

# breaklast

THREE EGGS YOUR WAY | 12

served with home fries, dressed greens. and toast

BUILD YOUR OWN OMELETTE | 15 served with home fries, dressed greens,

and toast

SELECT THREE FILLINGS

cheddar | goat cheese | monterey jack vegan mozz|spinach|tomato mushroom | avocado | caramelized onions turkey bacon | turkey sausage | turkey chorizo

THE BEC | 8

turkey bacon, over medium egg, cheddar, chipotle ketchup, on brioche bun

THE ESSEX | 8

turkey sausage, over medium egg, cheddar, dijonaise, on a brioche bun

THE ANGRY ESSEX | 8

turkey chorizo, over medium egg, pepper jack, sriracha aioli, on a brioche bun

THE EASY | 7

scrambled eggs, caramelized onions, chives, cheddar, chipotle ketchup, on a brioche bun

SOCAL BREAKFÁST BURRITO | 12 turkey chorizo, eggs, fries, pico, roasted

peppers, goddess sauce, pepper jack, wrapped in a flour tortilla

EL TORO BREAKFAST BURRITO | 13 brisket, eggs, onions, home fries, chipotle BBQ, chimichurri, crispy shallots, wrapped in a flour tortilla

THE AVO BREAKFAST BURRITO | 12 fried avocado, eggs, home fries, sriracha

BIG FISH BAGEL | 13

smoked salmon, pickled onion, cream cheese, cucumber, capers, on an everything bagel

aioli, greens, wrapped in a flour tortilla

# sides & shares

**HOME FRIES | 5** 

TOAST | 2 sourdough or multigrain

GLUTEN FREE MULTIGRAIN | 3

DRESSED GREENS | 3

TURKEY SAUSAGE | 6

house made turkey sausage, 2 patties per

IMPOSSIBLE VEGAN SAUSAGE | 7

TURKEY BACON | 6

Thick sliced turkey bacon, 4 slices per order

HALF AVOCADO | 2 Sea salt flaked

BAGEL | 3

Plain, everything | butter, cream cheese

YOGURT & GRANOLA BOWL | 7

SEASONAL FRUIT BOWL | 6

# mornin' vegan

**VEGAN BREKKIE PLATE | 16** 

vegan JUST egg scramble, vegan impossible 'sausage', home fries, dressed greens, toast, avocado

FALAFEL BREKKIE BOWL | 13

falafel, home fries, beet hummus, avocado, greens, tumeric tahini

SCRAMBLER BREAKFAST BURRITO | 13

vegan JUST egg scramble, kale, mushroom, avocado, pesto, home fries, wrapped in a flour tortilla

SOVEGAN BREAKFAST BURRITO | 13

vegan JUST egg scramble, impossible sausage, refried beans, goddess sauce, pico, fries, wrapped in a flour tortilla

STEEL CUT OATMEAL | 7

topped with granola, cinnamon, maple syrup

AVOCADO MASH | 8

seasoned & mashed avocado, topped with radish, tomato, pepper flakes, served on thick cut multigrain

CHICKPEA MASH | 8

beet hummus topped with avocado and smoked paprika, served on thick cut multigrain

# brunch specialities

EGGS BENNY | 14

poached eggs and hollandaise with your choice of protein on a herb bun, served with home fries and greens

FRIED CHICKEN & WAFFLES | 16

nashville fried chicken on vanilla buttermilk waffles served with maple butter

MAPLE BUTTER PANCAKES | 15

choice of blueberry, chocolate chunk, or plain, served with maple butter

VANILLA BUTTERMILK WAFFLE | 15

topped with fresh berries, bananas, and cream, served with maple butter

CHURRO FRENCH TOAST | 16

brioche dipped in house custard, seared cinnamon sugar, topped with fresh berries, bananas, and cream

BREKKIE WAFFLE SLIDERS | 16

fried eggs, turkey bacon, turkey sausage, cheddar, hot honey drizzle, served on waffle with maple butter

FRENCH TOAST BACON EGG & CHEESE | 16

scrambled eggs, turkey bacon, cheddar, served between french toast with maple butter

**BRUNCH BURGER | 18** 

steakhouse blend burger, fried egg, turkey bacon, cheddar, avocado, sriracha aioli, served on a brioche bun

CHIMICHURRI STEAK & EGGS | 19

8 oz grilled chimichurri steak, three eggs your way, home fries, toast and dressed greens

**HUEVOS RANCHEROS | 16** 

eggs, turkey chorizo, refried beans, avocado, corn, pico. Served on a crispy tortilla with potatoes, topped with cojita, goddess sauce, crema and sriracha

GRILLED BREKKIE PLATTER | 16

two eggs your way, choice of turkey bacon, turkey sausage, or avocado. Served with pancakes, waffle, or french

> served all day EVERY DAY.



# LUNCH & DINNER

# MAC & CHEESE SKILLET | 12

four cheese blend, served as is or topped with crispy buffalo chicken or bbq braised brisket +\$4

### LA QUESADILLA | 11

Loaded with jack cheese, peppers & onions, pico, guac, goddess sauce, crema, toasted in a flour tortilla ask for vegan & gluten free!

IMPOSSIBLE 'meat' and vegan mozz +\$5

Add grilled chicken +\$3

Add braised brisket +\$4

Add tortilla crusted shrimp +\$4 Add carne asada +\$5

Sub gluten free tortilla +\$2

#### CHICKEN TENDERS & FRIES | 14

Plain

Buffalo

Chili honey

Parmesan truffle +\$1

## POLLO ASADO TACOS | 13

Lemon herb grilled chicken topped with guac, pico, goddess sauce, cojita, radish, served on gluten free corn tortillas

## CARNE ASADA TACOS | 16

Grilled ribeye topped with guac, pico, chipotle aioli, cotija, radish, served on gluten free corn tortillas

# FISH TACOS | 16

Battered mahi mahi, guac, slaw, chipotle aoili, ialapenos, served on gluten free corn tortillas

# BRAISED BRISKET TACOS | 15

Braised brisket topped with avocado, chipotle BBQ, pickled onion, cilantro, and cotija, served with gluten free corn tortillas

### VEGAN STREET TACOS | 15

spiced IMPOSSIBLE 'meat', guac, corn, pico, jalapenos, served on gluten free corn tortillas

### SHRIMP PO BOY TACOS | 15

Tortilla crusted shrimp, slaw, pico, corn, creole

#### SPINACH & ARTICHOKE DIP | 12 Served with tortilla chips

# MAC & CHEESE BITES | 8

fried mac & cheese, served with sriracha aioli

#### CRISPY AVOCADO FRIES | 8

cut and breaded avocado slices, served with sriracha

# HUSH PUPPIES | 8

fried cornbread batter, served with maple butter and creole aioli

#### VEGAN NACHOS | 15

spiced IMPOSSIBLE 'meat', vegan mozz, guac, pico, jalapenos, black beans, goddess sauce, sriracha, served on corn tortilla chips

#### PARMESAN TRUFFLE FRIES | 10

Crispy fries tossed in truffle oil and parmesan, served with sriracha aioli and chipotle ketchup

SWEET POTATO FRIES | 6 BATTERED ONION RINGS | 7 HOUSE CHIPS | 3 SINGLE VEGGIE SIDE | 6 SOUP | 6 Seasonal

# salads & warm bowls

baby kale & romaine, parmesan, crispy parm, herb croutons, spicy chipotle caesar

#### GOODNESS GREENS | 11

greens & spinach, avocado, tomato, corn, tortilla strips, onion, black beans, goddess dressing

# COBB SALAD | 12

greens & romaine, egg, turkey bacon, onion, tomato,

# blue cheese, avocado, goddess dressing

#### GREEK SALAD | 11

greens & romaine, pickled onion, cucumber, tomato, goat cheese, olives, shallot vinaigrette

#### CHICKPEA POWER BOWL | 12

kale, warm grains, crispy chickpeas, roasted broccoli, toasted almonds, avocado, tumeric tahini dressing

#### HARVEST BOWL | 12

arugula, warm grains, roasted sweet potatoes, brussel sprouts, candied walnuts, goat cheese, apple cider vinaigrette

#### SALAD ADD-ONS

lemon herb grilled chicken +\$6

pan seared salmon +\$7 chimichurri steak +\$7

braised brisket +\$7

falafel +\$5

sea salt flaked avocado +\$2.5

tortilla crusted shrimp +\$7

## SIMPLY BURGER | 15

steakhouse blend burger, cheddar, lettuce, tomato, pickles, caramelized onions, chipotle ketchup, on a brioche bun

### BITE BURGER | 16

steakhouse blend burger, gouda, crispy shallots, pickles, caramelized onions, sriracha aioli, on a brioche bun

#### BURRATA BURGER | 17

steakhouse blend burger, burrata, arugula, tomato, herb aioli, on a brioche bun

#### MAC & CHEESE BURGER | 17

steakhouse blend burger, topped with cheddar, sriracha aioli, between fried mac & cheese buns

#### MOLE BURGER | 17

black bean veggie burger, guac, roasted pepper, jack cheese, tortilla strips, pickled onion, goddess sauce, brioche bun

### VEGAN BURGER | 17

IMPOSSIBLE meatless burger, avocado mash, greens, tomato, chipotle ketchup, on focaccia

# BUILD YOUR OWN PLATE ONE MAIN. THREE SIDES

grilled chicken breast | 16

herb breaded chicken | 16

pan seared salmon | 18

BBO braised brisket | 18

chimichurri steak | 18

# falafel | 14

tortilla crusted shrimp | 18

## SIDES

# roasted broccoli

chili honey brussel sprouts

roasted sweet potato

rosemary thyme roasted potatoes

mashed potatoes

pesto veggie noodles

chipotle caesar wedge salad

warm grains (jasmine rice & red quinoa blend)

kale guinoa salad

sea salt flaked half avocado

seasons bowl (no main, three sides) | 12

roasted turkey, turkey bacon, avocado, lettuce, tomato, diionaise, on multigrain bread

## GRISPY CHICK | 11

spicy fried chicken, chipotle aioli, lettuce, tomato, on a brioche bun

#### THE ARTISAN | 13

grilled chicken breast, pesto (nut-free), avocado, roasted peppers, fresh mozz, on ciabatta

### THE SMOKEHOUSE | 14

braised brisket, mushroom, onions, slaw, pepper jack cheese, chipotle BBQ on ciabatta

# CHICKEN PARM | 12

breaded chicken, marinara, mozzarella, on ciabatta

#### BUFF CHICK GRILLED CHEESE | 12

breaded chicken, buffalo sauce, pepper jack cheese, blue cheese, grilled sourdough

### CLASSIC GRILLED CHEESE | 8

cheddar and pepper jack cheese on grilled sourdough

### THE GOUDS GRILLED CHEESE | 13

melted gouda, turkey bacon, caramelized onions, mushrooms, on grilled multigrain bread

## PHILLY MELT GRILLED CHEESE | 13

braised brisket, peppers, onions, pepper jack, srirachi aioli on grilled sourdough

## CAPRESE GRILLED CHEESE | 10

tomato, mozzarella, kale pesto, balsamic glaze, fresh basil, on grilled multigrain bread

# CHICKEN TORTA | 13

grilled chicken breast, avocado mash, pico, goddess sauce, pepper jack, pickled jalapeños, on ciabatta

#### TURKEY APPLE BRIE | 11

roasted turkey, apple, brie, arugula, honey mustard, on multigrain bread

# SPINACH AND ARTICHOKE | 14

creamy fontina & gruyere base, spinach, artichoke, mozzarella

# SHROOM SHROOM | 14

ricotta, mozzarella, mushroom, honey & truffle drizzle

# THE OG | 10

pizza sauce and mozzarella cheese

## GRANDMA | 13 pizza sauce and mozzarella cheese

DRUNKEN RONI | 13

### pizza sauce, mozzarella, pepperoni, chili honey drizzle THE WORKS | 15

turkey sausage, turkey bacon, brisket, red onions, mushrooms

## PIZZA FOR SALAD | 13

roasted garlic & mozzarella, topped greek salad

# HOT CHICKEN | 14

buffalo chicken, blue cheese, hot peppers, mozzarella, huffalo base

# CHICKEN AND BACON | 14

breaded chicken, turkey bacon, onion, BBQ, ranch,

# PIZZA SUBSTITUTIONS

gluten free cauliflower crust +\$3 vegan mozzarella +\$2

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