11.95

## **PIÑA POWER**

coconut milk, banana, pineapple, coconut flakes, honey, vanilla vegan protein \$11.95

# Breakfast

## Avocado toast.

Toasted sourdough topped w. avocado, cucumber, pickled radish, microgreens & balsamic vinaigrette. \$13

+Smoked Salmon 8 + Burrata 5 + Poached Egg 3

## HOLE IN ONE EGG S&WICH

bagels: sesame | plain | everything

Pastured eggs your way, arugula, tomato, mozzarella, smashed avocado, olive oil, red pepper flakes, & sprouts \$14.95

+ turkey bacon \$4

## Tommy's EGG WRAP

Pastured egg scramble, turkey bacon, mushroom, sweet potato, avocado, spinach, crumbled feta, za'atar yogurt drizzle \$19.95

## CROISSANT S&WICH

Pastured egg scramble w. mozzarella served on plain croissant w. grilled tomato, mixed greens, side of spicy pesto \$15.95

## SMOKED SAMMY

Multigrain sourdough, smoked salmon, pastured eggs your way, avocado, parmesan cream w. chopped scallion, cucumber, sliced tomato, arugula, pickled red onion, dill, lemon oil, red pepper flakes \$21.95

## IN SEASON FRUIT TOAST

Toasted sourdough, whipped ricotta w. lemon zest & mint, seasonal fruit, raw local honey drizzle, vegan gf granola \$13.95 sub almond butter

# **Breakfast**

## **VEGGIE OMELETTE**

Pastured eggs your way, spinach, mozzarella, scallion, red bell pepper, served w. avocado, arugula, toasted sourdough \$16.95

## **THE NEW YORKER**

toasted sourdough, Parmesan cream w. scallion, smoked salmon, tomato, pickled red onion, alfalfa sprout, lemon oil drizzle \$16.95 + add eggs \$4.95

## **GREEK OMELETTE**

Pastured Eggs, black olives, feta, spinach, & tomatoes \$14.95

## **PANCAKE BREAKFAST**

Pancakes, scrambled eggs, turkey bacon, butter, & real maple syrup \$14.95

## **YOGURT & FRESH FRUIT**

Greek yogurt, seasonal fruit, gf granola \$12.95

## **PIÑA COLADA OVERNIGHT OATS**

Steel cut oats, coconut cream & pineapple \$12.95

## **MATCHA CHAI PUDDING**

Chia seed, coconut water, coconut cream, matcha w. fresh fruit \$12.95

# SANDWICHES

## CALI CHICKEN

Toasted ciabatta, antibiotic-free chicken, avocado, mozzarella, red onion, tomato, mixed greens, herb vinaigrette, side of chipotle aioli \$17.95

## YUZU TUNA

Toasted focaccia, yuzu marinated poke tuna, avocado, cucumber, arugula, pickled red onion, carrot, cilantro, toasted sesame seed, wasabi cream \$22.95

## BASIL CHICKEN

Toasted ciabatta, antibiotic-free chicken, arugula, tomato, holy basil herbed goat cheese, balsamic glaze \$19.95

## TUNA SPROUT

Multigrain sourdough, arugula, tomato, sprouts, tuna veggie salad & whole grain mustard, spiced tahini \$18.95

make in a wrap • make in a bowl \$2 • gluten-free \$2

## TURKEY REUBEN

Sliced Turkey, Sauerkraut, thousand island, pastrami seasoning & grilled rye bread \$14.95

## SPICY CAPRESE

Toasted ciabatta, fresh mozzarella, tomato, arugula, roasted red pepper, basil pesto, balsamic glaze, w. pepperoni seasoning  
\$17.95

# WRAPS

## CRUNCHY VEGGIE

Roasted sweet potato, hummus, spinach, avocado, cucumber, tomato, carrot, sprouts, red onion, herb vinaigrette, side of za'atar yogurt \$17.95

## TOASTED CHICKEN

Roasted chicken, cilantro lime jasmine rice, avocado, bell pepper, mozzarella, side of spiced tahini \$17.95

## ALL KALE CAESAR

Roasted chicken, chopped kale, parmesan, toasted sourdough crouton, caesar dressing \$17.95

## MEDITERRANEAN SALMON

Seared salmon, arugula, cherry tomato, cucumber, red onion, za'atar, herb yogurt dressing, herb vinaigrette \$18.95

## SWEET CHILI SWEET POTATO

Crispy sweet potsto, mixed greens, red onion, shredded carrots, edamame, sesame seeds, side of sweet chili ginger sauce \$16.95

whole wheat • spinach • make in a bowl \$2 • gluten-free \$2

# BOWLS

## SPICY TUNA

poke tuna, cilantro lime jasmine rice, arugula, avocado, cucumber, pickled radish, cilantro, scallion, sesame seed, ponzu, wasabi cream \$24.95

## SUMMER CHICKEN

antibiotic-free chicken, cilantro jasmine lime rice, arugula, avocado, grilled pineapple, bell pepper, carrot, sesame seed, cilantro, side of spicy soy ginger \$19.95

## MANGO SALMON

roasted salmon, quinoa, arugula, avocado, mango, pickled red onion, cherry tomatoes, sesame seed \$25.95

## SPICY AHI DELUXE

Ahi tuna poke, cilantro lime jasmine rice, mixed greens, avocado, pickled cucumber, jalapeños, shredded radish, scallions, sesame seed, ponzu sauce with a drizzle of sriracha mayo \$24.95

## Vegan Rainbow Bowl

Quinoa, kale, avocado, roasted sweet potatoes, purple cabbage, edamame, shredded carrots, sesame seed, side of sesame miso dressing \$18.95

## Citrus Herb Chicken

Roasted chicken, wild rice blend, mixed greens, roasted asparagus, avocado, orange segments, pickled red onion, sesame seed, side of citrus vinaigrette \$21.95

# SALADS

## GREEK SALAD

romain, tomatoes, olives, cucumber, red onion, sweet bell pepper, crumbled feta, sourdough crouton crumbles, tossed in our greek dressin  
\$18.95

## FARRO'S DAUGHTER

Mixed greens, radicchio, toasted farro, spiced pumpkin seeds, radish, red onion, cucumber, dates, snow peas, crumbled goat cheese, tossed in spiced tahini dressing \$16.95

## KIMCHEE ALMOND

Kimchee, napa cabbage, edamame, orange, bell pepper, carrot, scallion, sesame seed, red dragon dressing \$14.95

## ALL KALE CAESAR

Kale, toasted sourdough crouton, shaved parmesan, tossed in our house made caesar dressing \$15.95

## HERB'S SALAD

Arugula, kale, cilantro, italian parsley, mint, quinoa, jalapeno, spiced walnut, scallion, crumbled feta, apple cider vinaigrette \$17.95

## ADD PROTEIN

salmon 8.95

poke tuna 8.95

smoked salmon 7.95

tuna salad 6.95

chicken 8.95

soft-boiled eggs 4.95

# KIDS MENU

## TINY TURKEY ROLL-UP

Toasted gluten-free wrap, turkey bacon, mozzarella, and a drizzle of honey mustard  
\$14.95

## LITTLE FISHER BOWL

Roasted salmon, cilantro jasmine rice, and steamed broccoli  
\$16.95

## MINI CHICKEN SLIDERS

Antibiotic-free chicken on toasted mini gluten-free buns with a side of ketchup \$15.95

## VEGGIE QUESADILLA

Toasted gluten-free wrap, mozzarella, and sautéed spinach and bell peppers \$13.95

## KIDS HUMMUS PLATE

Fresh veggies (cucumber, carrots, and cherry tomatoes) served with house-made hummus and multigrain crackers \$12.95

## PEANUT BUTTER BANANA TOAST

Toasted multigrain sourdough, natural peanut butter, and banana slices (optional drizzle of honey) \$12.95

## MAC & TREES

Gluten-free macaroni tossed in a creamy mozzarella sauce with steamed broccoli florets  
\$13.95

## FRUIT & YOGURT PARFAIT

Greek yogurt layered with strawberries, blueberries, and homemade vegan granola \$11.95

# DESSERTS

## MATCHA TIRAMISU

Ladyfingers soaked in matcha syrup, layered with mascarpone cream, and dusted with matcha powder \$10.95

## LEMON BASIL CHEESECAKE

Creamy cheesecake infused with lemon and basil, topped with a lemon glaze \$9.95

## CHOCOLATE AVOCADO MOUSSE

Rich chocolate mousse made with ripe avocado, topped with cacao nibs and berries \$7.95

## PINEAPPLE UPSIDE-DOWN CAKE

Moist sponge cake topped with caramelized pineapple and a drizzle of spiced honey glaze  
\$9.95



