

APERITIVO

by CARTA

ESPRESSO DRINKS

OAT, PISTACHIO, COCONUT & ALMOND MILK +1

ESPRESSO	3.5	LATTE	6.5
CORTADO	5	AMERICANO	5
MACCHIATO	4.5	COLD BREW	6
CAPPUCCINO	6	POUR OVER	8

MADE IN HOUSE

CEREMONIAL DRINKS

BEETROOT 6

CAFFEINE FREE

- Beetroot powder
- Earthy, lightly sweet, & natural energy support

TURMERIC 6

CAFFEINE FREE

- Turmeric root from India & Southeast Asia
- Spiced, comforting, & grounding

HOJICHA 6

- Roasted Japanese green tea (low caffeine)
- Toasty & nutty

MATCHA 6

- Japanese stone ground green tea
- Clean, focused, & energizing

TEA

CHAMOMILE 5

CAFFEINE FREE

- Egyptian chamomile flowers
- Floral, calming, & soothing

ROOIBOS CHAI 5

CAFFEINE FREE

- Red bush plant from South Africa
- Sweet, comforting & spiced

MINT VERBENA 5

CAFFEINE FREE

- Mint and lemon verbena
- Calms a temperamental stomach

GREEN TEA 5

- Japanese Sencha from Shizuoka province

EARL GREY 5

- Black tea from India
- Natural bergamot citrus

ENGLISH BREAKFAST 5

- Black tea blend from Assam India, Sri Lanka, & Kenya

MASALA CHAI LATTE 6

- Organic black tea, toasted cardamom, cinnamon & ginger (low caffeine)

PEACH BLACK ICED TEA 5

- Naturally sweet and energizing (low caffeine)

HIBISCUS ICED TEA 5

CAFFEINE FREE

- Mexican hibiscus flowers
- Antioxidant and refreshing

SYRUPS

Made in house with natural & organic ingredients +0.95

LAVENDER



MAPLE BROWN

SUGAR



VANILLA



MOCHA



CARAMEL



AVAILABLE 9AM - 4PM

APERITIVO

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BREAKFAST

CHOICE OF CROISSANT, CIABATTA OR GF WRAP

**BACON EGG AND
CHEESE SANDWICH 12**
AVOCADO +3 TURKEY BACON +3
DAIRY, EGGS

YOGURT PARFAIT 12
GRANOLA, SEASONAL FRUIT, HONEY
DAIRY

**SMOKED SALMON AND
AVOCADO SANDWICH 16**
CREME FRAICHE, ARUGULA,
CAPERS & LEMON VINAIGRETTE
DAIRY, FISH

STEEL-CUT OATS 10
COCONUT MILK
SEASONAL FRUIT, HONEY

PASTRIES

GF BLUEBERRY MUFFIN 4.5
DAIRY, EGGS

CROISSANT 4.5
WHEAT, DAIRY

Milka
CHOCOLATE AVALANCHE 5
WHEAT, DAIRY

TOMATO & OLIVE LATTICE 5.5
WHEAT, NIGHT SHADE, DAIRY, ALLIUM

CHEESE & CHIVES SCONE 5
WHEAT, EGGS, DAIRY, ALLIUM

LUNCH

BOWLS & SALADS

ADD HERBED CHICKEN OR SMOKED SALMON +8

FARRO BOWL 18
BURRATA, ARUGULA PESTO, ROASTED ZUCCHINI,
SUNFLOWER SEEDS, LEMON VINAIGRETTE
WHEAT, DAIRY, ALLIUM, NIGHT SHADE, NUTS

NICOISE 18
LITTLE GEM, RADISH, TOMATO,
HARD BOILED EGG, TUNA, POTATO,
DIJON VINAIGRETTE
DAIRY, ALLIUM, NIGHT SHADE, FISH, EGGS

GREEK SALAD 16
ROMAINE, FETA, KALAMATA OLIVES, CUCUMBER,
TOMATO, RED ONION, CRISPY CHICKPEAS,
LEMON VINAIGRETTE
DAIRY, ALLIUM, NIGHT SHADE

WILD RICE BOWL 18
BRUSSELS SPROUTS, GOAT CHEESE, ROASTED
BUTTERNUT SQUASH, PEPITAS,
GREEN GODDESS VINAIGRETTE
WHEAT, DAIRY, ALLIUM

SANDWICHES & SOUPS

½ SANDWICH ½ SOUP 16

SHORT RIB FRENCH DIP 18
WHEAT, ALLIUM, DAIRY, NIGHT SHADE

BURRATA ROASTED TOMATO PESTO 14
DAIRY, ALLIUM, NIGHT SHADE

CHICKEN NOODLE 10
WHEAT, ALLIUM, EGG

BUTTERNUT SQUASH 10
ALLIUM, NIGHT SHADE

SIDES

POTATO CHIPS 5

GREEN SALAD 5

SEASONAL FRUIT MACEDONIA 6

AVAILABLE 9AM - 4PM

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

