

Breakfast

Coconut Chia Parfait (v)

with toasted coconut + housemade seasonal jam.... \$8

Mango Lassi Smothie Bowl

coconut milk, banana, chia, cinnamon, cardamom, turmeric, maple rolled oats, goji berries, toasted coconut..... \$8

Seasonal Quiche

with housemade hot sauce..... \$10

Solads

Waldorf Salad

tarragon roasted chicken, farmers market greens, celery, radicchio, toasted walnuts, dried apples, dried cherries, grapes, hemp seed, red onion, poppy seed dressing..... \$16

GF Soba Noodle Salad w/ Tofu (v / gf)

gluten-free buckwheat soba noodles, scallions, cucumber, carrots, red cabbage, mint, cilantro, sesame vinaigrette..... \$13

Seared Wild Salmon Salad

orzo, fava beans, asparagus, dried cherries, pea tendrils, fresh herb salsa verde.... \$18

Roasted Cauliflower Salad (gf)

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

Miso Kale Caesar Salad (veg)

miso caesar dressing, brioche croutons, parmesan.... \$11

Pickled Kumquat + Feta Salad (veg)

farmers market greens, orange -honey dressing....\$12

Nibbles

Cheese Plate

assorted cheeses, grapes, seasonal jams and spreads, fresh fruit, sesame crackers..... \$12
with charcuterie..... \$15

Crudit  Plate (veg)

seasonal vegetables, green goddess dressing..... \$10

Heat + Eat Meals

Flank Steak + Potatoes (gf)

grass-fed flank steak, chimichurri, confit cherry tomatoes, lemon + herb potatoes..... \$20

Jackfruit Carnitas Burrito Bowl

quinoa, black beans, pico de gallo, cabbage slaw, lime chipotle dressing..... \$15

Braised Chicken + Spinach Meatballs

warm spiced tomato sauce, spaghetti squash..... \$13

Roasted Veggie Enchiladas (veg)

corn, peppers, zucchini, onions, black beans, housemade flour tortillas, jack cheese, enchilada verde sauce, sour cream..... \$13

Chicken Parmesan

panko crusted chicken cutlet, housemade marinara, ricotta, parmesan, basil.....\$20

Baked Chicken Nuggets

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

Small Sides

Macaroni + Cheese (veg)

b chamel, cheddar, fontina, parmesan..... \$6

Vegan Macaroni + Cheese (v)

sweet potatoes, carrots, cashews, coconut milk, nutritional yeast.... \$6

Quinoa Salad (v)

dates, curried cauliflower, coconut yogurt, herbs....\$6

Chef's Choice Pasta Salad (veg)

changes weekly.....\$6

Big Sides

Sugar Snap Peas (veg)

mint, radish, pickled chiles, ricotta salata, sumac....\$10

Grilled Asparagus Gribiche (veg)

gribiche dressing - cornichons, capers, vinegar, hard boiled eggs parsley, mustard served w/ grilled lemon + eggs... \$10

Sandwiches

Apple, Cheddar + Turkey Sandwich

on housemade bread....\$8

Chicken Bacon Pesto Panini

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

Brioche Grilled Cheese

muenster + american cheese on housemade brioche.....\$7

Roasted Chicken Salad Sandwich

dates, radish, boiled egg, on housemade french roll....\$8

Daily Special Sandwich

on housemade bread

Grab + Go Lunches

choose a sandwich above and add:

+ goldfish crackers + 8 oz lemonade.....\$13

+ small side + 8 oz kaffir lime lemonade.....\$15

Pizzo

Made with 2-day fermented housemade dough, housemade sauces and organic toppings - 10 inches

Cheese

mozzarella + housemade marinara and basil.....\$10

Vegan Pesto Pizza (v)

cashew cheese + seasonal vegetables and pesto..... \$12

Daily Special Pizza..... price varies

Drinks + Smoothies

Lemonade - 8 oz

organic lemons, zest, simple syrup.....\$3

Kaffir Lime Lemonade - 8oz

steeped kaffir lime leaves + housemade lemonade....\$5

Turmeric Tonic - 8 oz

honey, ginger, lemon, turmeric, soda water....\$6

Kale Mango Smoothie (v) - 16 oz

w/ apple, cucumber, grapefruit, coconut water.... \$10

Chocolate Protein Smoothie (v) - 16 oz

w/ almond butter, banana, protein powder..... \$11

Sprout Pantry

Organic, scratch-made staples to take home and enjoy!

Dipping Sauces - 8 oz - \$6

Honey Mustard | Buttermilk Ranch

BBQ Sauce | Ketchup

Salsas 8 oz...\$6

Roasted Tomato | Tomatillo | Carrot Habanero

Salad Dressings 8 oz...\$10

Poppy Seed | Miso Caesar | Sesame Vinaigrette

Green Goddess | Curry Vinaigrette

Housemade Snacks + Baked Goods

Goldfish Crackers... \$8

Animal Crackers... \$8

House Seasoned Popcorn... \$6

Yogurt Pretzel Mix.. \$8

Seasoned Tortilla Chips...\$5

Baked Garbanzo Beans...\$4

Fruit Crumble Bars...\$12

S'mores Cookies...\$6

Snickerdoodles...\$9

Granola Bars....\$4

Hours + Location

Monday
11am - 6pm

Tuesday - Friday
10am - 6pm

Saturday
11am - 4pm

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