

ALL DAY



HANDHELDS & TOASTS

***The Classic \$9.50**

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

***Get Spicy \$11.50**

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

***The Powerlifter \$11.50**

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

Figgin' Fancy \$12.50

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

***Hammy Sammy \$12.50**

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

Avo Smash \$9

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

BOWLS

The Tofu Scramble Bowl \$13.50

Marinated Tofu Scramble | Sweet Potatoes | Charred Pickled Onions | Roasted Broccoli | Jasmine Rice | 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

Acai Classic Bowl \$10

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

THE BAGEL BAR

BAGELS \$4

(all bagels are made from house made sourdough)

Plain, Asiago Cheddar Everything, Sesame, Blueberry

CREAM CHEESES AND WHIPPED BUTTER \$2

Plain, Scallion and Garlic, Garden Vegetable, Guava
Whipped Cinnamon Butter

SMOOTHIES & JUICES

Island Girl Smoothie \$10

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

Strawberry Banana Smoothie \$8

Strawberry | Banana | Whole Milk

*add PB Protein \$2

Root Revival Juice \$10

Carrot | Apple | Ginger | Beets | Pear

The Green Juice \$10

Celery | Parsley | Spinach | Cucumber | Apple | Lemon

Freshly Squeezed OJ \$8

GOURMET SIPS

The Fifth Ward Latte \$8/\$10

Brown Sugar | Cinnamon | Vanilla

Salty Breeze Latte \$8/\$10

Caramel Sauce | 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 \$6/\$8

Cold Brew Coffee \$5/\$6

Nitro Cold Brew Coffee \$6/\$7

Cappuccino \$5/\$7

Fairtrade Organic Coffee \$4/\$5

Slow Drip Decaf \$3.50/\$4.50

Chai Latte \$6/\$7

Assorted Tea \$4/\$5

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

ADD ONS

Chicken Sausage \$4

Avocado \$2

Extra Cheese \$1

Maple Bacon \$3.50

Turkey \$4

Regular Bacon \$2

Slice of Sourdough \$2

Hashbrown \$3

Egg \$2

Gluten Free Bread \$2

ALL DAY



MADE TO ORDER

Buffalo Chicken Wrap \$13.50

Crispy Chicken | Baby Romaine | Red Onion | Blue Cheese Dressing | Spinach Wrap

Double Smash Burger \$14.50

Cheddar Cheese | Burger Sauce | Caramelized Onions | Shredded Lettuce | Sweet Pickles | Potato Bun

Basil One \$13.50

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

BLAT \$11

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

The Chicken Caesar Sando \$14.50

Chicken Cutlet | House Made Caesar Dressing | Parmesan | Roasted Tomato | Baby Romaine | Toasted Sourdough

FRESH SALADS

The Greek \$13.50

Quinoa | Oven Roasted | Cured Olives | Feta | Cucumber | Pita
Add Chicken \$5

Chopped Thai \$13.50

Red Cabbage | Edamame | Carrots | Toasted Cashews | Sesame | Orange Miso Vinaigrette
Add Chicken \$5

Strawberry and Arugula \$12.50

Goat Cheese | Smoked Almonds | Radish | Buttermilk Poppyseed Vinaigrette
Add Chicken \$5

GRAB & GO

Lemon Orzo \$6

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

Asian Chicken Salad \$8

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

Tortellini Greek Salad \$7

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



GOURMET SWEETS

Muffins daily specials \$5

Cookies daily specials \$4

Chocolate & Plain Croissants \$4+

Cupcake daily specials \$4.50

Sourdough Loaf \$12

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.

*SOME ITEMS MAY BE SERVED RAW OR UNDERCOOKED. PLEASE BE AWARE THAT CONSUMING THESE FOODS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.