

Sandwiches

Sea Scallop Po Boy 17 Seared U-10 Scallops Between A Freshly Baked Brioche, drop of Citrus Remolade with Raw Cajun Slaw in Brioche

The Beast 18 Hanger Steak, Arugula, Horseradish Cream & Red Onion in French Boule

Phoenix Plant Burger 16 Grilled Rice Burger, Avocado, Tomato, a Mound of Onion Micro Sprout and Chipotle Aioli on Brioche

Lions Mane Burger 16 Lions Mane Mushroom & Shiitakes on Brioche Arugula, Miros with White Truffle Aioli

Caterpillar's Caprese 15 Sundried Tomato, Goat Cheese, Basil & Grilled Zucchini in Multigrain

Free Bird 16 Grilled Chicken, Garlic Spinach, Roasted Red Pepper, Basil Aioli in French Boule

BUUrly Bison 16 Bison Steak Burger, Meunster, Onion, Arugula, and Truffle Aioli in Brioche (Med Temp)

Cajun Beauty 15 Blackened Sweet Potato Tacos w/ Citrus Veganise in Cassava Tortillas / Add: Carmelized Onion, Roasted Red Pepper

Fresh Catch Tacos 17 Locally Caught Blackened Mahi Mahi Served in two Siete Cassava Tortillas with Avocado, Raw Slaw side, Cilantro & Citrus Aioli

Bowls

Served over Cilantro Quinoa Farro Blend, Kale, Cabbage, Carrots, Sesame

Buddha Bowl with Chick Peas, Peanuts w/ Savory Sesame Aioli 15

Grilled Organic Curry Chicken w/ Savory Sesame Aioli 16

Ahi Poke & Avocado w/ Savory Chipotle Aioli 17

Lunch Sides

Amazing Notes. Made with Sunflower & EVO

Crispy Broccoli w/ Chipotle Aioli 7

Traditional Fries w/ Ketchup 7

Sweet Potato Fries w/ Ketchup 7

"Cashew" Hummus & Seeded Crackers 9

More Sides

Guac & Seeded Crackers 12

Organic Plant Based Treats

Petite Banana Loaf - GF 4

Power Cookies - GF 4

Chocolate Dipped

Cookie Dough Bites 12

Chocolate Chip Cookies - GF 4

Lemon Zest Date Balls 12

Dark Chocolate Nut Clusters 12

Kakow Buckeyes 12

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Organic Greens

Make Any Salad a Wrap in a Gluten Free Cassava Tortilla for 3.00

Grilled Artichoke Arugula 16 Bountiful Bowl of Little Gem Greens And Arugula, Farm Cheese Cucumber, Sprouted Pumpkin Seeds, Grilled Artichokes And Micro Greens With Fennel Vinaigrette

Sweet Greens 16 Little Gem Greens, Sunflower Sprouts, Seasonal Berries, Avocado with Balsamic Vinaigrette | *Add Farm Cheese 2

King Caesar 16 Organic Fine Shred Kale With Shaved Brussles, Parmesan Shavings, House Made Baked Croutons And Caesar Vinaigrette

Tahini Green Kale 16 Little Gem Greens And Kale Served With Roasted Sweet Bell Peppers, Heirloom Tomatoes, Kalamata Olives, Feta, Sweet Onion, Cucumber With Tahini Dressing

Herbed Greens 16 Abundant Bowl of Mixed herbs & Garden Greens, Quinoa, Butternut Squash Nibs, Vio-Life Feta, Seeded Granola Sprinkle with Meyer Lemon Fig Balsamic Drizzle **vegan**

Add Ons

Pasture Raised Chicken Breast 8

Fresh Catch 12

U-10 Sea Scallops 16

Jumbo Lump Crab Cake 16

Ora King Salmon 14

Frozen Bowls

Islander 12 Acai, Granola, Banana, Strawberries, Hemp Hearts

Add Peanut Butter 2

Smoothies 21 oz

Mint Coco Chip 12 Banana, Avocado, Spinach, Bio farms Honey, Cashew Mylk, Mint * Cacao Nibs

The Havana 12 Mango, Guava, Strawberry, Turmeric , Coco Water

Southern Most Sunset 12 Strawberry, Banana, Greek Yogurt

Peanut Butter Cup 12 Banana, Peanut Butter, Cashew Mylk, Spinach, Bio Farms Honey

Add Blue Spirulina 3

Breakfast

Mimi's Maple Walnut Granola Bowl 14 Slow baked Organic Oats & Toasty Maple Walnuts served with Seasonal Berries and Nut Mylk

P.B. Nana Pancakes 15 Organic Griddle Made cassava protein cakes with bananas, Creamy PB, and Maple Syrup

The Morning Glory 15 Vanilla Bean Berry French Toast made with Grilled Brioche Dipped in our Vanilla Bean Local Pasture Raised Egg mix with Organic Berries and Fresh Whipping Cream

Fair Lady's Croissant 14 Feta, Spinach, 2 Pasture Eggs, Freshly Baked Croissant

Cali Huevos Rancheros 13 2 Local Pasture Raised Eggs, Ranchero Sauce, Avocado, Served in Siete Cassava Tortilla with Micro Greens

The Cali 14 Savory Seeduction Toast with Avocado Mash, EVOO, Lemon Zest, and Locally Sprouted Micro Greens
*ADD 1 Over Easy Heritage Egg 3

Her Man's Croissant 14 Nitrate-Free Bacon, 2 Local Pasture Raised Eggs & Muenster, Freshly Baked Croissant

Truffle Brioche 15 2 Local Pasture Raised Egg, Spinach, Farm Cheese with Organic White Truffle Drizzle, and Micro Greens. Served with a Petite Heirloom Salad

Sunsational Fruit 13 Seasonal Fruit, Coconut Flakes, with Local Honey & Nut Crumble

Farm Fresh Burrito 14 2 Pasture Raised Eggs, Nitrate-Free Bacon, Farm Cheese, Tomato & Chipotle Aioli in Flour Tortilla

Add Ons

Make It Vegan 4 Just Egg, Violife, Lions Mane, Tomato & Chipotle Aioli

Make It Gluten-Free 3 Jumbo Cassava Tortilla

Necessities

Ricotta Danish 5

Butter Croissant 4.50

Chocolate Croissant 5

Almond Croissant 6

Pressed Cuban Toast 4

Avocado 4 Tomato 4

2 Pasture Raised Heritage Eggs 8
Served over easy!

Nitrate - Free Farm Bacon 8

Apple Chicken Sausage 8

Cooler Beverages

Counter Culture Local Kombucha 8

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions., poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Coffee

Served 16oz Hot or Chilled with Organic Whole Milk or Half & Half. We also make in house Cashew Mylk. 100% Natural Organic Goodness!

Daily Dose 3.50 Espresso Shot

Doppio 4 Double Espresso Shot

Daily Drip 3.50 House Brew

Vanilla Lavender Iced Latte 7

Café Con Leche 6

Americano 4.50 Double Espresso and Filtered Water

Cafe LaTTe 5.50 Add Organic Flavor or Organic Housemade Cashew Mylk 1.5

Heirloom KaKow Mocha 7 Holy Kakow Peruvian Cacao Goodness

Macchiato 5.50 Espresso with a Dash of Frothy Steamed Milk

Add Local Honey .75

Organic Adaptogenic Teas

Served 16oz Hot or Chilled with Organic House made Cashew Mylk

Golden Mylk Adaptogenic Latte 9 Turmeric, Black Pepper, Sweet Spices, Local Honey with House Made Organic Cashew Nut Mylk

Sexy Majick Mermaid Mylk Latte 9 Blue Spirulina, Maca, Ashwaganda, Local Honey, with House Made Organic Cashew Mylk

Matcha Mylk Latte 9 Japanese Green Tea Matcha with Local Wildflower Honey and Housemade Organic Cashew Nut Mylk

Rose Mylk Latte 9 Whimsicle Pink Rose Latte, Ashwaganda, Maca, Reishi, Local Wildflower Honey, with House Made Organic Cashew Mylk

Iced Chai Latte 6 Served with Organic Milk

Brewed Tea 4

Organic Cold Pressed Juices

100% Organic Cold Pressed Juice, 16 oz of Liquid Gold. Good For You!!

Lemon Cleanse 12.75 Filtered Water, Lemon Juice, Maple Syrup, Cayenne

Clean Green 12.75 Cucumber, Celery, Kale, Parsley, Lemon

Sweet Treat 12.75 Carrot, Pineapple, Orange, Ginger

Ruby Red 12.75 Carrot, Beet, Apple, Ginger, Lemon

Artisinal Soda

Organic Artisanal House Soda, 20 oz

Vanilla Lavender 4.50 Cool & Calming

Cardamom Rose 4.50 Clean & Refreshing

Orange Creamsicle 4.50 Sweet Memories

Scotch and Soda 4.50 Summer Fun Fling

