

BREAKFAST

AVOCADO MASH 7
SMASHED AVOCADO, RADISH, TOMATO, LEMON ZEST,
RED PEPPER FLAKES, GRILLED MULTIGRAIN

ADD POACHED EGG*, FRIED EGG, OR GOAT CHEESE +2
ADD SMOKED SALMON +5

CHICKPEA MASH 7
BEET HUMMUS, AVOCADO, OLIVE OIL,
SMOKED PAPRIKA, GRILLED MULTIGRAIN

AB&B 6
ALMOND BUTTER, BANANA, PEPITAS, CLOVER HONEY,
CINNAMON, GRILLED MULTIGRAIN

LIL' FISHY 6
LOX & DILL CREAM CHEESE, RADISH,
CUCUMBER, EVERYTHING BAGEL

BIG FISH 12
SMOKED SALMON, CHIVE CREAM CHEESE, DILL, CAPERS,
PICKLED ONION, RADISH, EVERYTHING BAGEL

STONE FIRED BAGELS

PLAIN | EVERYTHING | WHOLE WHEAT | SESAME | POPPY

PLAIN CREAM CHEESE 3
CHIVE CREAM CHEESE 4
LOX & DILL CREAM CHEESE 5



THE B.E.C. 8
OVER MEDIUM EGG, TURKEY BACON, CHEDDAR,
CHIPOTLE KETCHUP, BRIOCHE BUN

THE ESSEX 8
HOUSE MADE TURKEY SAUSAGE, OVER MEDIUM EGG,
CHEDDAR, DIJONNAISE, BRIOCHE BUN

THE NASH 11
CRISPY SEASONED CHICKEN THIGH, OVER MEDIUM EGG,
ARUGULA, HOT HONEY, PICKLED JALAPENO, BRIOCHE BUN

THE EASY 7
SOFT SCRAMBLED EGGS, CHIVES, SAUTEED ONIONS, CHEDDAR,
CHIPOTLE KETCHUP, BRIOCHE BUN

SCRAMBLE OUT 9
GOAT CHEESE, SOFT SCRAMBLED EGGS, CHIVES, SHIITAKE
MUSHROOM, KALE, AVOCADO, KALE PESTO, PRESSED TORTILLA

EL TORO 11
BRISKET, FRIED EGG, CHARRED ONIONS, CHIMICHURRI, CRISPY
SHALLOT, HOME FRIES, CHIPOTLE BBQ, PRESSED TORTILLA

SOCAL 11
TURKEY CHORIZO, SOFT SCRAMBLED EGGS, ROASTED PEPPER,
PEPPER JACK, PICO, GODDESS SAUCE, FRIES, PRESSED TORTILLA

BITE OMELETTE 13

MADE WITH THREE EGGS, SERVED WITH MULTIGRAIN TOAST,
DRESSED GREENS, AND HOME FRIES

CHOOSE THREE FILLINGS: CHEDDAR, GOAT CHEESE, SPINACH, AVOCADO,
MONTEREY JACK, HEIRLOOM TOMATO, SHIITAKE MUSHROOM, CARAMELIZED
ONION, TURKEY BACON, TURKEY SAUSAGE

ADDITIONAL FILLING +3

DRINKS & SUCH

COFFEE

DRIP COFFEE	2.5 / 3	COLD BREW	4 / 5
LATTE	4	NITRO ON TAP	5
CAPPUCCINO	4	ICED LATTE	5
MOCHA	4.5	ICED MOCHA	5.5
DOUBLE ESPRESSO	3	ICED AMERICANO	4
AMERICANO	3.5	ADD DOUBLE ESPRESSO	+ 1.5
HOT CHOCOLATE	4	SUB NONDAIRY MILK	+ .5

SPECIALTY TEA

MATCHA LATTE	5.5	MINT LEMON SPARKLER	4.5
CHAI LATTE	5.5	PASSION PEACH SPARKLER	5
GOLDEN LATTE	5.5	LEMON GINGER LEMONADE	4
BROOKLYN FOG	5		

ORGANIC LOOSE LEAF TEA 2.5 / 3
BLACK: EARL GREY, SUMMER PEACH, BROOKLYN
HERBAL: FRENCH LEMON GINGER, HIBISCUS COOLER
GREEN: FRESH GREENS, GREEN POMEGRANATE

ORGANIC ICED TEA 3 / 3.5
FRESH GREENS, CLASSIC BLACK, GREEN POMEGRANATE
SUMMER PEACH, HIBISCUS COOLER

JUICE ME 8

JUST BEET IT BEET, PEAR, CARROT, APPLE, LEMON, GINGER
SHOW ME THE GREEN KALE, SPINACH, CUCUMBER, APPLE, LEMON, GINGER
ABOUT TO GLOW GRAPEFRUIT, ORANGE, PINEAPPLE, MINT
THE REFRESH APPLE, PINEAPPLE, LIME, GINGER
SMALL PHARMA CUCUMBER, GINGER, LEMON, AGAVE, CAYENNE PEPPER

SHAKE IT UP 9

AVO POWER AVOCADO, VANILLA MILK, BANANA
COLADA ANY TIME BANANA, PINEAPPLE, LIME, COCONUT MILK, VANILLA
POWER THRU PB2, PLANT PROTEIN, BANANA, ALMOND MILK
VEGAN HALVA SHAKE TAHINI, ALMOND MILK, BANANA, CINNAMON, AGAVE
GREEN ON GREEN BANANA, SPINACH, KALE, MANGO, ALMOND MILK, HEMP SEEDS, HONEY



EAT Y'ALL

SANDWICHES

SMOKE HOUSE 13

BRAISED BRISKET, MONTEREY JACK, SAUTEED ONIONS, SHIITAKE MUSHROOMS, CIDER SLAW, CHIPOTLE BBQ, PRESSED CIABATTA

CHICKEN TORTA 12

CHARRED CHICKEN BREAST, MONTEREY JACK, AVO SMASH, PICO, PICKLED JALAPENO, GODDESS SAUCE, PRESSED CIABATTA

CHICKEN PARM 11

HERB PARMESAN CRUSTED CHICKEN, VODKA SAUCE, FRESH MOZZARELLA, BASIL, PRESSED CIABATTA

TURKEY B.A.L.T. 11

ROASTED TURKEY, TURKEY BACON, AVOCADO, LETTUCE, TOMATO, DIJONNAISE, MULTIGRAIN

THE ARTISAN 11

CHARRED CHICKEN BREAST, FRESH MOZZARELLA, AVOCADO, ROASTED PEPPER, KALE PESTO, PRESSED CIABATTA

VEGGIE HUMMUS 10

SHIITAKE MUSHROOM, ROASTED PEPPER, AVOCADO, GODDESS SAUCE, BEET HUMMUS, CIABATTA

TURKEY APPLE BRIE 11

ROASTED TURKEY, SLIOED APPLE, BRIE, HONEY MUSTARD, ARUGULA, MULTIGRAIN

THE GOUDS 12

SMOKED GOUDA, TURKEY BACON, SAUTEED ONIONS, SHIITAKE MUSHROOM, GRILLED MULTIGRAIN

LA QUESADILLA 9

MONTEREY JACK, SAUTEED PEPPERS AND ONIONS, PICO, CREAMA, GUAC, GODDESS SAUCE, PRESSED TORTILLA

ADD CHARRED CHICKEN BREAST

+4

ADD BRAISED BRISKET

+5

ADD HOUSE CHIPS OR DRESSED GREENS +2

BURGERS

SIMPLY BURGER* 14

STEAKHOUSE BLEND BURGER, CHEDDAR, LETTUCE, TOMATO, PICKLES, SAUTEED ONIONS, CHIPOTLE KETCHUP

BITE BURGER* 15

STEAKHOUSE BLEND BURGER, SMOKED GOUDA, SAUTEED ONIONS, CRISPY SHALLOT, PICKLES, SRIRACHA AIOLI

BURRATA BURGER* 16

STEAKHOUSE BLEND BURGER, BURRATA, ARUGULA, TOMATO, HERB AIOLI

OH, IM VEGAN 15

IMPOSSIBLE 'MEATLESS BURGER', CHIPTOLE KETCHUP, GREENS, TOMATO, AVO SMASH, VEGAN BRIOCHE BUN

THE MOLE 15

BLACK BEAN PATTY, GUAC, ROASTED PEPPER, PICKLED ONION, TORTILLA STRIPS, MONTEREY JACK, GODDESS SAUCE

SERVED WITH FRIES, SWEET POTATO FRIES, OR DRESSED GREENS

SALADS

KALLER CAESAR 10

BABY KALE, GEM, SHAVED PARMESAN, PARMESAN CRISP, TOMATO, CROUTONS, CHIPOTLE CAESAR

KALE QUINOA 11

BABY KALE, ORGANIC QUINOA, DRIED CRANBERRIES, APPLE, PUMPKIN SEEDS, SWEET POTATO, APPLE CIDER VINAIGRETTE

THE GOAT 12

ARUGULA, BABY SPINACH, BUTTERNUT SQUASH, GOAT CHEESE, ROASTED PEARS, CANDIED WALNUTS, SHALLOT VINAIGRETTE

GOODNESS GREENS 10

GREENS, BABY SPINACH, ROASTED CORN, AVO MASH, TORTILLA STRIPS, RED ONION, TOMATOES, GODDESS DRESSING

SUMMER BABY 13

BABY SPINACH, BABY KALE, BURRATA, FRESH BERRIES, BASIL, PICKLED ONION, TOMATO, SHALLOT VINAIGRETTE

ADD:

LEMON HERB CHARRED CHICKEN BREAST +5

PAN SEARED SALMON* +7

SEARED RARE AHI TUNA* +8

CHIMICHURRI GRILLED STEAK* +7

SEA-SALT FLAKED HALF AVOCADO +2

TACOS

POLLO ASADO TACOS 12

CHARRED CHICKEN, COTIJA, GUAC, PICO, GODDESS SAUCE

BRAISED BRISKET TACOS 15

CHIPOTLE BBQ, PICKLED ONION, AVOCADO, COTIJA, CILANTRO

FISH TACOS 14

BATTERED MAHI-MAHI, CIDER SLAW, GUAC, PICKLED JALAPENO

CRISPY AVOCADO TACOS 11

HERB PANKO CRUSTED AVOCADO, CIDER SLAW, SRIRACHA AIOLI

THREE TACOS TO AN ORDER

SERVED ON GLUTEN FREE WHITE CORN TORTILLAS OR LETTUCE WRAPS

ALLERGY WARNING: PLEASE INFORM YOUR ORDER TAKER IF ANYONE IN YOUR PARTY HAS A FOOD ALLERGY. WE MAKE AN EFFORT TO AVOID GROSS CONTAMINATION OF ALLERGENS, WE CANNOT GUARANTEE THAT FOOD ITEMS WILL NOT INADVERTENTLY COME INTO CONTACT WITH ANOTHER DURING PREPARATION

*RAW FOOD WARNING: CONSUMING RAW OR UNDERCOOKED MEAT, POULTRY, SEAFOOD, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS

FRIES & SUCH

SIMPLE POTATO OR SWEET POTATO FRIES 6

HOUSE CHIPS CRISPY THIN POTATOES, SEA SALT 4

BATTERED ONION RINGS HERB AIOLI 7

FRIED MAC & CHEESE BITES SRIRACHA AIOLI 8

CRISPY AVOCADO FRIES HERB PANKO CRUSTED, SRIRACHA AIOLI 8

CHICKEN TENDERS & FRIES 13

CHOICE: PLAIN / BUFFALO / CHILI HONEY / PARMESAN TRUFFLE

TRUFFLE SHUFFLE 10

SKIN ON FRIES, TRUFFLE OIL, PARMESAN, SRIRACHA AIOLI

FARMER’S BOWL

MAINS - CHOOSE ONE

SEASONS BOWL SELECT AN EXTRA SIDE	11
LEMON HERB CHARRED CHICKEN BREAST	14
PAN SEARED SALMON*	16
BRAISED BRISKET	15
CHIMICHURRI GRILLED STEAK*	16
SEARED RARE AHI TUNA*	17
CHILI HONEY SEARED TOFU	12

SEASONAL SIDES - CHOOSE THREE

ROASTED SWEET POTATO
PARMESAN THYME ROASTED POTATOES
CHILI HONEY BRUSSELS SPROUTS
CURRIED CAULIFLOWER & CHICKPEAS
MAPLE BUTTERNUT SQUASH
KALE QUINOA SALAD
GEM WEDGE CHIPOTLE CAESAR
PESTO VEGGIE NOODLES
SEA-SALT FLAKED HALF AVOCADO