

VITALIST

by SARAH H

WEEKEND BRUNCH SPECIALS

QUICHE *
asparagus, chives, ricotta salata
\$17

SHAKSHUKA
spicy tomato pepper sauce, eggs, whipped goat
cheese, herbs and spices
ADD: Lamb Meatballs* \$8
\$18

WILD MUSHROOM SCRAMBLE
eggs, wild mushrooms, Manchego cheese, potatoes,
mixed greens
\$21

CHICKEN HASH *
chicken, yams, cream, spice
\$18

HALIBUT HASH *
halibut, potatoes, cream, spice
\$25

BOWLS

SeedReal & BERRIES *
with oat milk or sub Brazil nut milk +\$4
\$12

VS SMOOTHIE BOWL *
VS SeedReal, cashew, coconut oil, honey, fresh
mixed berries
\$18

MORNING BOWL
grains, beans, egg, mushrooms, avocado, greens,
tomato, goat cheese
\$17

BREAK FAST

CHIA PROTEIN PORRIDGE*
chia protein superfood blend, nuts, berries
\$15

AVOCADO S.COOKIE *
VITALIST version of an avocado toast
\$14

CUCUMBER & GOAT CHEESE S.COOKIE *
\$12

EGG S'WICH *
eggs, avocado, tomato, arugula, mayo on a savory S.COOKIE
\$16

TURKISH BREAK FAST *
eggs, tomato, olives, savory S.COOKIE with goat cheese and cucumber
\$18

BREAK FAST TOSTADA *
refried beans, cheddar, eggs, avocado, hot sauce
\$14

VEGAN BF TOSTADA *
refried beans, VS Nutcho cheese*, mushrooms, avocado, hot sauce
\$15

ADD-ON:

Egg ● \$3

Avocado \$3

Purple Stoke Yams, Mushrooms or Potatoes \$5
Chicken or Salmon \$7

SIDES

potatoes \$7

mushrooms \$7

S.COOKIE * \$7

BUILD YOUR OWN SMOOTHIE

1
BASE
VS Oat Milk \$9
VS Brazil nut Milk * \$12

2
PROTEIN
Kachava
Collagen
Brown Rice +\$2

3
FLAVOR
Vanilla
Mixed Berry
Chocolate

4
EXTRAS
(+\$3 each)
Protein
Green Powder
Ashwagandha
Maca
Spirulina
Mixed Greens/Kale
Sacred Mushrooms

SWEETS

SMOOTHIE PIE *
Unicorn, Matcha Mint Chocolate, Cappuccino Torte
\$12

Frozen Whip*
various - 4 oz
\$7

ALLERGEN INFORMATION:

*contains nuts ● contains dairy 🌶️ spicy

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

GLUTEN-FREE. PLANT-FORWARD.