

## BREAKFAST ALL DAY

BREAKFAST SANDWICH |\$7|

bacon, egg & cheese on a Bay's English muffin

HAM AND CHEESE CROISSANT |\$7|

OVERNIGHT OATS |\$6| apricot, pistachio

CHIA PUDDING |\$4|

AVOCADO TOAST |\$10|

True Loaf wheat

*add egg |\$2|*

*bacon |\$3|*

*smoked salmon |\$4|*

SMOKED SALMON

BAGEL |\$15|

house made bagel

cream cheese

red onion

heirloom tomato

capers

SCRAMBLED EGGS |\$9|

tomato, cheese &

whole wheat toast

FRENCH TOAST |\$11|

fresh strawberries

whipped cream

pistachios

GREEK YOGURT |\$9|

chia jelly

banana

blueberries

granola, pumpkin seeds

hemp seeds

dried mulberries

### SMOOTHIES |\$9|

GREEN DETOX

kale, pineapple, ginger lemon  
honey, orange juice, hemp seed

MIAMI PINK

strawberry, banana, greek yogurt  
almond milk, chia seed

MORNING SUNSHINE

banana, blueberry  
almond butter, almond milk

*add vanilla vegan protein |\$1|*

## BEVERAGE

Homemade Lemonade |\$5|

Fresh-squeezed orange juice |8oz. \$5|

Iced Tea |\$4| green or black

Boylan's Soda |\$4| assorted flavors

San Pellegrino, Panna |500ml \$4|

RADIATE KOMBUCHA |\$8|

GINGER SHOT |\$2|

PANTHER COFFEE

Brewed |sml \$3| |lrg \$4|

Cold Brew |\$4.50|

Espresso |\$3|

Macchiato |\$3.50|

Cappuccino |\$4.50|

Latte |\$4.50|

MATCHA LATTE |\$4.50|

TURMERIC LATTE |\$4.50|

JOJO TEA |\$4|

Earl Grey, Green-Jasmine, Chai

Chamomile ◇ decaf

## LUNCH AFTER NOON

TODAY'S SOUP |\$6|

GRAIN BOWL |\$14|

kimchi, sprouts, radish, pickled onions  
hummus, avocado, tahini sauce

SHRIMP TACOS |\$14|

purple cabbage & cilantro, pickled onions  
crema, taquiza blue masa tortilla

### SANDWICHES

TURKEY |\$14| lettuce, tomato

cheddar, herb mayonnaise

True Loaf sourdough

CAPRESE |\$14| pesto, tomato, mozzarella,  
ciabatta

CHICKEN CLUB |\$14| tomato, lettuce  
bacon, herb mayonnaise, ali's multigrain

PRESSED PORK |\$14|

gruyère, pickles, mustard, ciabatta

### SALADS

\*TUNA NIÇOISE |\$15|

green beans, potato, tomato  
pickled onion, kalamata olives  
greens, lemon aioli

\*GREEK |\$13|

cucumber, tomato, red onion, kalamata olives  
French feta, Red wine vinaigrette

\*ROASTED BEETS |\$13|

greens, seeds, goat cheese  
meyer lemon vinaigrette

\*GREENS SML \$4 LRG \$6

meyer lemon vinaigrette

*\*ADD CHICKEN |\$4| SHRIMP |\$6| AVOCADO |\$2|*

## BEER, WINE &...

TODAY'S CARAFE OF SANGRIA |\$21|

SPRITZ |\$10| prosecco. casoni liqueur, orange

glass ◇ bottle

BOTTLED BEER

Pilsner Urquell, Czech Republic |\$7|

Corona Extra, Pale Lager, Mexico |\$7|

WINES

Prosecco, Indigenous, Italy |\$11| |\$44|

Pinot Grigio, Sartori, Italy |\$9| |\$36|

Chardonnay, CA |\$11| |\$44|

Rosé, Cesar, France |\$10| |\$40|

Pinot Noir, Reto, Chile |\$9| |\$36|

Red Blend, Lua Rossa CA |\$12| |\$48|