COFFEE

WHOLE MILK, HALF AND HALF; ALMOND (+1) OAT (+1), SOY (+1)

• Illy Drip Coffee	\$4.95	Nitro Cold Brew	\$6.50
• Espresso	\$5.50	 Hot Chocolate 	\$4.95
· Cappuccino	\$5.95	. House Matcha Latte	\$5.95
· Café Latte	\$5.95	 London Fog Latte 	\$5.95
· Café Mocha	\$5.95	Mushroom Latte (Chagaccino)	\$6.50
 Dirty Chai Tea Latte 	\$6.95	Roasted Tea Latte	\$6.95
 Chai Tea Latte 	\$5.95	(Hojicha)	-
• Iced Chocolate Banana	\$6 . 50	 Seasonal Latte (ask server) 	\$7.50
Latte		• Hot Tea	\$3.95

JUICE & TEA

Arnold Palmer no refill	\$6.50
Freshly Squeezed Orange Juice no refill	\$8.95
Apple Juice no refill	\$3.95
Iced Tea (black or tropical) unsweetened	\$5.95
Freshly Squeezed Lemonade no refill	\$6.95
(try a flavor)	\$7.50

Mango Dragon Fruit

- Cucumber Lime Mint
- Strawberry
- Peach

Bottled Drinks

• Coke	2.95	Topo Chico	5.95	Liquid Death	5.95
• Diet Coke	2.95	Pelligrino	5.95	Celsius	6.95
 Coke Zero 	2.95	Perrier	3.95		
• Sprite	2.95	Fiji	3.95		
• Rootbeer	2.95	Arrowhead Coconut Water	2.95 - 3.05		

FRESH FRUIT SMOOTHIE

\$8.95

CHOOSE UP TO 4 FRUITS, THEN PICK A BLEND

StrawberryPeach

RaspberryMango

PineappleBanana

Blueberry

Whole Milk, (Oat, Almond, Soy +1), Vanilla Ice Milk , Orange Juice, Apple Juice, Greek Yogurt (+1.50)

SMOOTHIE ADD ONS:

Peanut butter (+1), Spinach (+1), Kale (+1), Espresso Shot (+1), Collagen (+2), Superfood Powder (+2), Immune Boost (+2), Energy Boost (+2), Organic Vegan Protein (+2)

Choose 3 from the following

Rosemary Grapefruit

Cucumber Lime

White Peach

- Blue Curacao w/Elderflower
- Pomegranate

Moscow Mule

Mango Dragonfruit

Lavender Honey

• Hawaiian (POG)



COFFEE & TEA FLIGHTS

\$16.95

COFFEE FLIGHT -choose 3 flavors

- Or TEA FLIGHT- choose 3 flavors
- Caramel Macchiato (Caramel + Vanilla)
- The Lover (Raspberries + Chocolate)
- Beach Nut (Coconut + Hazelnut)
- Con Miel (Honey + Cinnamon)
- Honeybee (Lavender + Honey)
- White Chocolate Mocha
- · Creamy Chocolate Mocha
- Rose Latte

- London Fog Tea (Earl Grey, Topped with House-made cream)
- Hojicha (Roasted Green Tea, Topped with House-made Cream)
- Matcha Tea (Green Tea, Topped with House-made Cream)
- Rose Matcha (Topped with House-made Cream)
- Strawberry Matcha (Topped with House-made Cream)
- Lavender Matcha (Topped with House-made Cream)

SERVED COLD

BEER & WINE

Wine by the glass Caberent Sauvignon \$10.95 Sauvignon Blanc \$10.95 Chardonnay \$10.95 Champagne \$10.95 Pinot Grigio \$10.95 Pinot Noir \$10.95 Merlot \$10.95



DOMESTIC/IMPORT BEERS

Coors Light \$6.95 Mich Ultra \$6.95 Bud Light \$6.95 Pacifico \$7.95 Modelo \$7.95 Stella \$7.95

CRAFT BEERS

\$8.95
\$8.95
\$8.95
\$8.95
\$7.95
\$9.95

Breakfast Menu

8am-2pm

-BREAKFAST TACOS- 17.95

Cage-free scrambled eggs, chunky potatoes, pico de gallo, pickled red onion, chipotle aioli, queso fresco, micro cilantro on blue corn tortilla, side of salsa

-LOADED BREAKFAST POTATO- 18.95

Red and green pepper, avocado, caramelized onion, spinach, pico de gallo, bacon bits, cage free eggs over medium, potatoes, chipotle aioli, micro cilantro

-DUCK CONFIT HASH- 20.95

Fingerling herb potatoes, braised onion, arugula, cherry tomatoes, demi glaze, poached cage free egg, goat cheese

-BREAKFAST HARVEST BOWL- 17.95

Cage-free sunny side eggs, homemade hummus, black beans, broccoli, brussels sprouts red peppers, roasted corn, quinoa, mixed greens, micro cilantro

-HUEVOS RANCHEROS- 17.95

Flavored black beans, rice, pico de gallo, crème fraiche, queso fresco, cage free over medium eggs, avocado, homemade salsa, blue corn tortilla

-CHILAQUILES- 17.95

Homemade tortilla chips, pico de gallo, red pickled onions, queso fresco, creme fraiche, two cage free sunny side eggs, avocado

-BISTRO BREAKFAST SANDWICH- 17.95

Cage-free scrambled eggs, hardwood smoked bacon, aged cheddar, tomato, baby arugula, white truffle oil, chipotle aioli on brioche bun

-PORK SHOULDER EGGS BENEDICT- 18.95

Smoked pork shoulder bacon, cage free poached eggs, housemade hollandaise, fried rosemary on sourdough

-SLOOPY'S PLATE- 14.95

Your choice of eggs, breakfast potatoes, bacon and a side of chipotle aioli sauce *may sub for sausage for an additional price*

- LOBSTER EGGS BENEDICT - 39.95

6oz Maine Lobster tail, sautée vegetables, housemade lemon hollandaise, cage free poached eggs on multigrain with potatoes

-AVOCADO TOAST- 16.95

Cage free scrambled eggs, avocado, cherry tomatoes, crème fraiche, queso fresco on multigrain bread (GF bread 2.00)

-EGG WHITE VEGGIE OMELETTE- 15.95

Cage free egg whites, cherry tomatoes, mushroom, red onions, spinach, avocado

-BLT BREAKFAST SANDWICH- 17.95

Smoked pork shoulder bacon, crème fraiche, baby arugula, tomato, avocado, cage free fried egg, fig glaze, on multigrain (add Brie cheese 2.99)

-SMOKED SALMON LUX- 19.95

Smoked Salmon, crème fraiche, avocado, capers, red radish, one cage free boiled egg, lemon zest on sourdough

-VEGGIE BENEDICT- 16.95

Herb marinated mushroom, spinach, braised onion, cage free poached eggs, homemade hollandaise, on sourdough

-BREAKFAST BURRITO- 17.95

Cage free over medium eggs, red bell pepper, artichoke hearts, sharp cheddar, hardwood smoked bacon, chipotle aioli, spinach tortilla, side of salsa

-BREAKFAST SALTADO- 29.95

6 oz hand-cut ribeye steak, scrambled eggs, jasmine rice, green & red pepper, red onion, with breakfast potatoes, avocado cilantro topping, & chunky salsa

Breakfast Sides



- -HARD SMOKED BACON- 5.5
- -BREAKFAST POTATOES- 5
- -SWEET POTATO TOTS- 6
- -SAUSAGE PATTIES 5
- -BEYOND SAUSAGE- 7
- -FRUIT BOWL- 6
- -AVOCADO- 3.5
- -TWO EGGS- 5
- -TOAST- 3



Morning Delight

-YOGURT PERFECTION- 8
GREEK YOGURT, GRANOLA, BERRIES

-OATMEAL-8

STRAWBERRY AND BLUEBERRY, OR BANANA NUT CARAMEL, OR GRANOLA

-BELGIAN WAFFLES- 12

WITH STRAWBERRY AND BLUEBERRY

-FRENCH TOAST- 14

WITH STRAWBERRY, BLUEBERRY, AND CHOCOLATE DRIZZLE

-BUTTERMILK PANCAKES - 12

SIGNATURE BURGERS

served with fries, salad or asian coleslaw

GOURMET SANDWICHES

served with fries, salad or asian coleslaw

*SUB FOR BEYOND (+3), VEGAN TERIYAKI BEEF(+5), TURKEY PATTY (+1)

Add grilled onion 1.50, sautee mushroom 1.50, avocado 3.00, GF bun 2.50

MAKE ANY SANDWICH A WRAP (SPINACH TORTILLA)

CLASSIC CHEESE

17.95

Angus beef, aged cheddar, lettuce, tomato, thinly sliced onion, pickles, cracked pepper aioli, ketchup, mustard on poppy seed bun

BACON CHEDDAR GUACAMOLE 19.95

Angus beef, hardwood smoked bacon, guacamole, aged cheddar, lettuce, tomato, garlic aioli on poppy seed bun

BLACK & BLUE

18.95

Angus beef, seasoned with cajun spice, beer braised onion, mixed greens, tomato, garlic aioli, bleu cheese on brioche bun

NUMERO UNO

18.95

Angus beef, provolone cheese, roasted Ortega chile, pickled red onion, green leaf lettuce, tomato, cracked pepper aioli, mustard on brinche bun

KIMCHI 18.95

Angus beef, gochujang aioli, homemade caramelized Kimchi, shredded romaine lettuce, sesame seeds, sesame oil vinaigrette on brioche bun

LAMB BURGER

19.95

Halal lamb patty, goat cheese, tomato confit, beer braised onion, arugula, harissa achiote aioli on brioche bun

PORTOBELLO MUSHROOM

16.95

House made balsamic infused mushroom herb cap, lettuce, tomato, avocado, aged cheddar, chipotle aioli, crispy truffle onion strings on wheat bun

BEYOND BURGER

17.95

Beyond patty, aged cheddar, lettuce, tomato, thinly sliced onion, pickles, cracked pepper aioli, ketchup, mustard on poppy seed bun

CAPTAIN AHI

BOWL

20.95

12.95

Premium almond crusted seared Ahi ,tomato, crispy onion, tartar slaw, chipotle aioli on brioche bun

SIDES

-SWEET POTATO FRIES/TOTS	6.95
-GARLIC TRUFFLE FRIES	9.95
-BLUE CHEESE FRIES	9.95
-ONION RINGS	6.95
-TRADITIONAL MAC & CHEESE	9.95
-TRUFFLE MAC & CHEESE	10.95
-BLUE CHEESE MAC & CHEESE	10.95
-HOMEMADE SOUP- CUP OR	8.95

MOTHER NATURE

16 95

Aged cheddar, provolone, avocado, carrots, red cabbage, alfalfa sprouts, green leaf lettuce, tomato, cucumber, mushroom, cracked pepper aioli on honey wheat bun

BERRY BBQ CHICKEN

18.95

Hardwood smoked bacon, grilled chicken breast, aged cheddar, berry BBQ sauce, onion strings on brioche bun

CHICKEN PESTO

17.95

Grilled breast, homemade basil pesto, provolone cheese, goat cheese, tomato, arugula, on ciabatta

CAJUN CHICKEN

17.95

Alfalfa sprouts, cucumber, tomato, avocado, chipotle sauce, blackened chicken breast on french roll

CHICKEN CLUB

18.95

Grilled chicken breast, garlic aioli, cheddar cheese, bacon, lettuce, tomato, sprouts, cucumber on honey wheat bun

CALIFORNIA CHICKEN

18 9

Grilled chicken breast, bacon, ortega chile, cheddar, pepper mayo, guacamole, lettuce, tomatoes on poppy seed bun

ULTIMATE BLT

17.95

Tomato, crème fraiche, three pepper spice bacon, arugula, fig glaze, on sourdough

MANHATTAN

17.95

Boar's head mesquite turkey, avocado, leaf lettuce, tomato, buttermilk ranch, provolone on ciabatta

PHOENIX TURKEY

17.95

Boar's head mesquite turkey, lettuce, tomato, sprouts, provolone, chipotle mayo on multi grain bread

TUNA SANDWICH

16.95

Lettuce, tomato, cracked pepper aioli, on sourdough (make a melt 2.00)



Appetizers

• Famous Zucchini Sticks 14.95

Crispy Brussel Sprouts 13.95

Roasted brussels sprouts, tossed in sweet chili sauce, shaved parmigiano with side of chargrilled toast

Olive & Hummus 15.95

House made roasted red bell pepper hummus, pitted green olives, Kalamata olives, cucumbers, cherry tomato, red radish, pita bread

Spicy Tuna Bites 18.95 Spicy tuna, crispy rice, jalapeño, chipotle aioli, soy glaze

- Calamari & Shrimp
 19.95

 Battered shrimp and calamari with cocktail square
- Lettuce Wrap 10.95
 Tofu, beef, or (Vegan Teriyaki Beef (+5)

Tasty Fare

•	Shrimp Basket fries and coleslaw	18.95
•	House Chicken Tenders fries and coleslaw	17.95
•	Wild Cod Fish & Chips	18.95
•	Garlic Shrimp Bowl *may sub spicy tuna* Garlic shrimp over rice, green onion, mixed greens with zucchini, cherry tomato, radish, sesame seeds and soy ginger dressing	18.95
•	Mahi Tacos Two mahi tacos, achiote sauce, tartar slaw, pickled red onion, pico, queso fresco, on blue corn tortilla	18.95
•	Spicy Tuna Sushi Burrito Spicy tuna, shrimp tempura, sushi rice, guacamole, carrot, wonton,	18.95



Garlic Shrimp Bowl

Salads

(\$) ADD PROTEIN: SALMON, AHI, TUNA, SHRIMP, CHICKEN, STEAK, TOFU, Vegan Teriyaki Beef (\$)
- make any salad a wrap (spinach tortilla) - with choice of side

Seared Salmon Salad 25.95

sriracha aioli, cucumber wrapped in nori

Arugula, romaine, seared wild salmon, red radish, cherry tomato, pickled onion, goat cheese, micro greens with avocado cilantro vinaigrette

Grilled Shrimp Salad- 19.95

Grilled shrimp, romaine, arugula, roasted corn, tomato, avocado, roasted red bell pepper, queso fresco, crispy truffle onion strings with avocado cilantro vinaigrette

Chinese Chicken Salad- 17.95

Napa cabbage, bean sprouts, carrots, iceberg lettuce, parsely, green onion, red cabbage, shredded chicken tender, wontons, sliced almonds with oriental dressing

Caesar With Chicken- 17.95

Romaine lettuce, shredded chicken tender, cherry tomato, shaved parmesan, croutons with caesar dressing

Kale Salad 16.95

Kale, napa cabbage, red cabbage, carrots, dried cranberries, green onions, mandarin oranges, strawberries, roasted sunflower seeds with house made strawberry vinaigrette

South Bay Cobb. 18.95

Romain, kale, shredded chicken tender, hard smoked bacon, queso fresco, cage free boiled egg, pickled red onion, micro cilantro with avocado cilantro vinaigrette

Quinoa Bowl- 17.95

Red+green cabbage, kale, carrots, organic quinoa, roasted corn, red pepper, parsely, red onion, homemade ginger soy vinaigrette dressing and topped with grilled avocado

Seared AHI- 19.95

6oz premium almond crusted Ahi, mixed greens, cucumbers, cherry tomatoes, onions with house made ginger soy vinaigrette

Antioxidant- 17.95

Mixed greens, grapes, celery, walnuts, dried cranberries, green apples, blue cheese, mint, red onion, cucumbers, fresh berries with strawberry vinaigrette

*consuming raw or undercooked foods may increase your risk of foodborne illness, especially if you have certain medical conditions.

DINNER

4PM-9PM

Steak Saltado- 29.95

60z Ribeye steak with jasmine rice, french fries, red onion, green & red peppers with soy sauce seasoning, avocado cilantro topping, and chunky salsa

Flank Steak- 32.95

80z steak, gremolata, au jus, crispy truffle onion strings, seasonal vegetables, fingerling potatoes

Ribeye Steak- 39.95

Herb marinated 12 oz. hand cut Ribeye steak, roasted mashed potato, seasonal vegetables, au jus, crispy truffle onion strings

Branzino-28.95

Pan seared with garlic olive oil, dressed with cherry tomatoes with choice of homemade mashed potatoes or steamed vegetables

Salmon Dinner- 29.95

Pan seared wild Salmon, lemon caper sauce, mashed potato, and balsamic brussel sprouts

Shrimp Caprese Pasta- 28.95

Linguini grilled shrimp, tomato confit basil, provolone cheese, balsamic glaze, garlic truffle sauce

Seafood Pasta- 29.95

Salmon, clams, shrimp, & calamari with creamy chipotle sauce over linguini



Hot Stone Bimbimbbop



Ribeye Steak

Montanara Chicken Pasta- 29.95

Rigatoni pasta, roasted herb chicken, mushroom, and parmesan pesto cream sauce

Surf N' Turf- 55.95 *may sub steak for shrimp* 60z cold water baked garlic truffle lobster tail with shell and 60z ribeye steak, lemon wedge, butter, with choice of mashed potatos or asparagus

Nabeyaki Udon-18.95

Japanese noodle soup with tempura shrimp, broccoli, carrots, green onion, mushroom, & kamaboko

Hot Stone Bimbimbop- 25.95

Rice with spicy pork (sub with chicken or tofu) green onion, cabbage, bell peppers, mushroom topped with fried egg and homemade kimchi

Truffle Kimchi Fried Rice- 24.95

Homemade with garlic truffle and bulgogi topped with provolone cheese & green onion (sub vegan teriyaki, beef, or tofu)

Stuffed Chicken Breast- 29.95

10oz, Stuffed with ham, provolone, roasted red pepper and mushroom topped with chipotle cream sauce. Served with seasonal vegetables.

Baby Back Ribs- 31.95

half rack slow smoked baby back ribs, tartar coleslaw, sweet potato fries

Desserts

Homemade Tiramisu	\$7.95	Mini Key Lime Pie	S7.95
New York Cheesecake	\$7.95	Flourless Chocolate Cake	S7.95
Chocolate Mousse	\$7.95	Affogato Illy Espresso	\$9.95
Assorted Muffins blueberry, chocolate chip, or cranberry orange	\$5.95	Assorted Bars lemon bar, peanut butter, chocolate, smores, carrot cake	\$4.95
Assorted Cookies brownie or walnut chocolate chip	\$4.25	Croissant plain, almond, or chocolate	\$6.50

SPECIALITY SHAKES \$9.95

Make It A Malt! +1

Oreo Mint

- Peanut Butter Brownie
- The Lover (raspberries + chocolate)
- Strawberry Shortcake
- Peanut Butter Banana
- Salted Caramel Coffee
- Rootbeer Float



SINGLE FLAVOR \$7.95

- Vanilla Peach
- ChocolateMocha
 - Caramel
- StrawberryMatcha
- Banana
- Danana
- Mango
- Blueberry
- Mint
- Coffee/Decaf
- Peanut Butter
- Raspberry
- Oreo
- Nutella (+1)

KID'S MENU

served with fries, coleslaw, or salad

-GRILLED CHICKEN BREAST STRIPS	10.95
-GRILLED CHEESE on sourdough	8.95
-MINI CHEESEBURGER angus beef, mayo, & ketchup	10.95
-CHICKEN NUGGETS	9.95

