



(PLEASE INFORM US OF ANY DIETARY RESTRICTIONS OR ALLERGIES)  
(BREAKFAST SERVED ALL DAY // LUNCH 11 AM - CLOSE)

## SANDWICHES / WRAPS

### DIRTY BURGER 13

Grass-fed or vegan burger, spinach, tomato, choice of cheese, sauteed onions, spicy cashew chipotle, served on a brioche bun (ASK HOW TO GO BIG!)

### DIRTY STEAK + CHEESE 15

Grass-fed shredded steak, provolone cheese, sauteed peppers + onions, pepperoncini, garlic cashew cream, spicy Sriracha, served on a hoagie roll

### WILD CAUGHT TUNA WRAP 14

Wild caught ahi tuna, citrus marinated Napa cabbage + carrot slaw, cherry tomatoes, spinach, pickled onions, honey cashew dijon, served in a spinach tortilla wrap

### BASIC BLT 8

Turkey bacon, sliced tomato, spinach and house-made garlic cashew cream, served on sliced multigrain

### LEMONGRASS CHICKEN 12

Lemongrass-marinated all natural chicken breast, spinach, salsa verde, Napa cabbage + carrot slaw, served on sliced multigrain

## SOUPS / SIDES

LENTIL SOUP	5 / 7
TOMATO SOUP	5 / 7
BONE BROTH + CHICKEN SOUP	7 / 10
CHILI	5 / 7

SEASONAL VEGGIES	6
CURRY + CASHEW CAULIFLOWER	6
SAUTEED VEGGIES	4
ROASTED SWEET POTATOES	4
MIXED GREENS	4
MIXED FRUIT	4
JASMINE RICE	4
HOME-STYLE POTATOES	5

## HAPPY HOUR 3 - 6 PM

ASK ABOUT OUR BEER, WINE, + COCKTAIL SPECIALS

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## BOWLS + SALADS

### BOMBAY BOWL 12

Arugula, curried cauliflower, chickpeas + lentils, cucumber, butternut cashew cream, sweet drop peppers, quinoa, citrus vinaigrette (VG, P)

### CHIMAYO CHILI BOWL 12

Sweet potatoes, peppers, zucchini, heirloom beans, and lentils, slow simmered, topped with house made hummus, pepper jack cheese, and spring onion. Served over jasmine rice (V, GF)

### SEASONAL POKE BOWL 15

Wild-caught raw tuna, avocado, spicy Sriracha, shredded beets, and arugula over tamari marinated jasmine rice and honey cashew dijon

### PESTO SPAGHETTI BOWL 14

Roasted spaghetti squash tossed with seasonal veggies, sauteed onions, house-made basil pesto, extra virgin olive oil, garnished with shaved almond "parmesan", lemon zest, cherry tomatoes, + sprouts (VG,P)

### MEXI-CALI SALAD 12

Arugula, DIRTy de gallo, feta cheese, avocado mash, tostada crumbles, cherry tomatoes, quinoa, salsa verde and spicy cashew chipotle (V,GF)

### SEASONAL SALAD 13

Kale, seasonal veggies, blueberries, quinoa, pumpkin seeds, pickled onion, lemon juice + olive oil drizzle, and honey cashew dijon glaze (V)

### CHOPPED CHICKEN SALAD 10

All natural lemongrass marinated chicken, kale, spinach, cherry tomatoes, cucumbers, sunflower seeds and garlic cashew cream dressing

### BASH BOWL 12

Quinoa, spinach, diced chicken breast, feta cheese, sweet potatoes, shredded beets and butternut cashew cream, drizzled with your choice of dressing

## ADD ONS

Sliced Chicken Breast	5
Wild-Caught Raw Tuna	8
Turkey Bacon	4
Chicken Apple Sausage	4.5
Cage-Free Eggs	3.5
Adashah (vegan protein)	5
Avocado Mash	4.5
Hummus	5
Tofu Scramble	6



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## BREAKFAST / ALL DAY

### CLEAN BOWL 12

Cage-free egg whites, turkey bacon, avocado mash, sauteed red pepper + onions, kale, roasted sweet potatoes, salsa verde (GF, P)

### BLUEBERRY OATMEAL 9

Oats, almond milk, blueberries, maple syrup, house-made berry agave coulis, sliced banana, chia seeds, and shredded coconut (V)

### BASIC BREAKFAST SANDWICH 8

Cage-free eggs, provolone cheese, brioche bun, choice of house-made sauce (V) (Add turkey bacon, vegan sausage or chicken apple sausage +3)

### SAUSAGE, EGG + CHEESE 12

Vegan "sausage" patty, tofu scramble, vegan cheddar, vegan brioche bun, served with your choice of house-made sauce (VG)

### SO-CAL BURRITO 11.5

Cage-free eggs or tofu scramble, pepper jack cheese, quinoa, DIRTY de gallo, spinach tortilla wrap, pickled onions, with your choice of house-made sauce (V)

### MATCHA PROTEIN PANCAKES 14

3 pancakes made with matcha tea, chia seeds, almond milk, gf flour, topped with sliced banana, blueberries, shredded coconut, agave berry coulis and cinnamon maple syrup (VG, GF)

### AVOCADO TOAST 9.5

Smashed avocado, pickled onions, extra virgin olive oil, local sprouts, Maldon sea salt (VG)

#### MENU KEY

V = Vegetarian  
VG = Vegan  
GF = Gluten Free  
P = Paleo

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## SMOOTHIES / BOWLS

### GLOW SMOOTHIE 8.5

Spinach, mango, coconut water, and organic agave, topped with shredded coconut + sliced strawberry (VG, GF, P)

### DEFENSE SMOOTHIE 9

Mixed berries, pineapple, mango, banana, coconut water, topped with blueberries (VG, GF, P)

### ACAI BOWL 12.5

Unsweetened organic acai blended with banana and almond milk, topped with blueberries, banana, chia seeds, and house-made granola (VG)

### SUPER BOWL LIV 13

Blue Majick, pineapple, banana and almond milk, topped with blueberries, strawberries, and shredded coconut (VG)

### SUPPLEMENTS

Grass Fed Whey	3	Organic Chia Seeds	2
Organic Plant Protein	3	Almond Butter	3
Grass Fed Collagelatin	3	Ultimate Shrooms	4
Bulletproof XCT Oil	2.5	Ultimate CBD	4

## COFFEE + TEA

DRIP COFFEE	2
ESPRESSO	2.5
MACCHIATO	3
AMERICANO	3
CAPPUCINO	4
LATTE	4.5
DOUBLE BARREL COFFEE	6
NITRO COLD BREW	4.5
KOMBUCHA ON TAP	4.5

MATCHA GREEN TEA LATTE	5.5
COLD HIBISCUS TEA ON TAP	4
GREEN ZEN TEA	4
CHAI TEA	3.5
TROPICAL FRUIT TEA	3.5
CHAMOMILE	3
ENGLISH BREAKFAST	3
GINGER GREEN	3

MILK OPTIONS //  
WHOLE (NO CHARGE)  
ALMOND (NO CHARGE)  
OAT (+ \$1)

All items are made in a facility that processes nuts, tree nuts (including coconuts), fruits, vegetables, seeds, seaweeds, grasses, meat, fish, and poultry. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Please note that any items prepared without gluten are made in a facility that handles many other wheat products. During normal kitchen operations, there is a possibility for gluten-free items to come into contact with foods that contain gluten. Therefore, we are unable to guarantee that any menu item is completely gluten-free.