MENU

Introducing our introductory menu.

We source fresh, organic ingredients and use products from local makers whenever possible.

Sweet breakfast

Hemp-date granola – served with mixed berries, banana, and vanilla maple yogurt or house-made almond milk	6.5
Seasonal fruit salad – a delicious mix of berries, watermelon, lime, and edible flowers	6
Smashed blackberry and goat cheese toast – served on rustic sourdough and garnished with fresh mint leaves – Add bacon or tempeh 3	8
PB&J toast – Creamy peanut butter and jam of the day	6
Honey and banana toast – hearty toast spread with peanut butter, topped with banana slices, drizzled with local honey, and sprinkled with pepitas	7
Savory breakfast	
Open-faced breakfast toast – served on rustic sesame sourdough with ricotta, arugula, pan-seared tomatoes, and a sunny-side egg – option sub ricotta with avocado – Add bacon 3	10
Eggs and toast! – 2 eggs any style, rustic sourdough toast, crispy potatoes, and your choice of: Applewood smoked bacon, tempeh, or shiitake/oyster mushrooms	13
Tofu Scramble – served with rustic sourdough, seasonal greens, roasted tomatoes, and crispy potatoes –add tempeh bacon or smoked shiitakes	13
Avocado toast – served on rustic seeded sourdough	7.5

Fresh baked bagels

Bagel and cream cheese	3.5
en-faced bagel sandwich – cream cheese or hummus, heirloom tomato slices, cado, microgreens – add an egg – 1.5	8

Sides/Add-ons

 Egg
 1.5

 Crispy potatoes
 4

 Toast – rustic sourdough served with butter and jam of the day
 4.5

 4
 4

Thick cut bacon, smoky tempeh, applewood-smoked shiitakes

Sandwiches

BLTA – the California classic: bacon, lettuce, tomato, avocado –your choice of thick-cut smoked bacon, smoky maple tempeh, or smoked shitake mushrooms – served on rustic sourdough with your choice of garden salad or fries	14
Grilled cheese and tomato –Aged cheddar, provolone, and heirloom tomato slices grilled on toasty sourdough with your choice of garden salad or fries	11
Chicken bacon sandwich – Marinated organic chicken breast, smoked bacon, spinach, pickled red onions, and garlic aoli served on ciabatta bread with your choice of garden salad or fries	14
Spoke burger – Dry-aged ribeye, vintage cheddar, applewood smoked bacon, baby gem lettuce, tomato, and spicy remoulade – served with your choice of garden salad or fries	14.5
Spoke veggie burger – Smoked mushroom and beet patty, tempeh bacon, wild arugula, thin sliced red onion, heirloom tomato, pickles, and garlic aoli – served with your choice of garden salad or fries	14.5

Salads and bowls

California Chopped – Arugula, celery, avocado, heirloom cherry tomatoes, fresh corn, radish, cucumbers – topped with pepitas and chili flakes and tossed in a lemony vinaigrette – add grilled organic chicken – 4 add smoky tempeh -3	8/12
Classic Caesar – Available vegan or non-vegan –fresh organic little gem lettuce, creamy dressing, garlicky sourdough croutons – add grilled organic chicken - 4 add smoky tempeh – 3	8/12
Farro cauliflower bowl –Lemony cauliflower, roasted chickpeas, and Castelvetrano olives served over farro and tossed with parsley, mint, and feta, drizzled with herbed yogurt dressing –sub avocado for feta to make vegan – add egg 1.5 Snacks/Sides	12
Onion rings – served with herbed ranch	5
Fries: waffle, crinkle, or sweet potato – served with choice of dipping sauce	4
Chips and pico de gallo: fresh-made, tasty!	5
Crispy potatoes	4

Side garden salad: served with choice of house-made dressing

5