

All Day Breakfast

- The Avocado Toast[◦] *Sourdough, Avocado, EVOO, Lemon* 11 ^{ve}
- Smiley Avo Toast[◦] *Sourdough, Avocado, Soft Boiled Egg, Pickled Red Onion, Pea Shoots, Sesame Seeds* 16 ^{ve}
- Wild Salmon Toast *Sourdough, Smoked Wild Salmon, Vegan Cream Cheese, Red Onion, Capers, Cucumbers, Herbs* 19 ^{df}
- Smood Shakshuka[◦] *Arrabbiata Sauce, Red Onion, Garlic, Zucchini, Yogurt, Soft Boiled Egg, Herbs, w/ Sourdough* 16 ^{ve}
- Folded Eggs[◦] *Eggs, Tomato, Avocado, Chive Oil, w/ Sourdough* 15 ^{ve}
- Dirty Breakkie Sandwich[◦] *Sourdough, Eggs, Cheddar, Roasted Jalapeno, Tomato* 15 ^{ve}
- French Spinach Quiche[◦] *Eggs, Spinach, Parmesan, Heavy Cream, Puff Pastry, Greens* 12
- Yogurt & Friends[◦] *Coconut Yogurt, Lemon, Madagascar Vanilla, Berries, Gluten-Free Granola, Almond Butter, Honey, Jam* 15 ^{ve gf}
- Hummus & Bread[◦] *Chickpea, Paprika, EVOO w/ Sourdough* 14 ^{ve}

Sandwiches and Wraps

Served with a side salad

- Rocket Chicken[◦] *Sourdough, Chicken, Celery, Green Onion, Vegan Mayo, Arugula* 18 ^{df}
- Smood Tuna Melt[◦] *Sourdough, Pole Caught Tuna, Cheddar, Tomato* 18
- Oliver's Turkey[◦] *Sourdough, Roasted Turkey, Sun-Dried Tomato Pesto, Tomato, Avocado* 21 ^{df}
- Madame Brie[◦] *Sourdough, Roasted Turkey, Brie, Strawberry Jam* 19
- Stracciatella Prosciutto *Sourdough, Stracciatella, Prosciutto, Arugula, Tuscan Kale Pesto, EVOO* 20
- Chicken Picante[◦] *Sourdough, Chicken, Romaine, Tomatoes, Pepper Jack Cheese, Smood Hot Sauce, Sriracha Aioli* 18
- Marinated Veggie Wrap[◦] *Whole Wheat Wrap, Portobello, Red Peppers, Onions, Carrots, Spinach, Vegan Mayo, Chermoula* 16 ^{ve}
- Call Me Caesar[◦] *Whole Wheat Wrap, Chicken, Caesar Dressing, Romaine, Parmesan, Croutons* 17

Salads and Bowls

- Classic Caesar Salad[◦] *Romaine, Caesar Dressing, Radish, Parmesan, Herb Croutons* 15 ^{ve}
- The Greek Salad[◦] *Kale, Chickpeas, Feta, Olives, Cherry Tomato, Red Onion, Cucumbers, Avocado* 18 ^{ve}
- Farmer's Paradise[◦] *Farro, Roasted Sweet Potato, Avocado, Chickpea, Kale, Carrots, Radish, Arugula, Cucumber, Pickled Onion, Herb Aioli* 16 ^{ve}
- Country Chicken Bowl[◦] *Chicken, Farro, Avocado, Pickled Onion, Cherry Tomato, Kale, Chermoula* 22
- Poke Bowl *Salmon, Wild Rice, Pickled Onion, Avocado, Pea Shoots, Sesame, Cucumber, Kimchi, Almond Butter Dressing, Sriracha Aioli* 25 ^{gf}
- Salmon Bowl *Salmon Fillet, Wild Rice, Cucumber, Carrots, Pickled Onion, Soft Boiled Egg, Arugula, Radish, Sesame, Mustard Dressing* 25 ^{gf}

Ancient Grains Pastas

- Tomato Mushroom Ragú[◦] *Kamut Penne, Red Pesto, Marinara Sauce, Arrabbiata Sauce, Persillade, Parmesan, Portobello Mushroom Confit* 20 ^{ve}
- Tuscan Kale Pesto[◦] *Farro Fusilli, Tuscan Kale Pesto, Kale, Walnuts, Parmesan (Vegan Parm Available)* 19 ^{ve}
- Tomato Stracciatella[◦] *Kamut Pasta, Three Tomato Sauce, Stracciatella, Basil, EVOO* 24

Add Ons

- | | | | |
|--------------------------------------|-------------------------|---------------------------|----------------------------------|
| Smoked Wild Salmon +9 | Chicken [◦] +9 | Hot Sauce [◦] +1 | Organic Parmesan [◦] +2 |
| Salmon Fillet +12 | Turkey +7 | Avocado [◦] +2 | Vegan Parmesan +2 |
| Pole Caught Tuna Mix [◦] +6 | Rocket Chicken +10 | Soft Egg [◦] +2 | |

Allergens: Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, soybeans, tree nuts, peanuts, sesame seeds, fish, shellfish or wheat.

^{ve} Vegan ^{ve} Vegetarian ^{df} Dairy-Free ^{gf} Gluten-Free

Café — Smood

At the heart of our culinary philosophy lies a deep *commitment to all things natural and organic*. Our core principles revolve around *ethical sourcing, artisan craftsmanship, and holistic well-being*.

◦ *Indicates Organic*

Juices *and* Shots

- Orange Juice ◦ *Cold-Pressed Orange Juice* 9
- Fruit Juice 2 ◦ *Apple, Pineapple, Turmeric, Lemon* 11
- Fruit Juice 3 ◦ *Orange, Pineapple, Strawberry, Pear* 11
- Green Juice 5 ◦ *Cucumber, Celery, Parsley, Spinach, Lime, E-3* 12
- Detox Juice 8 ◦ *Cucumber, Celery, Apple, Parsley, Spinach, Ginger, Lemon* 12
- Detox Juice 9 ◦ *Ginger, Lemon, Lime, Raw Honey, Oregano, Cayenne, Echinacea, Turmeric* 12
- Ginger-Lime Shot ◦ *Ginger, Lime, Turmeric, Monk Fruit* 7

Smoodys *or* “Smoothies”

- Green Protein ◦ *Plant Protein (25g), Almond Milk, Moringa, Maca, Banana, Avocado, Kale, Spinach, Raw Honey* 14
- Cacao Protein ◦ *Almond Milk, Banana, Cacao Protein (25g), Almond Butter, Date Paste, Cacao Nibs* 14
- Strawberry Banana ◦ *Oat Milk, Strawberry, Bananas, Coconut Probiotic Yoghurt, Coconut Syrup, Goji Berries* 14
- Vanilla Cinnamon Banana ◦ *Dr Smood Smart Meal (19g protein), Almond Milk, Banana* 16

Organic Coffees

- Espresso ◦ 3.50
- Cold Brew ◦ 5
- Americano ◦ 4
- Macchiato ◦ 4.50
- Latte ◦ 5.50
- Cappuccino ◦ 5.50
- Cortado ◦ 4.25

Signature Brews

- Ceremonial Matcha Latte ◦ *Cashew Milk, Ceremonial Matcha Tea* 8
- Lavender Blueberry Matcha Latte ◦ *Cashew Milk, Ceremonial Matcha Tea, Lavender, Blueberry, Lemon, Vanilla, Raw Honey* 9
- Lavender Blueberry Latte ◦ *Cashew Milk, Blueberry, Raw Honey, Lemon, Vanilla Extract, Lavender* 7

Teas

- Detox Roots ◦ *Ginger, Turmeric, Licorice, Nutmeg, Black Pepper, Clove* 4
- White Pomegranate Ginger ◦ *White Tea, Pomegranate Seeds, Gin-ger, Rose Petals, Strawberry, Peach* 4
- Queen Of Earl ◦ *Ceylon Black Tea, Bergamot Oil, Caramel* 4

Side 2oz Milk

- House Made Cashew Milk ◦ 1
- House Made Almond Milk ◦ 1
- House Made Oat Milk ◦ 1
- Whole Milk ◦ 1

Water

- Alkaline Still Bottled Water 3.50
- Still Water 9
- Sparkling Water 9

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Afternoon Delights

Wednesday — Friday
4pm to 8pm

Shared Plates

Stracciatella *Extra Virgin Olive Oil, Maldon Salt, Black Pepper, w/ Sourdough Bread* 16 (ve)

Crudite ^o *Seasonal Raw Vegetables, W/ Green Herb Tabini, Labneh Jalapeño, Sundried-Tomato Hummus* 14 (ve)

Cheese Platter *Parmesan, Roquefort, Brie, Manchego, Fontina, w/ Fig Jam* 19 (ve)

Savory Snacks ^o *Spiced Marcona Almonds, Marinated Olives w/ Roasted Peppers, Anchovies* 12 (gf)

Cured Meats *Prosciutto, Coppa, Salami* 15

Pan Con Tomato ^o *Sourdough, Campari, Garlic, EVOO* 12 (v)

Salmon Crudo ^o *Cured Salmon, Jalapeño Leche de Tigre, Sweet Potato Cream, Cilantro Oil* 12 (df)

Dips *Green Herb Tabini, Labneh Jalapeño, Sundried-Tomato Hummus* 14 (ve)

Hummus & Bread ^o *Chickpea, Paprika, EVOO w/ Sourdough* 12 (v)

25% All Coffee,
Signature Drinks and Smoochys

(v) Vegan (ve) Vegetarian (df) Dairy-Free (gf) Gluten-Free

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Afternoon Delights

Wednesday — Friday
4pm to 8pm

Organic *Bottled* Beers \$5

Ur Pils: Pinkus, “German Pilsner Style” since 1816
Samuel Smith’s: “Organic Pale Ale” since 1758

Wines *By The Glass* \$10

Albarino: Bodegas Trico, Rias Baixas, Spain
Grillo: Poggio Anima, Sicily, Italy
Chardonnay: Brea, Central Coast, California
Rose: Maris de Nympe Emue, Languedoc, France
Orange: Gulp Hablo, Castilla La Mancha, Spain
Red Blend: Chapeau Melon, Loire Valley, France

Wines *By The Glass* \$12

Cabernet Franc: Olga Raffault, Loire Valley, France
Syrah: Frank Balthazar, Rhone Valley, France

Bubbles *By The Glass* \$10

Bisson, Glera ‘Prosecco’, Veneto Italy
Mimosa

25% All *Coffee,* *Signature Drinks and Smoochys*

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Café — Smood

Wine *by the Glass*

Sparkling

Bisson - Glera 2021 14/63
Prosecco - Valdobbiadene Veneto, Italy

White

Bodegas Trico - Albariño 2021 15/68
Tablas de Sumar - Rias Baixas, Spain

Poggio Anima - Grillo 2021 12/54
Sicily, Italy

Brea - Chardonnay 2021 15/68
Central Coast, California

Pink

Maris - Rosé of Grenache 2021 15/68
Languedoc, France

Domaine Rimbart - Rosé of Syrah 2022 12/52
Languedoc-Roussillon, France

Red

Olga Raffault - Cabernet Franc 2020 15/68
Chinon - Loire Valley, France

Frank Balthazar - Syrah 2021 18/81
Cotes du Rhone - Rhone Valley, France

Orange

Gulp/Hablo - Verdejo Blend 2021 14/63
Castilla La Mancha, Spain

Beer *and Cider*

Cider *Samuel Smith (12 Oz)* 8

Pilsner *Pinkus (12 Oz)* 7

Pale Ale *Samuel Smith (12 Oz)* 8

IPA *Maine Beer Company (16 Oz)* 16

Stout *Eel River (22 Oz)* 19

Wine *by the Bottle*

Sparkling

Bruno Zanasi - Lambrusco 2021	45
<i>Emilia - Romagna, Italy</i>	
Ercole - Pinot Nero 2022	54
<i>Pet Nat Rose - Piedmont, Italy</i>	
Anima Mundi Cava Pet Nat - Xarel-lo 2021	60
<i>Penedès, Spain</i>	
Bechtold Cremant d'Alsace - Pinot Blanc 2019	64
<i>Extra Brut - Alsace, France</i>	

White

Bregeonnette - Melon de Bourgogne 2021	50
<i>Muscadet - Loire Valley, France</i>	
Jean Dauvissat Chablis - Chardonnay 2018	126
<i>1er Cru Vaillons - Burgundy, France</i>	
Ermes Pavese - Prié Blanc 2020	84
<i>Blanc de Morgex et de la Salle, Valle d'Aosta, Italy</i>	
Friend & Farmer - Verdejo 2021	40
<i>Castilla La Mancha, Spain</i>	
Peter Lauer Barrel X - Riesling 2021	53
<i>Mosel, Germany</i>	

Pink

Forlorn Hope - Rosé of Zinfandel	51
<i>2021 Queen of the Sierra Calaveras, California</i>	
Chateau Simone - Rosé of Grenache 2016	87
<i>Les Grands Carmes Provence, France</i>	

Orange

Swick - Pinos Gris 2021	74
<i>Only Zuul - Willamette Valley, Oregon</i>	
Familie Bauer - Grüner Veltliner 2020	50
<i>Barig - Wagram, Austria</i>	

Red

Broc Cellars - Trousseau Noir (Chilled Red) 2021	67
<i>Santa Barbara - California</i>	
Domaine Chamonard - Gamay 2017	81
<i>Morgon Le Clos de Lys - Beaujolais, France</i>	
Terre Nere - Nerelo Mascalese 2021	59
<i>Etna Rosso - Sicily, Italy</i>	
Envinata Albahra - Grenache 2021	61
<i>Castilla - Spain</i>	
Domaine Bitouzet-Prieur - Pinot Noir 2020	79
<i>Burgundy - France</i>	
Hirsch Bohan Dillon - Pinot Noir 2020	77
<i>Sonoma Coast - California</i>	
Ucceliera - Sangiovese 2020	60
<i>Rosso di Montalcino - Tuscany, Italy</i>	
Bodega Chacra - Pinot Noir 2021	64
<i>Barda - Patagonia, Argentino</i>	
DeForville Barbaresco - Nebbiolo 2019	82
<i>Piedmont, Italy</i>	
Chateau Le Puy - Cab Blend 2020	60
<i>Duc de Nauves - Bordeaux, France</i>	
Matthieu Barret - Syrah 2021	58
<i>Petit Ours - Rhone Valley, France</i>	
Tentenublo - Tempranillo 2019	67
<i>Rioja, Spain</i>	