

ONE HANDERS

THE EASY 6
soft scrambled eggs, caramelized onion, chives, cheddar, chipotle ketchup, brioche bun

THE BEC 7
turkey bacon, over medium egg, cheddar, chipotle ketchup, brioche bun

THE ESSEX 7
turkey sausage, over medium egg, cheddar, dijonaise, brioche bun

THE NASH 8
crispy seasoned chicken thigh, over medium egg, arugula, chili honey, ciabatta

THE AVO 7
fried avocado, soft scrambled eggs, microgreens, radish, sriracha aioli, ciabatta

BITE OMELETTE



made with three eggs, served with toast, dressed greens, and choice of home fries or root vegetable hash **11**

choose three fillings: cheddar, goat cheese, monterey jack, spinach, heirloom tomatoes, shitake mushrooms, avocado, caramelized onions, turkey bacon, turkey sausage

ADDITIONAL FILLING	+2	AVOCADO	+2	EGG WHITE	+1
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EARLY BURRITOS

SOCAL 8
turkey chorizo, soft scrambled eggs, roasted pepper, pepper jack, pico de gallo, french fries, pressed tortilla

EL TORO 9
pulled brisket, soft scrambled eggs, charred onion, chimichurri, crispy shallot, home fries, chipotle bbq, pressed tortilla

LA GRANJERA 8
root veggie hash, roasted corn, avocado, pico de gallo, goddess sauce, arugula, soft scrambled eggs, pressed tortilla

SCRAMBLE OUT 8
goat cheese, soft scrambled eggs, chives, shitake mushroom, sauteed kale, avocado, kale pesto, pressed tortilla

***DON'T WANT BREAD OR GLUTEN FREE? TELL US. WE'LL SWAP FOR SOME GREENS & ORGANIC QUINOA.**

ADD AVOCADO +2

TOAST

SERVED ON GRILLED MULTIGRAIN

AVOCADO MASH 7
radish, tomato, lemon zest, olive oil, red pepper flakes

CHICKPEA MASH 7
beet hummus, sliced avocado, olive oil, smoked paprika

SMOKED SALMON 10
whipped ricotta, chives, capers, dill

AB&B 6
almond butter, banana, raw clover honey, pepitas, cinnamon

HONEY PEAR 7
lemon whipped ricotta, roasted pear, spiced candied walnuts, maple syrup

ADD

SMOKED SALMON	+4	BURRATA	+3
POACHED EGG	+2	GOAT CHEESE	+1
OR HARD BOILED EGG			

STONE FIRED BAGELS

CHOOSE YOUR BAGEL

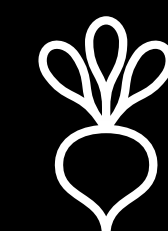
PLAIN / EVERYTHING / SESAME / WHOLE WHEAT

CHOOSE YOUR SPREAD

PLAIN CREAM CHEESE	3
CHIVE CREAM CHEESE	4
LOX AND DILL CREAM CHEESE	5

LIL' FISHY 6
lox & dill cream cheese, radish, cucumber

BIG FISH 12
smoked salmon, chive cream cheese, pickled onion, dill, radish, cucumber



BOWL'D UP

STEEL CUT OATMEAL 5
with granola and cinnamon maple syrup

ROASTED PEARS & SPICED CANDIED WALNUTS	+2	FRESH BERRIES & BANANAS	+2
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YOGURT & GRANOLA BOWL 6
greek yogurt, house made granola, pepitas, fresh berries, clover honey

CHIA PUDDING 7
almond butter, banana, agave, pepitas, cinnamon

SEASONAL FRUIT BOWL 6

SIDES

HOME FRIES / ROOT VEGETABLE HASH 4

ONE EGG ANY STYLE 4

HALF AVOCADO 2

TURKEY BACON / TURKEY SAUSAGE 6

SOURDOUGH OR MULTIGRAIN 2

EAT Y'ALL

FOOD &
COFFEE
CO.

ALL DAY ↓

JUICE ME 7

JUST BEET IT
beet, pear, carrot, apple, lemon, ginger

SHOW ME THE GREEN
kale, spinach, cucumber, apple, lemon, ginger

ABOUT TO GLOW
grapefruit, orange, pineapple, mint

THE REFRESH
apple, pineapple, lime, ginger

SMALL PHARMA
cucumber, ginger, lemon, apple, cayenne, agave

SHAKE IT UP 8

GREEN ON GREEN
banana, kale, spinach, mango, almond milk, hemp seeds, honey

AVO POWER
avocado, vanilla milk, banana

COLADA ANY TIME
banana, pineapple, lime, coconut milk, vanilla

AH Ç YOU
acai, mango, almond milk, orange juice, banana

POWER THRU
banana, almond milk, PB2, plant protein

SMOOTHIE BOWLS 10

THE TROP
pitaya base, granola, strawberry, blueberry, toasted coconut, clover honey

ALMOND POWER
acai base, granola, banana, almond butter, chopped almonds, coco nibs

NUTELLA
acai base, granola, banana, strawberry, toasted coconut, nutella drizzle

