

kitchen menu

available 8am-3pm everyday

overnight oats – 6

berry vanilla or banana chocolate

house-made granola and yogurt – 10

topped with seasonal fruits

avocado smash – 15

on sourdough or gluten free bread, with lemon and paprika toated seeds
add egg +2

curried carrot & tahini toast – 15

whipped tahini fluff, curried carrots and mint julienne on sourdough or gluten free bread

croissant sandwich – 13

aged cheddar, choice of sausage or avocado and scrambled eggs on a house-baked croissant

power wrap – 18

choice of sausage or marinated tofu, scrambled eggs, home fries, avocado, cheddar, salsa roja

crunchy kale caesar wrap – 16

grilled chicken or tofu, kale, radish, red onion, crunchy seeds, vegan caesar

kale caesar – 17

grilled chicken or tofu, kale, radish, housemade sourdough croutons, vegan caesar
add egg +3
add avocado +4

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