



# TAPAS

## SMALL BITES + BIG ENERGY

**GF PATATAS BRAVAS (SPICY POTATOES) 7**

Crispy, Confit Fingerling Potatoes / Spicy House Ketchup  
Garlic Aioli / Green Onion

**GF GAMBAS (GARLIC SHRIMP) 12**

Pan Seared Shrimp / Fino Sherry / Fresh Garlic  
Summer Squash / Fresh Thyme / Crusty Bread

**GF DRUNKEN PIGS 10**

Spanish Chorizo Links / Hard Cider + Honey Reduction  
Sweet Potato Hash / Crusty Bread

**V TOMATO BREAD 8**

Grilled Filone Bread / Smearred Marinated Tomatoes  
Ricotta Cheese / Olive Oil  
Manchego Cheese / Fresh Basil

**V GAZPACHO 5**

Cold, House Made, Tomato Gazpacho / Yogurt  
Spanish Olive Slivers, Crusty Bread

**V GF CHARCUTERIE 12**

Artisan Charcuterie / Craft Cheeses / Pickled Vegetables  
Sweet and Spicy Mustard / Crostini

**V GF PERUVIAN KABOBS**

**Chicken 8 • Shrimp 11 • Smoked Tofu 8 • Beef Tri-Tip 10**

Three Skewers of Sweet + Spicy Peruvian Marinated  
Roasted Red Peppers / Summer Squash / Zucchini  
Charred Pineapple / Agave Chili Glaze

**CHORIZO QUESADILLA TOSTADA 9**

Flour Tortilla / Fresh Chorizo / Mexican Farm Cheese Blend  
Sweet Peppers / Diced Onion Cilantro Yogurt / Pineapple Salsa

**GF SWEET POTATO & LOCAL CHORIZO FRITTATA 9**

Sweet Potato Frittata / Local Chorizo Sausage / Onions / Feta  
Roasted Red Pepper Coulis Cilantro Yogurt Drizzle / Fresh Cilantro

## GLUTEN FREE

PLEASE TELL US TO HOLD THE BREAD, SO IT'S NOT WASTED. THANKS



# BRUNCH

## APPETIZERS

**GF V PROBIOTIC SALAD TRIO 7**

House Made Vegan Kimchi / Raw Sauerkraut / Sweet Beet Kraut

**GF V HUMMUS TRIO 8**

House Made Varieties / Curry / Roasted Red Pepper / Power Green / Fresh Baked Pita Chips

**GF V BREAKFAST BREADS 7**

Variety of Balanced Breakfast Breads from Sunshine & Moons Bakery / Orange Whipped Butter

**V CHIPS + SALSA 5**

House Made / Pineapple Tomatillo Salsa / Local Spent Grain Tortilla Chips

# OAT MEAL BOWL

MORE ENERGY THAN COCAINE

**10**

**GF V**

**CRAFTED FROM NON-GMO OATS / PROTEIN WHIPPED VANILLA + CINNAMON TOFU COCONUT MILK / CHIA SEEDS / FLAX SEEDS**

## INCLUDES 3 TOPPINGS

YEAH WE GENEROUS LIKE THAT

**YOGURT + HONEY CRÈME**

**TOASTED COCONUT**

**WHIPPED PEANUT BUTTER**

**BANANA**

**DARK CHOCOLATE**

**FRESH BERRIES**

**TOASTED NUTS**



# THE BUILDER

## 1. PICK YOUR ENTREE

**GF** **CLASSIC BREAKFAST 6**

Two, Free Range Eggs  
Cooked to Order or Scrambled Egg Whites

**QUESADILLA 11**

12" Tortilla / Mexican Farm Cheese Blend  
Sweet Peppers / Red Onion / Cilantro Yogurt Sauce  
Fried Egg / Pineapple Salsa

**BREAKFAST ENCHILADA 12**

12" Tortilla / Mexican Farm Cheese Blend / Free Range  
Scrambled Eggs / Sweet Peppers / Onions Enchilada  
Sauce / Colorado Green Chili Sauce

**V** **STUFFED FRENCH TOAST 11**

Brioche Toast / Ricotta + Wild Berry Filling  
Wild Berry Compote

**GF** **PERUVIAN KABOBS**

**Chicken 12 • Shrimp 15 • Smoked Tofu 12 • Beef 14**  
Three Skewers of Sweet + Spicy Peruvian Marinated /  
Red Peppers / Summer Squash / Zucchini  
Charred Pineapple / Agave Chili Glaze

**GF** **SWEET POTATO + LOCAL CHORIZO FRITTATA 12**

Sweet Potato Frittata / Local Chorizo Sausage  
Onions / Feta / Roasted Red Pepper Coulis  
Cilantro Yogurt Drizzle / Fresh Cilantro

## 2. ADD SOME PROTEIN

**RED BIRD CHICKEN 3 • LOCAL BREAKFAST SAUSAGE 3**  
**SMOKED TOFU 3 • PECAN SHOULDER BACON 3**  
**BEEF 5 • EAST COAST WILD SHRIMP 6**

## 3. ENJOY A FREE SIDE DISH

**GF V** **PESTO POWER SALAD**

Chickpeas / Edamame / Shredded "Power" Vegetables  
5-Grains + Roasted Sweet Potato  
Dressed in Basil Pesto + Greek Yogurt

**GF V** **HOUSE FRUIT SALAD**

Seasonal Mixed Fresh Fruits / Dressed with Chia Seeds  
Honey Citrus Reduction

**GF V** **SWEET POTATO HASH**

Roasted Sweet Potato / 5-Grains Protein Blend

**GF V** **BADASS VEGGIES**

Seasonal Sautéed  
Not Your Boring, Mushy Granny Veggies



# BRUNCH

## WRAPS + SALADS SO FRESH SO CLEAN

CHOOSE **BIG BOWL** [OR] **12" TORTILLA WRAP**

**GF V THE TUSCAN**

Power Greens / Grape Tomatoes / Red Onion  
Fresh Mozzarella / Artichoke Hearts  
Roasted Red Pepper Yogurt Dressing

**GF V THE MONTEREY**

Power Greens / Grape Tomatoes / Red Onion  
House Made Hummus  
Red Wine Vinaigrette

**GF V THE CELEBRATION**

Power Greens / Strawberry / Red Onion  
Toasted Nuts / Feta  
Champagne Vinaigrette

### PICK A COLD PROTEIN

Chicken	10
Beef	12
Smoked Tofu	10
Shrimp	13

## DRINKS

### SMOOTHIES

20 OZ 8

**BERRIED ALIVE**

Mixed Berries/Pineapple/Banana/Yogurt/Almond  
Milk/Vanilla Protein

**ECTO COOLER**

Matcha/Power Greens/Banana/Pineapple/  
Avocado/Yogurt/Almond Milk/Protein

**FUNKY MONKEY**

Peanut butter/Chocolate Syrup/Banana/Yogurt/  
Almond Milk/Protein

**ESPRESSO YO'SELF**

Espresso/Chocolate Syrup/Yogurt/Almond Milk/  
Chocolate Protein

### KOMBUCHA + YERBA MATE

by Elevated Elixirs

Kombucha is known as the "tea of immortality". Brewed from Yerba Mate, it is fermented with a live culture called a S.C.O.B.Y. (Symbiotic Culture of Bacteria & Yeast). It is a tangy and slightly sweet, living probiotic tea.

Yerba Mate is a high energy infusion tea made from the naturally caffeinated and nourishing leaves of the celebrated South American rainforest mate tree.

- Energizing and low in sugar, caffeine, and calories
- Superfood health tonic loaded with b vitamins and vitamin C
- Detoxifies the body while aiding metabolism
- Linked to many anti-cancer and anti-aging health benefits
- Excellent effect on headaches, hangovers, rheumatic pains, anxiety, and irritability
- The perfect uplifting alternative to soda and alcohol