

THE CAFÉ

BREAKFAST

Smashed Avocado Toast \$10

Wheat bread, cashew spread, avocado, sprouts, sesame seeds, chili powder and smoked salt

Breakfast Sando \$12

Ham, egg, cheddar, tomato, and pesto served on a ciabatta roll

Butter or Cream Cheese Bagel \$6

Veggie Bagel \$10

Choice of cashew spread or cream cheese, cucumber, tomato and sprouts

SMOOTHIES

Fresh & Fit \$9

Banana, mango, kale, spinach, parsley, mint, almond milk, and a date

Poolside \$8

Banana, strawberry, mango, orange juice

Hearty Booster \$8

Banana, berries, pineapple, spinach, chia seeds, almond milk

Powerhouse \$8

Banana, cacao powder, dates, peanut butter, almond milk

PB&J \$9

Mixed berries, 1 scoop peanut butter, spinach, vegan vanilla protein powder, hemp milk

Berry Strong \$8

Bananas, mixed berries, orange juice

Add-ons: vegan or whey protein \$2, granola or chia \$1

JUICES & COFFEE

12oz or 16oz

El Verde \$9/\$12

Green apple, celery, cucumber, lemon, ginger

Cleanser \$9/\$12

Beet, apple, carrot, ginger

Ginger Shot \$5

Ginger, lemon, dash of cayenne

Lairds Superfood Lattes \$4.50

Original Coconut Creamer Latte, Cacao Espresso, Turmeric Latte, Caffeine free: Hot Cocoa, Golden Milk

Americano

12 oz \$3, 16 oz \$4

Latte - Cappuccino

12 oz \$4, 16 oz \$5
12 oz \$4, 16 oz \$5

Assorted Metolius Teas \$4

Flavors +\$.25: Vanilla, Caramel, Hazelnut, Lavender
Alternative Milks +\$.50: Almond, Hemp, Soy
A 20% walk out gratuity is applied to all unclosed tabs

THE CAFÉ

LUNCH

SMALL PLATES

Chicken Skewers \$9

Two chicken breast skewers with bell peppers, onion and pineapple served with a side of teryaki sauce

Ceviche \$11

Served with house made tortilla chips

Chips, Salsa & Guac \$10

SANDWICHES

All sandos served with kettle chips. Sub broccoli salad or TIM'S potato chips for \$1

TALT \$13

Turkey breast, avocado, lettuce, tomato, aoli on a ciabatta roll.

Pork Stack Sammy \$14

Sliced ham, bacon, cheddar cheese, lettuce and tomato, with mustard on a ciabatta roll

Veggie Sando \$11

Choice of cashew spread or cream cheese, cucumber, tomato, and sprouts served open faced on an everything bagel

Chicken or Tuna Sando \$12

Served on a ciabatta roll with romaine

SALADS

Add chicken for \$5. Wrap it in a spinach tortilla for \$1

Caesar Salad \$11

Crisp romaine, croutons, and shaved parmesan tossed together in a creamy caesar dressing

Spinach Salad \$12

Spinach tossed in honey mustard dressing with bacon bits, candied walnuts, cherry tomatoes, carrots and a hard boiled egg

FLATBREADS

Margherita \$11

Marinara, shredded cheese, tomato, basil, finished with lightly drizzled balsamic reduction

Chicken, Bacon, Pesto \$13

Pesto Sauce, shredded mozzarella, chicken breast, bacon bits and basil

SWEET TREATS

Bonta Gelato

Assorted seasonal flavors

Pastries

Made fresh daily by local bakeries
Thump and Too Sweet Cakes.
Gluten-free and vegan options available.