

# GF Options

Please tell your server that you are GF

## SMALL BITES

**Yogurt Bowl** \$9/13

Yogurt, granola, mixed berries, Banana, mango, cacao nibs, coconut, pistachio, agave drizzle \*GF OPTION\*

## AVO TOASTS

(GF avail +\$4)

**Avo Delight** \$11

avocado, lemon zest, chili pepper flakes,

**Sunrise Avocado Hash** \$15

Avocado, Sunny-side-up egg, Sun-dried tomato jam

**Savory Avo (GF avail)** \$15

Marinated steak tips, Avocado, tomato, and micro greens. GF option with brisket.

**VIBE**  
VEGAN BISTRO

**VITAL Elixirs**  
\$5.50

### Phoenix Rising

A vibrant blend of zesty lemon, invigorating cayenne pepper, inflammation-fighting turmeric, stimulating ginger, and the refreshing goodness of orange juice.

### Emerald Breeze

An immune-boosting elixir with the natural power of ginger, the superfood strength of spirulina, and the zesty freshness of orange juice. Strengthen your defenses and fuel your body.

### Blueberry Refresher

Celebrate health and flavor with a blend of blueberry, lemon, ginger, and mint that's as invigorating as it is delicious.

### Sunrise Ginger Cran

Immune-Boosting Citrus Cran-Ginger Elixir, a powerhouse blend of citrus fruits, cranberry, and ginger.

# brunch vibes

Full menu served morning and afternoon

## BREAKFAST HANDHELDS

choice of side- Hash browns, potatoes or fruit  
GF Bread Available \$4

**Veggie Delight** \$14

Tomato, cucumber, spinach, Avocado micro greens, and cream cheese

**Sunrise Provolone** \$14

Sausage, scramble patty, smoked provolone, black berry jam

**Sausage Scramble** \$14

Scramble patty, sausage, cheese, caramelized onion, mixed greens

**French Toast V-egg** \$14

Scramble patty, cheese, maple sausage in between french toast (GF avail \$2.50)

**Steak and V-egg** \$16

Steak, V-egg patty, cheese, caramelized onion, mixed greens, aioli

**Breakfast Burger** \$18

Cheddar, bac'n, sunny side up Yoegg, Lettuce, red onion, avocado and pepper jelly

*famous*

## BENEDICTS

Served with roasted veggies and choice of side- Hash browns, potatoes or fruit

GF Bread Available \$2.50

**\$23**  
**Brisket Bene**

Our most popular item!!  
Seasoned Brisket. Poached yoeggs, hollandaise

**\$21**

**Crab Lovin Bene**

Poached yoeggs, hollandaise, Our house made mind blowing CrabN cake,

**\$21**

**French Toast Bene**

Poached yoeggs, hollandaise and sausage, on a thick portion of our delicious French toast.

## FRENCH TOAST

choice of side- Hash browns, potatoes or fruit

GF Bread Available \$6

**Berries and Cream** \$17

**Creme Brûlée** \$17

**Classic** \$15

### SIDE ADD ONS

Fresh Fruit 3.50 - Hash Browns  
3.50 Sunny yo egg 4.00 - Scramble  
2.75 Poached Yoegg 4.50 - Bacon  
3.00 Sausage 3.50 GF toast 4.00 -  
Garlic Butter Toast 2.50

**Breakfast Tacos (GF avail)** \$14

Breakfast scramble, cheese, steak tips, tortilla, avocado, sour cream. GF Corn Tortillas available.

## AÇAI

**Banana Split** \$15

Banana, granola, berries, cacao nibs, whipped topping, chocolate drizzle, peanut butter drizzle, coconut shreads

**Energizer** \$14

Banana, granola, chia, berries, cacao nibs, hempseed, goji, pineapple, and agave drizzle

## BREAKFAST BOWLS

**Vibe Bowl** \$15

Scramble, Avocado, Tomato, Roasted sweet Potatoes, Spinach, Cheese

**The Mediterranean** \$17

Scramble, Avocado, Tomato, Roasted sweet Potatoes, Spinach, Feta Cheese

**Burrito Bowl** \$17

Scramble, Steak Tips, Black Beans, Cheese, Salsa, Roasted Potatoes, Sour Cream, Avocado, Spicy Breakfast Sauce, Micro Greens

# lunch vibes

## BURGERS & SANDWICHES

choice of side- potatoes, fruit or salad  
**GF Bread and bun Available \$4**

### Bistro Bac'n Cheese Burger \$18

Cheddar, pickled red onion, VBacon, bistro sauce, lettuce, tomato, pickle on brioche bun

### Greek Burger \$18

Mediterranean seasoned patty topped with whipped feta, tomatoes, red onions and lettuce. (can sub with portobello)

### Short Rib Steak & Cheese \$18

Seasoned juicy meat with peppers, onions, and provolone cheese.

### Avo BLT

Avocado, bac'n, lettuce, tomato and house mayo on toasted bread. \$16



## FRESH SALADS

choose bowl or wrap

### Chik'n Cobb Salad \$18

Chik'n, roasted corn, cherry tomatoes, red onion, avocado, blue cheese crumbles, Bac'n pieces and your choice of blue cheese or Ranch dressing.

### Thai Steak Salad \$18

Mixed greens, steak tips, avocado, cucumber, red onions, tomatoes, green onion, sesame with a ginger sriracha citrus dressing

### Chik'n or Steak Caesar \$18

romaine with shaved parmesan cheese, croutons, and signature Caesar dressing

### Greek Salad \$16

Mixed greens, olives, red onions, tomatoes feta, peperoncino, Add Chik'n or Steak \$6

### Steak Burrito (GF in Bowl) \$18

choice of side- potatoes, fruit, or salad

Steak tips, Rice, corn, black beans, avocado, sour cream, cheese, lettuce, and salsa in a toasted tortilla

### Crispy Buffalo Bowl \$18

choice of side- potatoes, fruit, or salad

Crisp chopped romaine, cheddar cheese, red onions, tomato, bac'n and blue cheese or ranch dressing wrapped in a toasted tortilla.

### Street Tacos (GF corn tortilla avail) \$14

Seasoned steak, pickled onions, cilantro, diced tomatoes, house sauce

### Chik'n Buffalo Street Tacos (GF corn tortilla avail) \$14

Crispy buffalo bites tossed on top of chopped lettuce and topped with blue cheese dressing and avocado.

## LUNCH BOWLS

### Vibe Poke Bowl \$17

Rice, smoked watermelon, cucumber, ginger, edamame, sesame seeds, radish, avocado, curled carrots, and spicy mayo dressing with green onions

### Green Goddess Bowl \$17

Seasoned Rice Blend, broccolini, spinach, edamame kale green blend, brussel sprouts, and green goddess dressing.

### Mezze Bowl \$17

Kofta Kebab, rice quinoa blend, olives, cucumbers, pickled red onion, tomatoes, kofta, tzatziki dressing, hummus

### Healthy Harvest \$18

FHarvest Rice Blend Roasted Brussel sprouts, sweet potatoes, chick'n, topped with creamy dressing.

## LITTLE VIBES

SERVED WITH FRUIT

### Classic French Toast \$13

### Grilled Cheese \$13

### Yogurt Bowl \$10

### Kids Burger \$12

## BEVERAGES

### Big Jerk Sodas 3.50

Flavored Lemonade- Raspberry, blueberry, mango, lavender, strawberry, rose 3.75

### Sweet or Unsweet tea 3.00

### Aqua Pana LG 5.00

### Juices- Cranberry, Orange 3.50

### Chocolate Milk 3.00

### Hot Tea -3.00

### Italian Cream Sodas -5.95

raspberry, caramel, strawberry, mango, blueberry, chocolate