

Seasonal Sips

NEW!

Pumpkin Pie Latte (V) ... \$4.25
House espresso incorporated with pumpkin pie sauce & your choice of milk. Garnished with ground Biscoff cookies & cookie butter whipped cream. Try it iced!

Toasted Marshmallow Hot Chocolate (V) \$4.25
5 Mile Mocha sauce mixed with toasted marshmallow syrup & vanilla. Try it with a shot of espresso!

Spirit Tea Toddy (V)..... \$4.25
Spirit Tea’s Rooibos chai brewed with pear, ginger, & vanilla syrups. Try it iced!



Smoothies

Full Recovery \$9
Belgian cocoa, banana, plant-based protein, sunflower butter, Four Sigmatic mushroom blend, & collagen peptides* blended with oat milk.

Berry Calm (V)..... \$9
Açaí, blueberry, banana, orange, raw bee pollen*, & Moon Juice’s Magnesi-Om® mix blended with oat milk.

Desert Detox Smoothie (VE) \$9
Cactus pear, orange, pineapple, blood orange juice, agave nectar, Irish sea moss*, & burdock root blended with oat milk.

Green Goodness (VE) \$9
Avocado, baby spinach, orange, yerba mate, turmeric, agave, & vanilla blended with oat milk.



*Caution: May cause an allergic reaction. If you are pregnant, nursing or have a medical condition, consult your physician before consuming supplements.

Breakfast Sammies

- NEW!

Veggie Brekkie Sandwich (V) \$7

Vital Farms pasture-raised eggs with with marinated mushrooms & peppers & pimento cheese spread on a seeded roll.
- Sausage, Egg, & Cheese \$8

Vital Farms pasture-raised eggs with sausage patty, cheddar cheese, & maple butter on a seeded roll.

Breakfast Tacos

SERVED 'TIL NOON,
\$3.50 EACH

Made with Vital Farms pasture-raised eggs wrapped in handmade tortillas from Austin, TX. Comes with your choice of red or green salsa.

- Migas (V)

Fire-roasted peppers & onions, cheddar, jack cheese, & scrambled eggs.
- Bean & Cheese (V)

Refried pinto beans, cheddar, jack cheese, & scrambled eggs.
- Barbacoa

Braised short rib, cheddar, jack cheese, & scrambled eggs.
- Bacon

Thick-cut double-smoked bacon, cheddar, jack cheese, & scrambled eggs.



Toasts

- NEW!

Burrata (V)

..... \$10

Burrata, extra virgin olive oil, fig jam, & Brussels sprout slaw. Topped with a crunchy Dukkah seed blend on toasted sourdough.
- The Original (VE)

..... \$7

Fresh smashed avocado, extra virgin olive oil, & lime on toasted sourdough.
- Bacon Tomato

..... \$9

Fresh smashed avocado, double-smoked bacon, roasted tomatoes, banana peppers, & herby aioli on toasted sourdough.
- Smoked Salmon

..... \$11

Fresh smashed avocado, smoked salmon, pickled red onion, & everything seasoning on toasted sourdough.

Salads & Bowls



- Elote Caesar Salad (V)

..... \$10

Romaine lettuce, roasted corn, pickled red onion, cotija cheese, homemade masa croutons, & avocado caesar dressing.
- Farro Veggie Bowl (V)

..... \$10

Organic farro, charred broccoli, roasted tomatoes, garlic, goat cheese, & crisped shallots served with avocado vinaigrette.

ADD
CHICKEN
FOR \$3

Snacks

NEW!

White Cheddar Jalapeño

Popcorn (V) \$5

Baked Goat Cheese (V) \$8

Goat cheese, roasted tomato
compote, & herb salad. Served with
toasted sourdough.

Harissa Short

Rib Hummus \$8

Hummus with braised short rib,
fresno chili harissa, pickled onion,
& herb salad. Served with toasted
sourdough.



Snacks

- NEW!

White Cheddar Jalapeño
- Popcorn (V) \$5
- Baked Goat Cheese (V) \$8
- Goat cheese, roasted tomato compote, & herb salad. Served with toasted sourdough.
- Harissa Short
- Rib Hummus \$8
- Hummus with braised short rib, fresno chili harissa, pickled onion, & herb salad. Served with toasted sourdough.



House Pours

HAPPY HOUR
ALL DAY, EVERYDAY
FOR MEMBERS ONLY.

- Local Draft Beer \$6 / \$4 FOR MEMBERS
- American Pilsner Manhattan Project, Necessary Evil
- IPA Lakewood, IPA
- Rotating Ask a team member
- Wine By The Glass \$10 / \$7 FOR MEMBERS
- Bubbles Raventós i Blanc,
Blanc de Blanc Cava

Orange Wine Gulp Hablo
Orange Wine
- Rosé Sun Lips Rosé

Sauvignon Blanc Grass Stains
Sauvignon Blanc
- Cabernet In Sheep’s Clothing
Cabernet

GRAB IT OFF THE SHELF!

\$5 CORKAGE FEE (FREE FOR MEMBERS!) FOR ANY BOTTLE. PAIR WITH A CHARCUTERIE OR CHEESE BOARD AND WE’LL PLATE IT FOR YOU.