

SANDIES

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

TURKEY + AVOCADO	15.00
roasted turkey, avocado, lettuce, tomato muenster cheese, sprouts, mayo on wheat	
TUNA	14.00
house made tuna salad (red onion, celery green grapes) lettuce, tomato + sprouts on wheat	
VEGGIE STACK	13.00
avocado, lettuce, tomato, cucumber, mayo muenster cheese, sprouts, pickles, on wheat MAKE IT VEGAN - NO CHS + VEGAN MAYO	
COLD HAM + SWISS	14.00
all natural ham, swiss cheese, pickles lettuce, tomato, dijon aioli on sourdough	
EGG SALAD	12.50
egg salad (mayo, onion) lettuce, pickles tomato on wheat	
CHICKPEA SALAD VEGAN	12.50
chickpea Salad (vegan mayo, dijon, onion pickles) lettuce, tomato, sprouts on wheat	
BLT ADD AVO +3	13.50
bacon, lettuce, tomato, mayo on toasted sourdough	
BLACK BEAN BURGER	16.00
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	16.00
roasted pork, ham, pickles, swiss cheese dijon aioli	
PULLED PORK	16.00
slow roasted pork, red onion, bbq sauce muenster cheese	
BBQ CHICKEN	15.50
chicken, red onion, muenster cheese	
CB+A	16.00
chicken, bacon, avocado, chipotle mayo swiss cheese	
HOT HAM + SWISS	14.50
ham, pickles, dijon aioli, swiss cheese	
TUNA MELT	14.50
tuna salad (red onion, celery, green grapes) muenster cheese , tomato	
THREE CHEESE ADD BACON +3	13.50
swiss, muenster, mozzarella cheeses	
CAPRESE ADD CHICKEN +4	13.50
tomato, pesto, mozzarella cheese	
VEGGIE VEGAN	13.50
roasted bell pepper, onion, zucchini , yellow squash, avocado, hummus	
ITALIAN	15.00
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	16.00
chicken, pesto, tzatziki , red onion, tomato cucumbers, feta cheese	
GYRO	16.00
lamb + beef gyro, tzatziki, red onion, tomato cucumber, feta cheese	
VEGGIE	15.00
roasted bell pepper, onion, zucchini , yellow squash, sprouts, hummus	
FALAFEL	15.00
falafel, tzatziki, red onion, tomato, cucumber, feta	

SNACKS + SHARES

BBQ CHICKEN FRIES	14.00
sweet potato fries, bbq chicken, cilantro , red onion	
STUFFED AVOCADO	13.00
TUNA: tuna + sprouts	
CHICKPEA: chickpea salad + sprouts	
VEGGIE: roasted veggie + hummus	
PITA + HUMMUS	6.50
soft pita + house made hummus	
SWEET POTATO FRIES	6.00

SMOOTHIES + BOWLS

bowls include: granola, chia, coconut, fruit + honey
add collagen +2 // protein +1.50 //
add chia +1

SMOOTHIE BOWL

TROPICAL MANGO	11.00	15.00
pitaya, strawberries, mango apple juice		
STRAWBERRY BANANA	11.00	15.00
strawberries, banana, apple juice		
AÇAÍ BERRY	11.00	15.00
açaí, mixed berries, apple juice		
PB+A	11.00	15.00
açaí, berries, peanut butter almond milk		
GREEN MACHINE	11.00	15.00
spinach pineapple, mango coconut milk		

BREAKFAST

ends at noon

THE METROPOLE BURRITO	12.50
scrambled egg, chorizo, sausage or bacon hash browns, cheddar, salsa	
BREAKFAST SANDWICH	12.00
scrambled egg, bacon, cheddar chipotle mayo	
VEGGIE WRAP	11.00
scrambled egg, zucchini, onion, mushroom quinoa	
GRAIN BOWL	16.00
egg whites, avocado, carrots, mushroom zucchini, quinoa, ginger vinaigrette	
BAGEL + CREAM CHEESE	9.50

AVO TOASTS

on sourdough // gluten free bread + 1.50 per slice

	HALF	FULL
SIMPLE	8.50	11.00
toast + smashed avo		
SAVORY	10.50	12.50
smashed avo, over easy egg		
BALSAMIC	11.00	13.00
smashed avo, tomato, basil balsamic add fresh mozzarella +1.50		
CLEAN	11.00	13.00
smashed avo, tomato, sprouts scucumber		
CATALINA	11.00	14.00
smashed avo, over easy egg bacon or ham		
SPICY	11.00	13.00
smashed avo, cucumber tomato boiled egg, sriracha		

ANTI AVO TOAST

our toast with no avocado

	HALF	FULL
PB+B	8.50	11.00
peanut butter, bananas, cinnamon + honey		
CHICKPEA	8.00	10.50
hummus, cucumber, tomato, sprouts		
NOT A BAGEL	8.50	10.50
cream cheese, cucumber, tomato everything bagel seasoning		

GREENS

chicken 4.00 // avocado 3.00 // chickpea salad 3.00

CLASSIC CAESAR	11.50
romaine, house made croutons, shaved parmesan caesar dressing	
LOADED CAESAR	16.50
romaine, chicken, bacon, hard boiled eggs avocado, house made croutons, shaved parmesan, caesar dressing	
MEDITERRANEAN CHOPPED	16.50
romaine, chicken, tomatoes, chickpeas kalamata Olives, onion, cucumber, feta cheese, tzatziki, mediterranean vinaigrette	
BBQ CHICKEN SALAD	15.00
romaine, bbq chicken, bacon, hard boiled egg, red onion, chipotle ranch, bbq drizzel	
TUNA SALAD	15.00
organic spring greens, tuna salad, tomato sprouts, cucumber, balsamic	
CATALINA COBB	16.50
organic spring greens, chicken, avocado bacon, hard boiled egg, tomatoes, house made croutons, ranch	

CRAVING SOMETHING SWEET?

check out our bakery case for delicious
seasonal treats