

ALL DAY

OCEAN & FIFTH
cafe
BREAKFAST

HANDHELDS & TOASTS

The Classic \$10

Two Fried Eggs | Sharp Cheddar Cheese | Crispy Bacon | Basil Aioli | Toasted Bolo

Get Spicy \$13

Linguica | One Fried Egg | Pepperjack | Onions | Peppers | Hashbrown | Sriracha Aioli | Toasted Bolo

The Powerlifter \$13

Egg whites | Crumbled Feta | Spinach | Oven Roasted Tomato | Chicken Sausage | Spinach Wrap

Figgin' Fancy \$14

Stracciatella | Caramelized Fig Jam | Prosciutto | Arugula | Local Honey | Toasted Sourdough

Hammy Sammy \$13

Sliced Ham | Swiss | Maple Bacon | Minced Red Onion | Arugula | Hot Honey | Croissant

Avo Smash \$11

Smashed Avocado | Arugula | Red Pepper Aioli | Pickled Onions | Pepitas | Toasted Sourdough

B O W L S

The Tofu Scramble Bowl \$15

Marinated Tofu Scramble | Sweet Potatoes | Charred Pickled Onions | Roasted Cauliflower | Quinoa | Sriracha Aioli

The Casa Blanca Bowl \$11

Jasmine Rice | Tri Colored Carrots | Spinach | Crumbled Feta | Pepitas | 2 Runny Eggs

Sunshine Bowl \$9

Greek Yogurt | Seasonal Fruit | Granola | Toasted Coconut | Local Honey | Chia Seeds | Hemp Hearts
Add Nutella \$2

T H E B A G E L B A R

BAGELS \$4

(all bagels are made from house made sourdough)

Plain, Asiago Cheddar Everything, Sesame, Cinnamon Sugar Crunch

CREAM CHEESES \$2

Plain, Scallion and Garlic, Garden Vegetable, Guava

SMOOTHIES, JUICES, & ACAI

Island Girl Smoothie \$10

Mango | Pineapple | Bananas | Vanilla Collagen | Turmeric | Coconut Milk

Green Glow Smoothie \$10

Kale | Spinach | Pineapple | Watermelon | Mint | Aloe

Root Revival Juice \$10

Carrot | Apple | Ginger | Beets | Pear

The Green Juice \$10

Celery | Parsley | Spinach | Cucumber | Apple | Lemon

Freshly Squeezed OJ \$9

Oranges

Acai Classic \$10

Acai | Banana | Blueberries | Granola | Coconut | Honey | Chia Seeds | Hemp Hearts
Add Nutella \$2

G O U R M E T S I P S

The Fifth Ward Latte \$8/\$10

Brown Sugar | Cinnamon | Vanilla

Salty Breeze Latte \$8/\$10

Caramel Sauce | Vanilla | Flaky Sea Salt | House Cold Foam

Morning Miel Latte \$7/\$9

Local Honey | Vanilla | Cinnamon

Caramel Macchiato \$7/\$9

Caramel Latte \$6/\$8

Vanilla Latte \$6/\$8

Ceremonial Grade Matcha Latte \$7/\$8

Cold Brew Coffee \$6/\$7

Nitro Cold Brew Coffee \$7/\$9

Cappuccino \$5/\$7

Fairtrade Organic Coffee \$4/\$5

Slow Drip Decaf \$3.50/\$4.50

Chai Latte \$7/\$8

Assorted Tea \$4/\$5

MILKS: Whole, Skim, Almond, Oat, Pistacchio, Coconut, Cream

A D D O N S

Chicken Sausage \$4

Regular Bacon \$2

Avocado \$2

Impossible Sausage \$3

Extra Cheese \$1

Hashbrown \$3

Maple Bacon \$3.50

Egg \$2

Turkey \$4

Gluten Free Bread \$2

11AM - 3PM



MADE TO ORDER

Buffalo Chicken Caesar Wrap \$15

Buffalo Chicken Cutlet | Baby Romaine | Shaved Parmesan | Caesar Aioli | Sliced Onion | Tomato | Spinach Wrap

Turkey Sub \$15

Thin Sliced Turkey | Cheddar | Tomatoes | Minced Red Onion | Shredded Lettuce | Sun Dried Pepper Aioli | Oregano | Sub Roll

Basil One \$15

Stracciatella | Pesto | Prosciutto | Arugula | Tomato | Basil Aioli | Balsamic Drizzle | Toasted Sourdough

BLAT \$12

Crispy Bacon | Tomatoes | Shredded Lettuce | Sun Dried Pepper Aioli | Avocado | Toasted Sourdough

Eggplant/Chicken Parm \$15

Eggplant or Chicken | Spicy Vodka | Prosciutto | Mozz | Basil | Toasted Roll

Teriyaki Warrior \$18

Marinated Chicken Thighs | Jasmine Rice | Seasonal Vegetable Stir Fry | Sriracha Aioli | Green Onion

The Basic Bish Bowl \$15

Sweet Potato | Whipped Cottage Cheese | Tofu Crumble | Spinach | Pickled Onions | Hot Honey | Jasmine Rice

SOUP'S ON

Soup of the Day \$7.50

GRAB & GO

Lemon Orzo \$6

Orzo | Cucumber | Dill | Red Onion | Roasted Tomato | Lemon Dijon Vinaigrette | Bell Pepper

Asian Chicken Salad \$10

Carrots | Red Cabbage | Edamame | Green Onion | Black Sesame | Asian House Marinade

Chicken Tenders \$9

Gluten Free Chicken Tenders | House Honey Mustard

Tortellini Greek Salad \$7

Cheese Tortellini | Cucumber | Tomato | Red Onion | Feta | Bell Peppers | Olives | House Red Pepper Aioli

Creamy Mac N Cheese \$7

Creamy Cheese Cavatappi | Parmesan Romano | Gruyere Cheese | Mozz | Butter Cracker Topping

Day Old Sleeve of Bagels \$10

Fresh Sourdough Loaf \$16



GOURMET SWEETS

Granola \$8

Muffins daily specials \$5

Cookies daily specials \$5

Specialty Cookie daily specials \$5

Chocolate & Plain Croissants \$4+

Cupcake daily specials \$4.50

FOOD ALLERGY NOTICE: PLEASE NOTIFY OUR STAFF OF ANY ALLERGIES BEFORE ORDERING. MENU ITEMS MAY CONTAIN OR COME INTO CONTACT WITH MILK, GLUTEN, EGGS, WHEAT, SOY, PEANUTS, TREE NUTS, FISH, SHELLFISH, AND SESAME.