

BRUNCH MENU

WEEKENDS 9AM - 2PM

WITH INGREDIENTS FROM LOCAL ORGANIC FARMS SUPPORTING REGENERATIVE AGRICULTURE



cocktail specials

MIMOSA Strawberry, Orange or Hibiscus	14 / 42 Liter
BASIL MINT MOJITO	15 / 46 Liter
HOUSE SANGRIA Red or White	13 / 40 Liter
BLOODY MARY With Vodka	16
BLOODY MOLLIE With Mezcal	16
BLOODY MARIA With Tequila	16

share

NEW CREAMY SPINACH ARTICHOKE DIP NF SF Served with house-made non-GMO tortilla chips.	15
3 'WING' PLATTER NF GF SF Tempura cauliflower in spicy buffalo, sweet and sour, and BBQ sauces with a side of celery, carrots and 'ranch'.	23
CAULIFLOWER 'WINGS' NF GF SF Tempura cauliflower tossed in your choice of spicy buffalo sauce, sweet and sour sauce, or BBQ sauce with a side of celery, carrots and 'ranch'.	19
FRIED SWEET POTATO WEDGES NF GF SF Served with maple syrup.	11
AVOCADO HASH NF GF SF Served with pico de gallo, avocado and habanero 'cream cheese'.	15
JACKFRUIT 'CRAB' CAKES NF GF SF Served with tartar sauce and lemon wedges.	19
TWO BAKED SOFT PRETZELS NF SF Served with cashew nacho 'cheese' (GF SF), habanero 'cream cheese' (NF GF SF) and maple mustard (NF GF SF). Available gluten free for \$18	17
POLENTA TOTS NF GF SF Fried herbed polenta served with marinara, pesto, habanero 'cream cheese' and garlic aioli.	13
JACKFRUIT STUFFED AVOCADO NF GF SF Two avocado halves stuffed with jackfruit 'carnitas', topped with cilantro, onion, and habanero 'cream cheese'	17

bakery

DONUTS NF SF Vanilla glaze, chocolate glaze, blueberry glaze, churro.	5 / 4 pack for 18
MUFFINS NF SF Traditional: strawberry, blueberry, orange cranberry Gluten Free: banana chocolate chip, carrot ginger, chocolate.	6 / 4 pack for 22
CINNAMON ROLL NF SF	6 / 4 pack for 22

breakfast

NEW RED CHILAQUILES & CRISPY TOFU CHICKEN NF GF 20 House-made, non-GMO organic corn tortilla chips, crispy 'chicken' tofu cubes, black beans, organic rice, salsa roja, and 'cheese', topped with onion, cilantro, avocado and garlic aioli.	20
CHILAQUILES NF GF 20 House-made, non-GMO organic corn tortilla chips, tofu scramble, black beans, organic rice, kale, salsa verde & 'cheese'. Topped with guacamole, garlic aioli, and pico de gallo.	20
CRISPY POTATO FLAUTAS NF GF SF 21 Potatoes with adobo seasoning in non-GMO organic corn tortillas, topped with lettuce, guacamole, garlic aioli and pico de gallo. Served with organic rice and black beans.	21
WILD BLUEBERRY PANCAKES NF SF 22 Wild blueberry and banana pancakes topped with blueberry maple syrup & 'butter'. Superfood style with cacao nibs, goji berries, and hemp seeds \$3 Add hash browns, breakfast potatoes, or side of fruit for \$4. Add a pancake \$3	22
GLUTEN-FREE BUCKWHEAT PANCAKES NF GF SF 20 Topped with seasonal jam and whipped 'cream'. Served with maple syrup & 'butter'. Superfood style with cacao nibs, goji berries, and hemp seeds \$3 Add hash browns, breakfast potatoes, or side of fruit for \$4. Add a pancake \$3	20
GLUTEN-FREE SWEET POTATO PANCAKES NF GF SF 21 Topped with strawberries and bananas, with a side of maple syrup & 'butter'. Superfood style with cacao nibs, goji berries, and hemp seeds \$3 Add hash browns, breakfast potatoes, or a side of fruit for \$4. Add a pancake \$3	21
CHIA FRENCH TOAST 22 Now contains soy. Three baguette slices dipped in coconut chia batter and organic granola, pan fried, and served with maple syrup, strawberries, bananas & 'butter'. Add hash browns, breakfast potatoes, or a side of fruit for \$4	22
GLUTEN-FREE JALAPEÑO CORNBREAD CAKES NF GF SF 19 Sweet and spicy jalapeño pancakes with avocado, black beans, organic rice, maple syrup, and 'butter'. Add hash browns, breakfast potatoes, or side of fruit for \$4	19

hand-tossed pizza

All pizzas are 10" and made with organic local Sonora wheat flour crust from Roan Mills. We use soy-free Follow Your Heart 'mozzarella'. Available with gluten-free buckwheat crust \$3 Add avocado \$3

NEW ARTICHOKE SPINACH DIP PIZZA NF SF 21 Creamy spinach dip, artichoke hearts and Follow Your Heart 'mozzarella'.	21
BUFFALO CAULIFLOWER PIZZA NF SF 22 Our famous buffalo cauliflower with pesto, Follow Your Heart 'mozzarella', arugula, and 'ranch'.	22
BROCCOLI MAC 'N 'CHEESE' PIZZA NF 21 Mac 'n' 'cheese' spread over crust with 'cheddar', broccoli, crushed red pepper.	21
'SAUSAGE', PEPPER, AND ONION PIZZA NF 21 Pizza sauce, Follow Your Heart 'mozzarella', tempeh 'sausage', peppers, and onions. Drizzled with house-made pesto.	21
HEIRLOOM TOMATO AND GARLIC PIZZA SF 21 Pesto, Follow Your Heart 'mozzarella', heirloom tomatoes, chopped garlic, cashew 'alfredo', fresh chopped basil.	21
PLAIN 'CHEESE' PIZZA NF SF 19 House-made pizza sauce & Follow Your Heart 'mozzarella'.	19
THE ALL AMERICAN SCRAMBLE NF 20 Tofu, red onion, broccoli, and mushroom scramble, with tempeh 'sausage', breakfast potatoes, and local Sonora wheat rosemary sourdough toast. Add avocado \$3	20
BREAKFAST BURRITO NF 20 Tofu scramble, hash browns, organic rice and black beans, pico de gallo, avocado, garlic aioli, and habanero 'cream cheese' in a whole wheat tortilla wrap served with breakfast potatoes and salsa verde.	20
BREAKFAST BOWL NF GF 20 Hash browns, tofu scramble, tempeh 'sausage', spicy pickled cabbage, pico de gallo, and spinach over organic rice and black beans. Salsa verde and 'hollandaise' on the side. Add avocado \$3	20
SMASHED AVOCADO TOAST NF SF 19 Smashed avocado, sliced heirloom tomatoes, fresh herbs, radish, olive oil, and Chef Mollie's Seasoning Salt, on two slices of local Sonora wheat rosemary sourdough toast. Available gluten-free for additional \$3	19
TEMPEH 'SAUSAGE' FLORENTINE NF 19 Three biscuits topped with tempeh 'sausage', heirloom tomatoes, spinach, avocado, and 'Hollandaise'. Served with breakfast potatoes.	19
LOADED NACHOS GF SF 21 House-made, non-GMO organic corn tortilla chips smothered in jackfruit 'carnitas', cashew nacho 'cheese', black beans, pickled jalapeños, guacamole, spicy pickled cabbage, pico de gallo and garlic aioli. Available breakfast style with tofu scramble, hash browns and 'hollandaise' (GF not SF) for \$24	21
FRESH BERRY GRANOLA BOWL 15 Organic granola served with strawberries, blueberries and banana with your choice of milk (oat, soy or coconut).	15
AÇAÍ BOWL 18 Frozen açai blend, topped with banana, strawberry, blueberries and organic granola. Add goji berries, hemp seeds, shredded coconut or cacao nibs for \$1 each.	18

lunch

NEW CREAMY TOMATO BISQUE NF GF SF 13 Savory tomato purée with garlic, onion and coconut milk. Add avocado \$3	13
GOATLESS GREEK SALAD GF SF 21 A chopped salad with massaged kale, quinoa, carrots, cucumbers, spicy pickled cabbage, heirloom tomatoes, onion, avocado, apple, Kalamáta olives, raw hot sauce, cashew dill 'cheese' and cashew 'alfredo'.	21
NEW CREAMY ARTICHOKE SPINACH PASTA NF SF 24 A creamy sauce with fresh tomatoes, artichoke hearts, basil and garlic over organic pasta. Add avocado \$3 Add organic gluten-free pasta \$3	24
STREET TACOS NF GF SF 20 Chili seasoned jackfruit 'carnitas', onion, cilantro, pico de gallo, lime, garlic aioli, tomatillo sauce and spicy pickled cabbage. Served with organic rice and black beans. Add avocado \$3. Add an extra taco to your taco plate \$5	20

sides

HASH BROWNS NF GF SF	9
FRIED PLANTAINS WITH MAPLE SYRUP NF GF SF	11
BREAKFAST POTATOES NF GF SF	10
MIXED FRUIT NF GF SF	9
SIMPLE SALAD NF GF SF MIXED GREENS, HEIRLOOM TOMATOES, CARROTS, RED ONIONS	10

OUR COMMITMENT TO YOU

We are committed to serving the highest quality, locally sourced produce. To that end, we work with local regenerative farmers who deliver Organic, pesticide-free produce, daily. Please Inform your server of any allergies. All food May have come in contact with allergens, including nuts, gluten and soy. We do not have A dedicated gluten free fryer. If you have severe Gluten, nut or soy allergies, we recommend you Do not eat here. While we will do our best to Accommodate dietary restrictions and personal Preferences, any changes requested will inevitably Alter the taste of the original compositions. We do not refund such modifications if they are Subsequently disliked.

Tables of 6 or more will be charged an automatic 20% gratuity.

NF nut free | GF gluten free | SF soy free

All food may have come in contact with nuts, gluten or soy.