



# COFFEE

DRIP COFFEE UNTIL 1 P.M. 3.00  
 POUR OVER COFFEE MARKET PRICE

ESPRESSO 3.00  
 CORTADO 3.50  
 CAPPUCCINO 4.00  
 LATTE 4.50

<i>housemade flavors</i> +.50	MAPLE NUT GOODIE
	EBERT HONEY + CINNAMON
	BLUEBERRY
	VANILLA

MOCHA 5.00  
 DIRTY CHAI 5.50  
 AMERICANO 3.00  
 ESPRESSO TONIC 5.00

ICED COFFEE 4.00  
 N'AWLINS ICED COFFEE 5.00

ADD A SHOT (IT'S A DOUBLE!) +1.00  
 OAT OR ALMOND M\*LK +1.00

# NOT COFFEE

HOT CHOCOLATE 4.50  
 CHAI LATTE 5.00  
 MATCHA LATTE 5.00  
 MATCHA TONIC 5.50

ICED TEA BLACK OR GREEN CITRUS 3.00  
 RISHI LOOSE LEAF HOT TEA 4.00

<i>black</i>	<i>green</i>	<i>herbal</i>
EARL GREY LAVENDER ENGLISH BREAKFAST WILD THAI	JADE CLOUD JASMINE RASPBERRY GREEN	HIBISCUS BERRY PEPPERMINT ROOIBOS TURMERIC GINGER

SMOOTHIE 7.50  
 MADE WITH OAT M\*LK, BANANA, CHIA, & FLAX

<i>mango turmeric</i>	<i>berry beet</i>	<i>green honey</i>
-----------------------	-------------------	--------------------

ADD PLANT PROTEIN +1.00

ALL PRICING INCLUDES TAX



# BITES & BOWLS

## Breakfast Sandwiches GLUTEN FREE +0.50

**EL RANCHERO** 7.50  
CHORIZO, AVOCADO, SPICY AIOLI, EGG, CHEESE

**GARDEN DELIGHT** 7.50  
AVOCADO, TOMATO CHUTNEY, AIOLI, EGG, CHEESE

**IOWA SUNRISE** 7.50  
BACON, PESTO, AIOLI, EGG, CHEESE

**SO BASIC** 7.00  
BACON, EGG, CHEESE

## Steel Cut Oats SERVED UNTIL 11

**FRUIT & NUT** 6.00  
BLUEBERRIES, ALMONDS, BROWN SUGAR, MILK

**CHUNKY MONKEY** 6.00  
BANANA, CHOCOLATE, PECANS, BROWN SUGAR, MILK

**SAVORY SUNSHINE** 7.00  
AVOCADO, SWEET POTATO, SPINACH, SUNNY EGG\*

## Grain Bowls

**SOUTHWEST** 10.00  
QUINOA, SPINACH, CHORIZO, EASY EGG\*, BLACK BEAN & TOMATO PICO, AVOCADO, SPICY AIOLI

**MEDITERRANEAN** 10.00  
QUINOA, SPINACH, CHICKPEA, TOMATO, RED ONION, OLIVE, FETA, TZATZIKI

**THAI CHICKEN** 10.00  
QUINOA, SPINACH, CHICKEN, CARROT, EDAMAME, SWEET PEPPER, PICKLED RED CABBAGE, PEANUT SAUCE

## Lunch Sandwiches GLUTEN FREE +0.50 >> SERVED WITH SIDE SALAD >> UPGRADE TO SOUP +1.50

**EGG ON YOUR FACE** (COLD) 9.50  
BACON, EGG SALAD, AVOCADO, TOMATO CHUTNEY

**CHICKEN COOP** (COLD) 9.50  
CRANBERRY CHICKEN SALAD, SPINACH, ALMONDS

**CALI FRESH** (COLD) 9.50  
TURKEY, AVOCADO, TOMATO CHUTNEY, AIOLI, CHEESE

**TURKEY CUBANO** 9.50  
TURKEY, PICKLE, STONE GROUND MUSTARD, CHEESE

**CHICKEN PESTO** 10.00  
CHICKEN, TOMATO CHUTNEY, PESTO, AIOLI, CHEESE

**KICKIN' CHICKEN** 10.00  
CHICKEN, BACON, AVOCADO, SPICY AIOLI, CHEESE

KITCHEN CLOSSES AT 1:30 PM