

## Salads + Bowls

### Turkey Cobb Salad (gf)

house roasted turkey, mixed greens, goat cheese, turkey bacon, egg, cherry tomatoes, chipotle ranch dressing....\$15

### 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

### Ras al Hanout Carrots (veg / gf)

roasted carrots with lime yogurt sauce..... \$10

### Caramelized Green Beans (veg / gf)

with brown butter, brown sugar, tamari, dried onion flakes.... \$8

### 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

### Butternut Squash Soup (v)

with housemade croutons.....\$8

### Spicy Red Lentil Soup (v / gf)

with toasted coconut flakes ....\$8

### Turkey Chili (gf)

with cheddar cheese + sour cream...\$6 / \$10

## Heat + Eat Meals

### Red Wine Braised Short Ribs (gf)

celery root mash, green beans, red-wine reduction.....\$18

### 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

## Breakfast + Smoothies

### 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

1128 Wilshire Blvd  
Santa Monica, CA

(424) 280 - 4123