

Salads + Bowls

Miso Ginger Chicken Salad (df / gf)

cabbage, kale, carrots, cucumber, organic shredded chicken with scallion, lime, dijon, sesame vinaigrette....\$12

Spicy Squash Salad (veg / gf)

green lentils, butternut squash, arugula, goat feta cheese, mint, spicy guajillo chile vinaigrette\$11

Roasted Cauliflower Salad (df / gf)

harissa grilled chicken, almonds, mulberries, escarole, dandelion greens, curry vinaigrette....\$13

Grilled Pesto Chicken Salad (df / gf)

pesto marinated chicken breast, mixed greens, almonds, cherry tomatoes, mulberries, hemp seeds, balsamic vinaigrette....\$12

Acorn Squash Kale Bowl (v / gf)

quinoa, roasted red peppers, kale, toasted almonds, chili lime vinaigrette....\$8

GF Soba Noodle Bowl (v / gf)

soba noodles, gilled shishitos peppers, cabbage, carrots, sesame crisps, almond butter tamari dressing.... \$13

Fall Seared Salmon Bowl (df / gf)

quinoa, acorn squash, brussels sprouts, dried cranberries, pecans, mint, pomegranate molasses\$16

Sides

Fall Miso Kale Caesar Side Salad

miso caesar dressing, dried cranberries, walnuts, housemade croutons, parmesan.... \$7

Greek Side Salad (veg / gf)

cucumbers, cherry tomatoes, feta cheese, kalamata olives, garbanzo beans, lemon vinaigrette.... \$7

Tricolor Baby Carrots (veg / gf)

salt, pepper, honey..... \$7

Green Beans (veg / gf)

salt, pepper, lemon zest..... \$7

Roasted Brussels Sprouts (gf)

caramelized fish sauce, almond brittle.....\$8

Sandwiches + Soups

Apple, Cheddar + Turkey Sandwich

house roasted turkey on artisan bread....\$8

Chicken Bacon Pesto Panini

nut-free pesto + mozzarella on artisan bread....\$8

Seasonal Soups.....\$6

Heat + Eat Meals

Caramel Braised Chicken Bowl (df / gf)

fish sauce caramel, organic chicken, steamed white rice, lime, cilantro... \$13

Thai Yellow Curry Bowl (v / gf)

yellow coconut curry, potatoes, brown rice..... \$11

Braised Chicken + Spinach Meatballs

with warm spiced tomato sauce and spaghetti squash..... \$13

Chicken Parmesan

panko fried chicken, housemade marinara, ricotta, fresh basil.... \$11

Chicken Pot Pie

organic chicken, potatoes, carrots, peas, mushrooms, parmesan, flaky pastry crust top.... \$10

Baked Chicken Nuggets

crispy panko crusted house ground chicken.... \$15

Vegan Mac + Cheese (v)

vegan "cheese sauce" - sweet potatoes, carrots, cashews, coconut milk, nutritional yeast - with roasted zucchini.... \$8

Baked Cauliflower Gratin

farro, cauliflower, garlic, lemon, fontina, ricotta, romano, parsley.... \$8

Breakfast + Smoothies

Overnight Oats (v / gf)

almond butter, oats, maple syrup, coconut yogurt, almond milk, fresh raspberries \$6

Sweet Potato Breakfast Pudding (veg / gf)

banana, coconut milk, dates bee pollen, blueberries..... \$6

Cocoa Chia Bowl (v / gf)

cocoa chia, walnuts, goji berries, toasted coconut..... \$6

Seasonal Quiche (veg)

with housemade hot sauce..... \$6

Superfood Smoothie (v / gf)

macadamia milk, collagen powder, superfood mix, dates, banana, berries, coconut yogurt..... \$6

Kale Mango Smoothie (v / gf)

kale, mango, pineapple, apple + grapefruit..... \$6



M - F | 11am - 6pm

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