

GOODONYA®

COFFEE • BREAKFAST • LUNCH

99.9% ORGANIC

100% NON-GMO

WINE LOUNGE

WED - SAT 4 - 9pm (21+ only)

HAPPY HOUR

DAILY 3 - 5pm

WATER SERVED UPON REQUEST

We are a Certified Ocean Friendly restaurant.

Our efforts include:

- no single use plastic bottles
- no plastic to go ware
- we compost food scraps
- glass straws or sippy lids



CA restaurants waste 2.5 billion gallons/year.

Please let us know if you'd like water. We have filtered tap and multiple amazing spring water options for sale. Thanks for helping :)

\$

For the safety of our staff
we no longer accept cash.

We accept all credit cards.
Please let us know if you need
other accommodations.

follow along
@goodonyaorganic

ORGANIC COFFEE & TEA

Our espresso bar is 100% organic. We proudly serve Cafe Moto.
All our coffee is Fair Trade and roasted with solar power in Barrio Logan.
We specialize in dark roast coffee and source from female owned co-ops.



CLASSICS

drip - 4
americano - 4
macchiato - 4
espresso - 4
cappucino - 4
latte - 4.5
flat white - 4.5
w/whole, raw milk

LATTES

DULCE - 5
pick one: vanilla, caramel,
coconut sugar, or raw honey

REPAIR - 6.5
GOODONYA collagen,
raw honey

SALTED - 5.25
caramel, Himalayan salt

CASHEW VANILLA - 5
cashew milk, vanilla

ICED NAUGHTY - 6
1/2 & 1/2, 2% milk, caramel
tastes like coffee ice cream in a cup

ICED VANILLA MINT - 5.5
vanilla, mint essential oil

HOT TEA - 4
green, chamomile or
english breakfast

OPEN YOUR MIND

CLASSIC - 6
grass fed butter, coconut oil

CLARIFIED - 6
grass fed ghee, coconut oil

BUTTA - 6
grass fed butter, raw honey,
cinnamon

VEGAN - 6
raw coconut oil, coconut sugar

MOCHAS
raw cacao & coconut sugar

BASIC - 5

SPICY - 5.5
cayenne, raw honey

DRINKING CHOCOLATE - 4
raw cacao & coconut sugar
(no espresso)

TEA LATTES

BLACK CHAI - 5
vanilla, cinnamon
espresso chai + 2
sub chaga mushroom chai +1

MATCHA PROTEIN - 6.5
GOODONYA collagen,
vanilla, cinnamon

ROOIBOS - 5
vanilla, cinnamon (herbal)

BERRY - 5
coconut milk, raw honey
(herbal)

ACV - 6
peppermint tea,
apple cider vinegar,
raw honey, cayenne,
coconut milk (herbal)

PEPPERMINT - 5
peppermint tea,
raw honey (herbal)

GOODONYA ORGANIC MYLK boxed mylk reimaged

we use powder and filtered water
no gums. no preservatives. take a bag home - visit our market

- cashew or coconut

ORGANIC MILK

- Clover Farms Organic 2%
- Organic Pastures 100% grass fed RAW whole +2

MORE DRINKS

GOLDEN

GOLDEN MILK - 5
coconut milk, turmeric,
raw honey, cinnamon,
black pepper

- GOLDEN MATCHA +2
- GOLDEN CHAI +2
- GOLDEN ESPRESSO +2



ON TAP - 7

Craft Beer
Kombucha
Hard Kombucha
Nitro Cold Brew Coffee

TAP FLIGHTS! - pick any 4

BOTTLES & CANS

BEER - BOOCH - WINE

scan for current selections
of all bottles, cans and taps



JUICE | HERBAL SODA | MINERALS

FRESH SQUEEZED JUICE 16oz - 8

- OJ or grapefruit (seasonal)

GREEN JUICE 16oz - 12

raw: apple, cucumber, kale, parsley, spinach,
celery, lemon, ginger (modifications not possible)

ROOT BEER SODA - 6

wildcrafted rehmanna & chaga mushrooms
+ sparkling water = root beer soda.
trust us on this one! tastes just like A&W.

GOODONYA HYDRATE - 4

80 Minerals + Electrolytes. 1g Sugar

SPRING WATER • STILL

PROUD SOURCE - ID - 25oz CAN - 5

PURELY SEDONA - AZ - 25oz GLASS BOTTLE - 6

LOCAL SPRING WATER - SD - 25oz - 3

served in a recycled wine bottle

SPRING WATER • SPARKLING

PELLEGRINO - 16.9oz - 5

25.3oz - 7

VISIT OUR ORGANIC MARKET

for a full selection of wine,
grab & go, drinks, merch and
local goods



ORGANIC BUBBLES

we are SUPER into bubbles

- mimosas
- sparkling rose
- pet nat
- prosecco
- cava
- champagne

by the bottle or glass
ask to see our full wine menu

DRINK LIKE US

GOODONYA HYDRATE

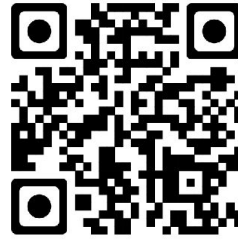
our very own ELECTROLYTE + MINERAL powder
certified organic all real ingredients.

1g/sugar. amazing taste

have a glass and take a bag home

- GLASS - 16oz - 4
- DAY PACK - 6 servings - 12
- TRAVEL PACK - 20 servings - 29
- BULK PACK - 42 servings - 49

Subscribe & Save 10% + free shipping



scan here to sign up for
a HYDRATE subscription



GOODONYA WINE CLUB

You could be drinking free wine right now!
Join our **WINE CLUB** and start drinking **GOOD**
wine with low or almost no sugar. We source
from some of the most sustainable farms in
the world; it's everything you'd expect from us.

Local pick up gets you free glasses

2 bottles + 2 free glasses - \$65

4 bottles + 3 free glasses - \$120

6 bottles + 4 free glasses - \$168



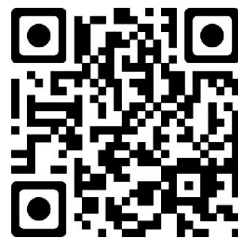
We ship anywhere in CA!

Free shipping.

Makes an amazing gift.

When you drink our wine you will feel **GOOD**.
From the vineyards we support, to how the
grapes are grown. And.....what is **NOT** in the wine.
What is **NOT** in the wine is a big deal,
it is nothing short of shocking!

Join us, it's awesome.  *Kris*



scan here to join our
WINE CLUB

ORGANIC BREAKFAST

EGGS + SCRAMBLES

SCRAMBLED EGG SANDWICH - 13
eggs, cheddar, grass fed butter
add avo +3 / add ham +5 / bacon +6

FRIED EGG PLATE - 12
over easy eggs cooked in grass fed butter,
fresh arugula, avocado,
tomato, & sweet potato hash
add buttered toast +3

BAJA SCRAMBLE - 15
eggs, jack, black beans, avocado, salsa,
cilantro, served with toast & butter
add beef chorizo +6

PROTEIN SCRAMBLE - 15
eggs, sausage, cheddar, mushroom
served with toast & butter

VEGGIE SCRAMBLE - 14
eggs, mushroom, spinach, tomato,
cashew & herb spread, toast & butter

GREEK SCRAMBLE - 15
eggs, spinach, olive, sheep & goat feta
served with toast & butter

BREAKFAST TACO PLATE - 17
2 grain free tacos w/scrambled eggs,
sausage, avocado. served w/side of sweet
potato hash, chipotle black beans & salsa

BREAKFAST JACKIE - 13
think jack in the box....but not.
grilled bun in grass fed butter,
2 pieces of North Country bacon, cheddar,
w/an over medium egg - *add avocado +3*

HOUSEMADE MUFFIN
served warm w/100% grass fed butter
price varies seasonally

ORGANIC BREAD + TORTILLAS

Prager Brothers : Sourdough or Multigrain

GOODONYA Tortillas : Flour or Spinach

Gluten Free : Cooks Sourdough. Happy Camper Multigrain

GF/Grain Free : Cassava Tortilla (+4) (non gmo only)

BURRITOS + BOWLS + MORE

BREAKFAST BURRITO - 12
eggs, jack, black beans, avocado,
salsa - *add sausage, ham or
beef chorizo +6 / bacon +6*

CALIFORNIA BURRITO - 16
eggs, ham, sweet potato, black beans,
avocado, cheddar & jack, salsa
add beef chorizo or bacon +6

OVERNIGHT OATS - 9
soaked GF oats served w/ grass fed butter,
raw honey, cinnamon and a side of
steamed milk *add banana +3*

VEGGIE BOWL - 14
sweet potato, avocado, black beans, spinach,
mushroom, cashew & herb spread, salsa
add 2 eggs +4 add rice/quinoa blend +3

COCONUT PARFAIT - 14
coconut yogurt, GF, housemade cashew granola,
banana, raw honey drizzle *add seasonal berries +4*

PANCAKES - 12
made from scratch / GF (bags for sale in market)
comes w/ grass fed butter, & pure maple syrup
*add 2 eggs +4 / banana +3 / bacon or sausage +6
seasonal berries +4*

AVOCADO TOAST

BASIC - 13
avocado, tomato, sheep & goat feta
add 2 eggs +4

SWEET POTATO HASH - 15
sweet potato hash, avocado, tomato,
sheep & goat feta *add 2 eggs +4*

SPROUT CARROT - 16
avocado, cashew spread,
fermented ginger carrots, sprouts

FRIED EGG - 17
over easy eggs, jack, tomato,
avocado drizzled with EVOO

100% ORGANIC SALADS or SALAD WRAPS

HOUSEMADE DRESSINGS vinaigrette (V) • peanut thai (DF) • ranch

all salads are made with seasonal spring mix and dressing comes on the side

all wraps are tossed and lightly dressed

TUNA - 19

scoop of local/wild, single pole caught tuna salad, avocado, tomato, cucumber, onion, sheep & goat feta, sprouts, vinaigrette dressing

TURKEY GREEK - 19

Diestel turkey, olives, sheep & goat feta, tomato, onion, cucumber, avocado, vinaigrette dressing

KITCHEN SINK - 20

HB egg, housemade chicken salad, cucumbers, sunflower sprouts, Edible Alchemy fermented ginger carrots, sheep & goat feta, cashew & herb spread, vinaigrette dressing

SPROUT PROBIOTIC - 16

Edible Alchemy fermented ginger carrots, alfalfa & sunflower sprouts, avocado, tomato, cucumber, cashew & herb spread, ranch dressing

THAI - 16

coconut roasted cashews, cucumber, avocado, Edible Alchemy fermented ginger carrots, green onion, raw cabbage, sunflower sprouts, peanut thai dressing
add chicken + 6

COBB - 22

North Country Farm bacon, Diestel turkey, tomatoes, sheep and goat feta, avocado, red onion, HB egg, ranch dressing

SIDE SALAD - 6

tomato, cucumber, vinaigrette dressing

BONE BROTH served in an oversized mug

simmered 24 hours in Carlsbad artesian water with organic veggies, apple cider and pink salt, 80lbs of organic chicken bones and 20lbs of feet in every batch. cold filled with stainless steel utensils used in production - liquid gold for your gut and immune system

\$1.00/ounce • 4oz minimum

also available to take home in 16oz glass jars from the market

add in: cilantro, cayenne, turmeric, red onions or green onions (no charge)
coconut oil, butter, ghee (+.75) GOODONYA collagen (+1.50) chicken (+6)

ORGANIC SANDWICHES

VEGGIE

VEGGIE SWEET/SAVORY - 15

sweet potato, cashew & herb spread, avocado, spinach, tomato, onion, stone ground mustard

GARDEN PESTO VEGGIE - 16

housemade pesto aioli, cucumbers, cherry tomatoes, sunflower sprouts, arugula, spinach, jack cheese, avocado

TURKEY

TURKEY CRANBERRY - 17

Diestel turkey, housemade cranberry relish, avocado, tomato, jack

TURKEY CALIFORNIA - 17

Diestel turkey, avocado, cheddar, sprouts, lettuce, tomato, ranch on side

TURKEY KRAUT GRILLED CHEESE - 18

Diestel turkey, avocado, sauerkraut, jack, cashew & herb spread, grass fed butter

BLT- 15

North Country bacon, lettuce, tomato, housemade avocado oil mayo
make it a BLTA! *add avocado +3*

ORGANIC SIDES

- coconut chipotle sauce - 1
- simple side salad - 5
- sauerkraut - 4
- kettle chips - 3
- cashew & herb dip w/ cucumbers - 6
- fermented carrots w/ginger - 4
- sweet potato hash - 3
- 100% grass fed Eel River beef chorizo - 6
- fries (cooked in non GMO rice bran oil) - 5
(fries served after 11am)

CHICKEN + TUNA

GRILLED CHICKEN PESTO - 17

chicken, housemade pesto, jack, spinach, tomato, grilled in grass fed butter

GRILLED CHICKEN & ARUGULA - 17

chicken, jack, arugula, tomato, stone ground mustard, grilled in grass fed butter

TUNA or CHICKEN SALAD SANDWICH - 17

cheddar, lettuce, tomato, onion
add avocado +3

ORGANIC MEXICAN

VEGGIE BURRITO - 15

sweet potatoes, black beans, avocado, spinach, mushrooms, cashew & herb spread, housemade salsa. *add 2 eggs +4*
add heirloom rice/quinoa blend +3
add chicken +6
add housemade pesto + 2
add sheep & goat feta +3

CHICKEN CHIPOTLE BURRITO - 18

chicken, black beans, quinoa, heirloom rice, jack, salsa, housemade coconut chipotle sauce
add avocado +3 / sub beef chorizo (so good)

BBQ CHICKEN QUESADILLA - 14

chicken, housemade bbq sauce
grass fed cheddar & jack, ranch on side
add avocado +3 / sub beef chorizo (staff fav)

SWEETS

- Housemade GF Cookies & Brownies - 2/5
- Brownie ice cream bowl - 10
- Raw cheesecake - 12
- Bliss balls - 3
- GOODONYA balls - 3
- Ask about our dessert specials

KIDS

for kids 10 and under • 100% Organic

1 EGG SCRAMBLED - 2

perfect for the really little ones

add 1 piece of toast w/grass fed butter +1.50

KID PANCAKES - 5

made from scratch. 3 mini cakes. GF

add 1 egg +2

THE MONKEY - 7.50

2 pieces of toast with peanut butter,
sliced banana, drizzled w/ raw honey

QUESADILLA - 7

100% grass fed cheddar on a flour tortilla

GRILLED CHEESE - 7

100% grass fed cheddar

BEAN & CHEESE BURRITO - 8

black beans, mozzarella

“PIG” IN A BLANKET - 6

grass fed beef hot dog wrapped
inside housemade gluten free
dough. served w/ side of ketchup

served after 11am

DRINKS

GOOD CHOCOLATE MILK - 4

100% grass fed organic RAW whole
milk, blended with raw cacao,
coconut sugar and a dash of raw
honey. 10oz. served warm or cold

GLASS OF MILK

Organic Pastures

RAW whole 10oz - **3.50**

Clover Farms organic 2% 10oz - **2**

FRESH SQUEEZED OJ 12oz - 6

GOODONYA HYDRATE - 4

1g/sugar. electrolyte lemonade

HERBAL ROOT BEER SODA - 6

no sugar, immune boosting,
tastes like A&W. they will freak
out it's so GOOD

DESSERT

HOUSEMADE, GF CHOC CHIP COOKIE - 2

SIMPLE SCOOP OF ICE CREAM - 5

- Coconut Bliss vanilla (vegan)
- Straus Family Creamery vanilla

GOODONYA equals trust. Sit and enjoy your meal, feel GOOD and don't think about a thing. Or..... dive in and learn the details, either way, we got you!

ORGANIC | NON-GMO

We have just a few things in this entire restaurant that are not organic. Cassava flour, rice bran oil, beer, baking powder/baking soda/dry yeast. However, we are 100% Non GMO, 100% of the time. This is an incredible undertaking in a restaurant and to be honest, it's sadly incredibly rare.

Always Organic: meat, dairy, produce, nuts, seeds, coffee, bread, herbs, beans, oils*, sauces, dressings, spices, desserts, wine. Seafood and salt aren't considered organic by the USDA. We use Himalayan Pink salt and wild, locally caught seafood. We are not "organic when possible". We are organic or we are out of it. *We fry in Non GMO rice bran oil. Our avocado oil is Chosen Foods, Non GMO and from sustainable farms; but not certified organic.

SAUCES | SPREADS | DRESSINGS

We make every single one in-house.

BAD OILS - GOODONYA is free from Soy, Canola, and Corn oil.

We cook in coconut oil, 100% grass fed/finished butter or ghee. We use Non GMO rice bran oil in our dedicated GF fryer. Our mayo is made in-house from Chosen Foods avocado oil. BOOM!

DIETS | LIFESTYLE

Vegan, Paleo, Keto, Vegetarian, Pegan (yes that's a real thing)....all welcome here! We do not promote one over another. We advocate for REAL, Organic food. Our philosophy is to learn about foods natural state. Then dive deep into ingredients, sub ingredients, processing aids and farming.

GLUTEN FREE

Almost every thing on this menu is naturally GF. The exceptions are the regular tortillas, Prager Brothers bread, the regular burger buns and some cans of beer. All beer on tap is GR.

STAFF FOOD KNOWLEDGE

Our staff has a lot to learn and they are in different stages of their journey, (aren't we all)? They are not nutritionists. If you have questions and don't find the answers you are looking for, please ask for our chef or contact our owner Kris, who is certified holistic nutritionist and loves to talk food. You can also ask to see our **Ingredient Book**, it lists every ingredient we use.

WAIT TIME - why the h&! does it take us so long sometimes?

A large menu and a substantial amount of modifications to items also requires our servers and cooks to take more time. All restaurants are in a constant state of training their staff, and some are faster than others. Thank you for your Patience and Kindness. 😊

ALLERGIES

Nuts | Seeds: We have a LOT of nuts and nut butters: tree nuts, coconut, cashews, peanut butter and Nuttzo. We advise against eating at GOODONYA if you have a nut allergy that's life threatening.

Gluten - There are only a few items in the whole restaurant that contain gluten. Prager Brother's bread, spinach + flour tortillas, regular burger bun, some canned/bottled beers. We make every effort to limit cross contamination from these items, but can't 100% guarantee it.