

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, dijonnaise, brioche bun

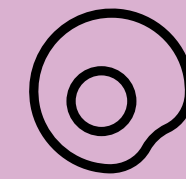
THE NASH 8

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 OMLETTE



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

11

choose three fillings: cheddar, swiss, 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

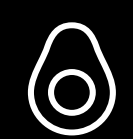
root veggie hash, roasted corn, avocado, pico de gallo, goddess sauce, arugula, soft scrambled eggs, pressed tortilla

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, cinammon

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

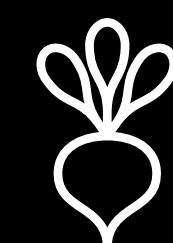
PLAIN CREAM CHEESE	3
CHIVE CREAM CHEESE	4
LOX AND DILL CREAM CHEESE	5

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

SOUSDOUGH OR MULTIGRAIN 2

EAT Y'ALL

FOOD &
COFFEE
CO. **BITE**

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



THE ‘WICHES

TURKEY BALT 10

roasted turkey, turkey bacon, avocado, lettuce, tomato, dijonaise, multigrain

CRISPY CHICK 10

crispy seasoned chicken thigh, lettuce, tomato, cajun aioli, brioche bun

VEGGIE HUMMUS 10

shitake mushroom, roasted pepper, avocado, goddess sauce, beet hummus, ciabatta

TUNA SALAD 8

pole caught tuna, pickled onion, lettuce, tomato, herb aioli, multigrain

TURKEY APPLE BRIE 9

roasted turkey, sliced apple, brie, honey mustard, arugula, multigrain

THE BEAST 10

rare roast beef, pepper jack, arugula, roasted pepper, horseradish aioli, ciabatta

ADD

HOUSE CHIPS +2
OR DRESSED GREENS

PRESS ‘EM

SERVED ON PRESSED CIABATTA

CHICKEN PARM 10

herb-parmesan crusted chicken, vodka sauce, mozzarella, fresh basil

THE ARTISAN 10

charred chicken breast, mozzarella, roasted pepper, avocado, kale pesto

SMOKE HOUSE 12

braised brisket, monterey jack, sauteed onions, shitake mushrooms, cider slaw, chipotle bbq

CHICKEN TORTA 12

charred chicken breast, monterey jack, avo smash, pico de gallo, pickled jalapeno, goddess sauce

ADD

HOUSE CHIPS +2
OR DRESSED GREENS

GRIDDLED CHEESE

THE CLASSIC 8

monterey jack and cheddar, sourdough

BUFF CHICK 10

pepper jack, crispy chicken, buffalo sauce, blue cheese, sourdough

CAPRESE 9

tomato, mozzarella, kale pesto, balsamic glaze, fresh basil, multigrain

PHILLY MELT 12

monterey jack, braised brisket, sauteed peppers and onions, special sauce, sourdough

THE GOUDS 12

smoked gouda, turkey bacon, caramelized onion, shitake mushroom, honey mustard, multigrain

BURGERS

SIMPLY BURGER 12

steakhouse blend burger, cheddar, lettuce, tomato, pickles, sauteed onions, chipotle ketchup

BITE BURGER 13

steakhouse blend burger, smoked gouda, sauteed onions, crispy shallot, pickles, special sauce

MAC & CHEESE BURGER 15

steakhouse blend burger, fried mac & cheese bun, cheddar, sriracha aioli

BURRATA BURGER 15

steakhouse blend burger, burrata, arugula, tomato, herb aioli

OH, I’M VEGAN 14

Impossible ‘meatless burger’, chiptole ketchup, greens, tomato, avo smash, english muffin

THE MOLÉ 14

black bean ‘burger’, guac, roasted poblano pepper, pickled onion, tortilla strips, monterey jack, goddess sauce

***SERVED WITH FRIES, SWEET POTATO FRIES, OR DRESSED GREENS**

 ADD AVOCADO +2

 MAKE IT IMPOSSIBLE +2 VEGAN ‘MEATLESS’ BURGER

PIZZA

THE OG 9

...you already know

NOT YOUR GRANDMA’S GRANDMA 12

roasted garlic plum tomato, basil, mozzarella

HOT CHICK 13

buffalo chicken, banana peppers, mozzarella, blue cheese

SWEET CHICK 13

house bbq, grilled chicken, charred red onion, cheddar, monterey jack

PIZZA FOR SALAD 12

roasted garlic, mozzarella, chopped greek salad

DRUNKEN RONI 12

vodka sauce, peperoni, mozzarella, chili honey

OH THAT’S CHEESY 12

fresh mozzarella, burrata, basil, pizza sauce

BEET ME IN BRUSSELS 11

roasted brussels sprouts, beet hummus, roasted pepper, balsamic glaze, shaved parmesan

SHROOM SHROOM 12

shitake mushroom, whipped ricotta, roasted garlic, mozzarella, honey drizzle, truffle oil

TACOS

***TACOS ARE 3 TO AN ORDER, MADE ON CORN TORTILLAS OR LETTUCE WRAPS**

POLLO ASADO TACOS 11

charred chicken breast, cotija, guac, pico de gallo, goddess sauce, radish

BRAISED BRISKET TACOS 13

chipotle BBQ, pickled onion, cilantro, cotija

FISH TACOS 13

market caught, battered, cider slaw, guac, pickled jalapeno

CRISPY AVOCADO TACOS 11

herb panko crusted, cider slaw, sriracha aioli

CHILI SEARED TOFU TACOS 11

chili honey seared tofu, scallion, crushed peanuts, cilantro

OTHER STUFF

TRUFFLE SHUFFLE 9

skin on fries, truffle oil, parmesan, sriracha aioli

MAC & CHEESE SKILLET CHOICE OF:

CLASSIC	10
BUFFALO CHICKEN	13
BBQ BRISKET	13

CHICKEN TENDERS & FRIES 12

plain / buffalo / chili honey / parmesan truffle

LA QUESADILLA 9

monterey jack, sauteed peppers and onions, pico de gallo, sour cream, a lotta guac, goddess sauce, pressed tortilla

ADD

CHARRED CHICKEN BREAST	+3
BRAISED BRISKET	+4

FRIES & SIDES

SIMPLE POTATO OR SWEET POTATO 5

sea salt or cajun, skin on, chipotle ketchup

HOUSE CHIPS 3

crispy thin potatoes, sea salt

BATTERED ONION RINGS 6

herb aioli

FRIED MAC & CHEESE BITES 7

sriracha aioli

CRISPY AVOCADO FRIES 7

herb panko crusted, sriracha aioli

FARMER’S BOWL

MAINS – CHOOSE ONE

SEASONS BOWL (select an extra side)	10
CHARRED CHICKEN BREAST	13
PAN SEARED SALMON	14
BRAISED BRISKET	14
CHIMICHURRI STEAK	15
CHILI HONEY SEARED TOFU	11

SEASONAL SIDES – CHOOSE THREE

PARMESAN THYME ROASTED POTATOES
CURRIED CAULIFLOWER & CHICKPEAS
PESTO VEGGIE NOODLES
LIL’ GEM WEDGE CHIPOTLE CAESAR
KALE QUINOA SALAD
CHILI HONEY BRUSSEL SPROUTS
ROASTED SWEET POTATO
MAPLE BUTTERNUT SQUASH
SEA SALT FLAKED HALF AVOCADO

LATE BREAKFAST

AVOCADO MASH 7

radish, tomato, lemon zest, olive oil, red pepper flakes on grilled multigrain

CHICKPEA MASH 6

beet hummus, sliced avocado, olive oil, smoked paprika on grilled multigrain

AB&B 6

almond butter, banana, raw clover honey, pepitas, cinnamon

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

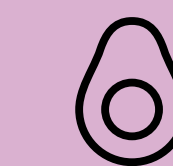
THE ESSEX 7

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

YOGURT & GRANOLA BOWL 6

greek yogurt, house made granola, pepitas, fresh berries, clover honey

SALADS



KALLER CAESAR 10

baby kale, lil’ gem lettuce, shaved parmesan, parmesan crisps, tomato, croutons, chipotle caesar

GOODNESS GREENS 10

greens, baby spinach, roasted corn, avocado, tortilla strips, red onion, tomatoes, goddess dressing

KALE QUINOA 11

baby kale, organic quinoa, dried cranberries, apples, pumpkin seeds, sweet potato, apple cider vinaigrette

THE GOAT 12

arugula, baby spinach, butternut squash, goat cheese, roasted pears, candied walnuts, shallot vinaigrette

BRUSSEL BASH 11

greens, red cabbage, charred brussel sprouts, blue cheese, pumpkin seeds, dried cranberries, citrus vinaigrette

NOT YOUR CLASSIC COBB 12

greens, gem lettuce, duck bacon, hard boiled egg, blue cheese, avocado, onion, goddess dressing

ADD

CHARRED CHICKEN BREAST	+4
CHIMICHURRI STEAK	+6
PAN SEARED SALMON	+6
SEA SALT FLAKED HALF AVOCADO	+2

FOOD &
COFFEE
CO. **BITE**