

WELLNESS BOWLS

AÇAI BOWL 23 v gf n

açai, house-made granola, banana, blueberries, Harry's Berries strawberries

OVERNIGHT OATS 20 v qf n

flax seeds, chia seeds, blueberries, goji berries, toasted coconut, almond milk

GREEK YOGURT PARFAIT 20 gf n

sumac yogurt, berries, banana, hemp seed granola, Flamingo Estate raw honey

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

BLUE ZONE BREAKFAST 35

overnight oats: flax seeds, chia seeds, blueberries, goji berries, toasted coconut, almond milk choice of smoothie, side of berries

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 qf 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 af

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

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



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

- FNGLISH 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