



SWEETS & PASTRIES

DAILY SELECTION.....6

TOASTS

THE OG AVO *v.*.....12
 lime, corn nuts, cilantro, multigrain toast | add: hard boiled egg + 4

PB & BEE *v.*.....10
 peanut butter, banana, raw honey, bee pollen, sliced berries, multigrain toast

BOWLS & SALADS

ACAI BOWL *GF, V.*.....15
 banana, berries, cocoa nibs, chia seeds, gogi berries, turmeric granola

BELLE ISLE BOWL *GF, V.*.....15
 banana, spirulina, coconut flakes, kiwi, coconut flakes, pistachios

BREAKFAST BOWL *GF.*.....15
 shredded sweet potato hash browns, bacon, super greens, avocado, poached egg, herbs

MEZZE BOWL *v.*.....15
 falafel, za'atar cucumber, tomato, pickled cabbage, kalamata olives, hummus, tzatziki, pita

TOTEM SALAD *GF, V.*.....15
 beans, cashew cheese, sour cream, avocado, radish, tortilla strips, cilantro, poblano salsa

POWER SALAD *GF, V.*.....15
 quinoa, super greens, avocado, almonds, green goddess dressing

OMEGA SALAD *GF, P.*.....19
 miso baked salmon, avocado, edamame, ginger, kale, wakame, sesame dressing

add to any bowl or salad:

grilled chicken breast (6), baked salmon (12), hard cooked egg (4), falafel (2), grilled shrimp (6)

SANDWICHES

served with mixed green salad or substitute to breakfast potatoes +3

ONE HANDER.....	16
folded omelette, gouda, bacon, kewpie mayo, english muffin	
EURO TOASTY.....	18
brie, prosciutto, arugula, extra virgin olive oil, aged balsamic, sullivan street baguette	
VEGAN BAHN MI v.....	17
sweet chili 'meatballs', pickled carrot, cucumber, cilantro, vegan aioli, thai basil, baguette	
' PASTRAMI ' REUBEN v.....	17
house smoked tofu, kraut, pickles, thousand island, dijon, swiss cheese (cashew by request)	

SMOOTHIES

LIDO (IMMUNITY).....	12
coconut water, spirulina, avocado, spinach, grapes, banana	
COCONANAS (ANTIOXIDANT).....	12
coconut milk, coconut meat, banana, agave	
MIND 'S EYE (MENTAL CLARITY).....	12
blackberry, strawberry, mango, orange juice	

add to any smoothie:

collagen (2), spirulina (1), protein (2), maca (1), mct oil (1), chlorella (1), chia (1), ashwagandha (1)

JUICES

PIN-UP (DETOX).....	12
pineapple, green apple, wheatgrass, mint	
SO META (STIMULANT).....	12
carrot, orange, turmeric, pineapple water, mct oil	
VERDE (BALANCE).....	12
celery, cucumber, spinach, dandelion root	
BEET IT (VITAMIN BOOST).....	12
beet, carrot, kale, green apple, ginger	

PARFAITS

PACO.....	7
passion fruit, coconut milk, turmeric, chia seeds, granola, vanilla	
ETERNAL.....	7
seasonal fruit, greek yogurt, granola	

S H O T S

STINGER (IMMUNITY).....	6
ginger, lemon, honey, bee pollen	
LOTUS (GUT HEALTH).....	6
pineapple, ginger, apple cider vinegar, turmeric, cayenne	
THE RX (PREVENTION).....	6
lemon, honey, ashwagandha, chamomile	

V E G A N M Y L K S

MANTRA (HIGH FIBER SUPER NUTRIENT).....	12
coconut mylk, strawberry, vanilla, sea salt, agave	
KARMA (HIGH ANTIOXIDANT).....	12
almond mylk, acai, chocolate pea protein, raw cacao	

S P E C I A L T Y C O F F E E S

MORNING SHAKE (FROZEN).....	8
coffee, banana, chocolate protein	
PERKY (ICED).....	8
espresso, honey, sea salt, cinnamon cold foam	
LONDON FOG (ICED).....	7
earl grey tea, vanilla, coconut foam	

O N T A P

NITRO COLD BREW.....	7
ROSÉ.....	8/24
KOMBUCHA.....	7
rotating flavors	

GF - Gluten Free V - Vegetarian P - Pescetarian

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