

SMOOTHIES + BOWLS

BOWLS INCLUDE: GRANOLA, CHIA, COCONUT, FRUIT + HONEY
ADD COLLAGEN +1 // MATCHA +1 // PROTEIN +1

	SMOOTHIE	BOWL
TROPICAL MANGO PITAYA, STRAWBERRIES, MANGO, APPLE JUICE	10.50	14.50
STRAWBERRY BANANNA STRAWBERRIES, BANANA, APPLE JUICE	10.50	14.50
AÇAÍ BERRY AÇAÍ, MIXED BERRIES, APPLE JUICE	10.50	14.50
PB+A AÇAÍ, BERRIES, PEANUT BUTTER, ALMOND MILK	10.50	14.50
GREEN MACHINE SPINACH PINEAPPLE, MANGO, COCONUT MILK	10.50	14.50
PINA COLADA PINEAPPLE, BANANA, COCONUT, MANGO, COCONUT MILK	10.50	14.50
RASPBERRY TROPICS RASPBERRY, MANGO, PINEAPPLE, APPLE JUICE	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, SOURDOUGH	11.00
VEGGIE WRAP SCRAMBLED EGG, ZUCCHIN, ONION, MUSHROOM, QUINOA	10.00
GRAIN BOWL EGG WHITES, AVOCADO, CARROTS, MUSHROOM, ZUCCHINI QUINOA, GINGER VINAIGRETTE	14.00
BAGEL N' LOX BAGEL, WHIPPED CREAM CHEESE, CAPERS, SLICED ONION EVERYTHING BAGEL SEASON	15.00

AVO TOASTS

ON SOURDOUGH // GLUTEN FREE BREAD + 1.50 PER SLICE

	HALF	FULL
SIMPLE PLAIN AND SIMPLE-TOAST WITH 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, CUCUMBER, SPROUTS	10.00	12.50
CATALINA SMASHED AVO, OVER EASY EGG, BACON OR HAM	10.00	13.50
SPICY SMASHED AVO, CUCUMBER, TOMATO, HARD BOILED EGG, SIRACHA	10.00	12.50

ANTI AVO TOAST

ON SOURDOUGH // GLUTEN FREE BREAD + 1.50 PER SLICE

	HALF	FULL
PB+B PEANUT BUTTER, BANANAS, CINNAMON, HONEY	8.00	10.50
CHICKPEA HUMMUS, CUCUMBER, TOMATO, SPROUTS	7.50	10.00
THE GOAT GOAT CHEESE WITH RED PEPPER FLAKES	8.00	10.50
NOT A BAGEL CREAM CHEESE, CUCUMBER, TOMATO, EVERYTHING BAGEL SEASONING	8.00	10.00

GREENS

ADD CHICKEN 3.00 // ADD AVOCADO 2.00
ADD 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	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, GREEN ONION CHIPOTLE RANCH, BBQ DRIZZLE	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
VEGGIE BURGER LETTUCE, ONION, TOMATO, CHIPOTLE MAYO, CHEESE, AVOCADO, SPROUTS ON A BRIOCHE BUN	15.00