

# WELLNESS BOWLS

**AÇAI BOWL** 23 v gf n açai, house-made granola, banana, blueberries, Harry's Berries strawberries

**OVERNIGHT OATS** 20 v gf n flax seeds, chia seeds, blueberries, goji berries, toasted coconut, almond milk

**GREEK YOGURT PARFAIT** 20 gf Straus Farms Greek yogurt, papaya, kiwi, hemp seed granola, Flamingo Estate raw honey, banana

MARKET FRUIT & BERRIES 21 from our local Santa Monica Farmers Market partners

TOASTS ADD 2 EGGS ANY STYLE +6 | BACON +5

AVOCADO 21 v Hass avocado, sunflower seed salsa macha, cilantro, pickled shallot, seeded wheat bread

**SB SMOKED SALMON** 30 Santa Barbara Smokehouse salmon, pickled mustard seed, whipped labneh, preserved lemon, capers, open-faced bagel

**BANANA OAT FRENCH TOAST** 27 n toasted macadamia nuts, Madagascar vanilla, maple syrup, topped with strawberries

# WELLNESS FAVORITES

### **PROPER BREAKFAST** 35

two pasture raised eggs any style, sprouted hash brown, avocado, sautéed kale, toast, choice of chicken apple sausage or bacon, choice of juice or drip coffee

**POWER OMELET** 27 egg whites, Kenter Canyon Farms kale, forest mushrooms, goat cheese, sprouted seed hash brown, shaved asparagus salad, choice of toast

**MEDITERRANEAN EGGS** 29 df shakshuka sauce, poached egg, sautéed kale, fresh herb salad, seeded country bread

CALIFORNIA CLASSICS

#### BREAKFAST BURRITO 25 scrambled eggs, chorizo, crispy potatoes, queso Chihuahua, fire roasted salsa, Hass avocado

WHOLE GRAIN PANCAKES 25 gf n almond butter, banana, blueberries, toasted hemp seed granola, maple syrup

SIDES

### **ORGANIC HALF AVOCADO +8**

# SAUTEED TUSCAN KALE +5

**SPROUTED SEED HASHBROWN** +8

**SB SMOKED SALMON** +10

### NUESKE APPLEWOOD SMOKED BACON +10

### CHICKEN APPLE SAUSAGE +8

### **BREAD SELECTION \$8**

served with cultured butter & seasonal jam, choice of sourdough, seeded whole wheat, or rye

# WELLNESS JUICES

**SUNSHINE** 18 orange, apple, aloe vera, turmeric, lemon, black pepper supports immune & digestive health

MORNING GREENS 18 cucumber, celery, spinach, lemon, kale, parsley immune system reboot & boosts energy

**BEETLE** 18 apple, lemon, ginger, beet powerful anti-inflammatory & supports immune system

**SWEET CITRUS** 18 apple, pineapple, lemon, mint supports immune & digestive health

**JUICES** 10 choice of orange, grapefruit, or pineapple

# MORNING PASTRIES

SERVED WITH ALAIN MILLIAT JAM AND SEA-SALTED BUTTER

### DATE & CARDAMOM LOAF 10 gf df n

### SEASONAL MORNING MUFFIN 10 vg gf

### RAW SUPERFOOD GRANOLA BAR 12 v n

### BUTTER CROISSANT 8 vg

# FRESH SMOOTHIES

BLENDED WITH YOUR CHOICE OF PLANT-BASED MILK: ALMOND, COCONUT, OR OAT MILK

**PACIFIC BLUE** 20 v gf blue spirulina, coconut, dates, pineapple, blueberries, banana

**SUPER GREENS** 20 v gf banana, baby spinach, green superfood, young coconut meat

MUSCLE BEACH 20 v gf n Form chocolate peanut vegan protein powder, maca, banana

AMAZON BERRY 20 v gf n açai, banana, market berries, bee pollen, coconut, raw honey

**STRAWBERRY GLOW** 20 v gf Moon Juice collagen powder, strawberries, coconut, banana

# ORGANIC POWDER ADD-INS

### FORM VANILLA VEGAN PROTEIN POWDER +6 v gf

**MOON JUICE COLLAGEN POWDER** +6 v gf supports muscle and bone health, improves skin health, improves hydration, supports natural collagen production, plant-based

AMAZING GRASS GREENS BLEND SUPERFOOD +4 v gf supports digestive health & immunity source of energy, vitamins, fibers & antioxidants

NAVITAS MACA SUPERFOOD +6 v gf increases stamina & energy regulates mood, sleep & metabolism

v   vegan	gf   gluten free	vg   vegetarian
n   contains nuts	df   dairy free	rf   raw fish

For parties of 6 or more guests, Santa Monica Proper adds a 20% service charge that goes directly to its colleagues. Warning: certain foods and beverages sold or served here can expose you to chemicals including Acrylamide in many fried or baked foods, and Mercury in fish, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to ww.p6%arnings.ca.gov/restaurant. Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions .



# SURYA SPA AYURVEDIC BLENDS

Our exclusive Ayurvedic Lattes are specially curated by Surya Spa's founder and western leader of Ayurvedic Medicine, Martha Soffer. Ayurveda is a comprehensive system of health and well-being, born in India over 10,000 years ago. Practices such as yoga, meditation and natural medicine all work together to create balance and health in body, mind and spirit.

### **BRAINPOWER LATTE 15**

Quicken the mind and strengthen your memory. A latte for productivity, made with natural Herbs.

### **BRAHMI • DANDY BLEND • SUPERFOOD CREAMER**

Served with milk of your choice. Sweetened upon request with organic date sugar from Coachella Valley

### WHOLE BODY ENERGY LATTE 15

Enhance and enliven without caffeine. A latte for full body energy, made from Adaptogenic herbs and mushrooms.

# CORDYCEPS • ASHWAGANDHA • KAPIKACCHU • DANDY BLEND • SUPERFOOD CREAMER

Served with milk of your choice. Sweetened with organic date sugar from Coachella Valley

### HEALING HOT CHOCOLATE 15

Bold and creamy cacao to enrich the body & Mind. A heart-opening latte, made with healing Antioxidants.

### CACAO • CINNAMON • CHAGA • CORDYCEPS • LION'S MANE • MAITAKE

Served with milk of your choice. Sweetened with organic date sugar from Coachella Valley

### **MIGHTY TURMERIC LATTE 15**

Warming, energizing, and deeply nourishing. A grounding latte, made with anti -inflammatory plant medicine.

### **TURMERIC • GINGER • ASTRAGALUS • TULSI • PEPPER**

Served with milk of your choice.

### **AYURVEDIC DETOX TEA** 14

a revitalizing tea that cleanses and detoxifies while aiding digestion, metabolism and immunity.

### **CUMIN SEED • CORIANDER SEED • FENNEL SEED**

from Mountain Rose Herbs

# CAFFÈ

FROM OUR FRIENDS AT COUNTER CULTURE SERVED WITH YOUR CHOICE OF MILK

#### ESPRESSO 7

**AMERICANO** 7

### **CAPPUCCINO** 8

LATTE 8

### TEA 7

FROM OUR FRIENDS AT TEALEAVES ORGANIC SERVED WITH ALAIN MILLIAT HONEY & LEMON

- ENGLISH BREAKFAST
- LONG LIVE GREEN
- EARL GREY WITH LAVENDER
- PEPPERMINT
- CHAMOMILE
- MONSOON CHAI
- LONG LIVE OOLONG
- MANIFEST Brought to you by Art of Tea Peppermint, Spearmint, Sage, Lavender

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