

SMOOTHIES + BOWLS

bowls include: granola, chia, coconut, fruit + honey
add collagen +1 // protein +1

	SMOOTHIE	BOWL
TROPICAL MANGO pitaya, strawberries, mango apple juice	10.50	14.50
STRAWBERRY BANANA strawberries, banana, apple juice	10.50	14.50
AÇAÍ BERRY açai, mixed berries, apple juice	10.50	14.50
PB+A açai, berries, peanut butter almond milk	10.50	14.50
GREEN MACHINE spinach pineapple, mango coconut milk	10.50	14.50

BREAKFAST

ends at noon

THE METROPOLE BURRITO scrambled egg, chorizo, sausage or bacon hash browns, cheddar, salsa	11.00
BREAKFAST SANDWICH scrambled egg, bacon, cheddar chipotle mayo	11.00
VEGGIE WRAP scrambled egg, zucchini, onion, mushroom quinoa	10.00
GRAIN BOWL egg whites, avocado, carrots, mushroom zucchini, quinoa, ginger vinaigrette	14.00
BAGEL + CREAM CHEESE	9.00

AVO TOASTS

on sourdough // gluten free bread + 1.50 per slice

	HALF	FULL
SIMPLE toast + smashed avo	8.00	10.50
SAVORY smashed avo, over easy egg	10.00	12.00
BALSAMIC smashed avo, tomato, basil balsamic add fresh mozzarella +1.50	10.00	12.50
CLEAN smashed avo, tomato, sprouts scucumber	10.00	12.50
CATALINA smashed avo, over easy egg bacon or ham	10.00	13.50
SPICY smashed avo, cucumber tomato boiled egg, sriracha	10.00	12.50

ANTI AVO TOAST

our toast with no avocado

	HALF	FULL
PB+B peanut butter, bananas, cinnamon + honey	8.00	10.50
CHICKPEA hummus, cucumber, tomato, sprouts	7.50	10.00
NOT A BAGEL cream cheese, cucumber, tomato everything bagel seasoning	8.00	10.00

GREENS

chicken 4.00 // avocado 3.00 // chickpea salad 3.00

CLASSIC CAESAR romaine, house made croutons, shaved parmesan caesar dressing	10.00
LOADED CAESAR romaine, chicken, bacon, hard boiled eggs avocado, house made croutons, shaved parmesan, caesar dressing	13.50
MEDITERRANEAN CHOPPED romaine, chicken, tomatoes, chickpeas kalamata Olives, onion, cucumber, feta cheese, tzatziki, mediterranean vinaigrette	14.50
BBQ CHICKEN SALAD romaine, bbq chicken, bacon, hard boiled egg, red onion, chipotle ranch, bbq drizzel	13.50
TUNA SALAD organic spring greens, tuna salad, tomato sprouts, cucumber, balsamic	13.50
CATALINA COBB organic spring greens, chicken, avocado bacon, hard boiled egg, tomatoes, house made croutons, ranch	14.50

CRAVING SOMETHING SWEET?

check out our bakery case for delicious
seasonal treats

SANDIES

w/ mixed greens + house vinaigrette
potato salad +3 //chips +1.50 //sweet potato ff +3.50
sub gluten free 3.00

TURKEY + AVOCADO 14.00
roasted turkey, avocado, lettuce, tomato
muenster cheese, sprouts, mayo on wheat

TUNA 13.00
house made tuna salad (red onion, celery
green grapes) lettuce, tomato + sprouts
on wheat

VEGGIE STACK 12.50
avocado, lettuce, tomato, cucumber, mayo
muenster cheese, sprouts, pickles, on wheat
MAKE IT VEGAN - NO CHS + VEGAN MAYO

COLD HAM + SWISS 13.00
all natural ham, swiss cheese, pickles
lettuce, tomato, dijon aioli on sourdough

EGG SALAD 11.50
egg salad (mayo, onion) lettuce, pickles
tomato on wheat

CHICKPEA SALAD VEGAN 12.00
chickpea Salad (vegan mayo, dijon, onion
pickles) lettuce, tomato, sprouts on wheat

BLT ADD AVO +3 12.50
bacon, lettuce, tomato, mayo on toasted
sourdough

BLACK BEAN BURGER 15.00
lettuce, tomato, chipotle mayo, cheese, avocado
+ sprouts on a brioche bun
MAKE IT VEGAN - NO CHEESE + VEGAN MAYO

PRESSED SANDIES

w/ mixed greens + house vinaigrette
potato salad +3//chips +1.50 //sweet potato ff + 3.50
served on pressed sourdough

CUBANO 14.50
roasted pork, ham, pickles, swiss cheese
dijon aioli

PULLED PORK 14.00
slow roasted pork, red onion, bbq sauce
muenster cheese

BBQ CHICKEN 14.00
chicken, red onion, muenster cheese

CB+A 14.00
chicken, bacon, avocado, chipotle mayo
swiss cheese

HOT HAM + SWISS 14.00
ham, pickles, dijon aioli, swiss cheese

TUNA MELT 14.00
tuna salad (red onion, celery, green grapes)
muenster cheese, tomato

THREE CHEESE ADD BACON +3 13.00
swiss, muenster, mozzarella cheeses

CAPRESE ADD CHICKEN +4 13.00
tomato, pesto, mozzarella cheese

VEGGIE VEGAN 13.00
roasted bell pepper, onion, zucchini, yellow
squash, avocado, hummus

ITALIAN 14.50
salami, ham, lettuce, tomato, mayo, pesto, mozzarella
cheese on pressed sourdough

HOUSE PITAS

w/ mixed greens + house vinaigrette
potato salad +3//chips +1.50 //sweet potato ff + 3.50

CHICKEN PESTO 14.50
chicken, pesto, tzatziki, red onion, tomato
cucumbers, feta cheese

GYRO 14.50
lamb + beef gyro, tzatziki, red onion, tomato
cucumber, feta cheese

VEGGIE 14.50
roasted bell pepper, onion, zucchini, yellow
squash, sprouts, hummus

FALAFEL 14.50
falafel, tzatziki, red onion, tomato, cucumber, feta

SNACKS + SHARES

BBQ CHICKEN FRIES 13.50
sweet potato fries, bbq chicken, cilantro, red onion

STUFFED AVOCADO 12.50

TUNA: tuna + sprouts
CHICKPEA: chickpea salad + sprouts
VEGGIE: roasted veggie + hummus

PITA + HUMMUS 5.00
soft pita + house made hummus

SWEET POTATO FRIES 4.00