BREAKFAST

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

__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
Add Peanut Butter $2

SIDES

Chicken Sausage $4
Avocado $2
Extra Cheese $1
Maple Bacon $3.50
Ham $4
Regular Bacon $2
Slice of Sourdough $2
Hashbrown $3
Egg $2
Gluten Free Bread $2

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 $7__
Carrot | Apple | Ginger | Beets | Pear

__The Green Juice $7__
Celery | Parsley | Spinach | Cucumber | Apple | Lemon

__Freshly Squeezed OJ $7__

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 Drip Coffee $4/$5__

__Slow Drip Decaf $3.50/$4.50__

__Chai Latte $6/$7__

__Assorted Hot Tea $4/$5__

__MILKS:__ Whole, Skim, Almond, Oat, Pistachio, Coconut

THE BAGEL BAR

__BAGELS $4__
__(all bagels are made in house)__
Plain, Asiago Cheddar Everything, Sesame, Garlic Parm, Seasonal Special

__CREAM CHEESES AND WHIPPED BUTTER $2__
Plain, Scallion and Garlic, Garden Vegetable, Seasonal Special

LUNCH

MADE TO ORDER

__Buffalo Chicken Wrap $13.50__
Shredded 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__
Grilled Chicken | House Made Caesar Dressing | Parmesan | Roasted Tomato | Baby Romaine | Toasted Sourdough



GOURMET SWEETS

__Muffins__ daily specials __$5__
__Cookies__ daily specials __$4__
__Chocolate & Plain Croissants $4+__
__Scones__ daily specials __$4__
__Sourdough Loaf $15__

SALADS & SPECIALS

__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

__Autumn Orchard Salad $12.50__
Green apples, Candied Walnuts, Dried Cranberries, Dried Apricots, Arugula, Radish, Blue Cheese, and Homemade Apple Vinegar Dressing
Add Chicken $5



__Blueberry Bacon Grilled Cheese $12.95__
Blueberry balsamic compote, Brie, Swiss, maple bacon, on housemad sourdough

__Green Apple Grilled Cheese $12.95__
Green apple, stracciatella, Swiss, maple bacon on housemade sourdough

__Turkey & Brie $13.50__
Sliced Turkey, Brie, Cranberry Sauce, Arugula, Sliced Green Apple on housemade sourdough

OCEAN & FIFTH
cafe

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.