

# EAT.



## OVERNIGHT OATS • 8

VANILLA COCONUT CREAM OVERNIGHT OATS TOPPED WITH FRESH ORANGE, SWEET SPICED TOASTED WALNUTS, AND HONEY. GF

## YOGURT AND GRANOLA • 8.75

STRAUS YOGURT, HOUSEMADE SEASONAL COMPOTE, SPICED NUTS. GF

## TURKISH EGGS • 10

TART YOGURT WITH TWO POACHED EGGS, PAPRIKA, DILL, HOUSEMADE CITRUS SHALLOT VINAIGRETTE. SERVED WITH TWO SLICES OF **COMPANION** TOAST.

## AVOCADO TOAST • 11 + 2 + 2.75

SMASHED AVOCADO ON TWO SLICES OF **COMPANION** TOAST, TOPPED WITH MICROGREENS, TOASTED PUMPKIN SEEDS, AND HOUSEMADE CITRUS SHALLOT VINAIGRETTE. 

## C&C BREAKFAST BURRITO • 12

FLOUR TORTILLA ROLLED WITH SCRAMBLED EGGS, **EL SALCHICHERO** BACON, CRISPY POTATOES, HOUSEMADE CHIPOTLE AIOLI, FRESH CILANTRO, AND SERVED WITH HOUSEMADE TOMATILLO SALSA.

VEGETARIAN & VEGAN OPTIONS AVAILABLE

## THE CHUCK • 12.5

SCRAMBLED EGGS SERVED WITH **COMPANION** TOAST, HOUSEMADE SEASONAL COMPOTE, AND **EL SALCHICHERO** BACON.

BECAUSE YOUR LIFE AS A CFO IS HARD ENOUGH.

## UMAMI MELT • 13

MISO CHILI MUSHROOMS, MELTED BRIE, ONION MARMALADE, HOUSEMADE LEMON PEPPER AIOLI AND GREENS ON A **KELLY'S BAKERY** CIABATTA ROLL. SERVED WITH OUR HOUSEMADE HOT HONEY MUSTARD.

## GREEN GOODNESS BOWL • 11.5

QUINOA, FRIED-N-SPICED CHICKPEAS, TWO POACHED EGGS, AND GREENS TOSSED IN OUR HOUSEMADE GODDESS DRESSING. TOPPED WITH NUTRITIONAL YEAST AND SUNFLOWER SEEDS.

### ADD-ONS:

SEASONAL COMPOTE + 1  
SAUCES + 1  
AVOCADO + 1.5  
ONE SIDE EGG + 2  
TWO SIDE EGGS + 3.5  
BACON + 3.75  
FRIED POTATOES + 3  
MISO CHILI MUSHROOMS + 3.5  
TOAST + 4

# DRINK.



## COFFEE • 3.5

THE ANSWER, NIGHT SHIFT, FRIEND ZONE DECAF

## SINGLE ORIGIN • 4.5

SPECIAL COFFEES WITH CHARACTER, HIGHLIGHTED BY SWEETNESS & COMPLEXITY

## ESPRESSO • 3.75

A SHOT OF THE TRUTH

## AMERICANO • 3

ESPRESSO + HOT WATER (12 OZ)

## ICED COFFEE • 4

IT'S COLD (12 OZ)

## CAFÉ AU LAIT • 4.25

BREWED COFFEE + STEAMED MILK (12 OZ)

## MACCHIATO • 4

ESPRESSO + STEAMED MILK (3.5 OZ)

## 1 & 1 • 4

2010 'TIL

## FLAT WHITE • 4.5

NOT A CAPPUCCINO

## CAPPUCCINO • 4.5

ESPRESSO + STEAMED MILK (6 OZ)

## LATTE • 5

ESPRESSO + STEAMED MILK (12 OZ)

## MOCHA • 5.75

ESPRESSO + ORGANIC CHOCOLATE + STEAMED MILK (12 OZ)

## PALEO LATTE • 6

COFFEE + MTC OIL + GRASS-FED BUTTER. BLENDED

## PALEO MOCHA • 6.25

PALEO LATTE WITH CACAO BUTTER. NO SUGAR ADDED

## CREAMY BEIGE • 6

IT'S LIKE A MILKSHAKE, WITH ESPRESSO

## MATCHA • 4.25

CAFFEINE THAT'S GREEN (12 OZ)

## CHAI • 4.75

FROM OUR FRIENDS AT NORTH FORK CHAI

## LOOSE LEAF TEA • 4

BLACK, GREEN, HERBAL, OR OOLONG

## ICED TEA • 4

HERBAL OR BLACK

## HOT CHOCOLATE • 4.5

ORGANIC CHOCOLATE + STEAMED MILK (12 OZ)

## ORANGE JUICE • 3.5

PART OF A BALANCED BREAKFAST

## TOPO CHICO • 3.5

POP WATER

## CHANGE IT UP

BIGGER SIZE + .75  
ALTERNATIVE MILK + 1.5  
SYRUPS + .75

FYI \_\_\_\_\_

### **3% HEALTHCARE CONTRIBUTION**

THIS CHARGE GOES DIRECTLY TO COVERING A PORTION OF OUR TEAM MEMBERS HEALTH INSURANCE.

### **.25¢ CUP CHARGE**

THE CITY OF SANTA CRUZ HAS A .25¢ CHARGE FOR SINGLE USE CUPS.