

## All Day Breakfast

**FIT PARFAIT** VG | 13

Chia Seeds, Yogurt, Peach Preserve, Almond-Ginger Clusters

**FRESH FRUIT CUP** V PL | 7

**MIXED BERRIES** V PL | 9

**OVERNIGHT OATS** V | 13

Organic Almond Milk, Golden Raisins, Almonds, Apples, Blueberries, Cinnamon, Agave

**HARDBOILED EGGS** VG KT PL | 5

**AMERICAN** | 12

Egg, Cooper Cheddar, House Roasted Turkey, Sundried Tomato Spread, Croissant

**HARVEST SANDWICH** V | 13

Ratatouille, Arugula, Kale Pesto, Ciabatta Bread

**BISTRO SANDWICH** | 15

Parisian Ham, Triple Cream Brie, Lemon-Herb Mustard, Bocota Bread

**AVOCADO TOAST** V | 14

Multigrain, Tomato, Affilia Crest, Black Pepper, Lemon Oil

**WAFFLE** VG GF | 10

Berry Compote, Maple Syrup

**AÇAI SORBET BOWL** VG | 13

Berries, Banana, Granola, Coconut Flakes, Almond Butter

## Flat Bread CAULIFLOWER OR FLATBREAD

ADD PROTEINS: **PROSCIUTTO** | 6 **SHRIMP** | 6

**MARGHERITA** VG | 18

Pomodoro Sauce, Mozzarella, Fresh Basil, EVOO

**FIG + PEAR** VG | 19

Fig Spread, Shaved Pear, Goat Cheese, Arugula, Truffle



VG - VEGETARIAN | V - VEGAN | GF - GLUTEN FREE | KT - KETO | PL - PALEO

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of a food-borne illness.  
APPLICABLE TAXES AND AN 18% SERVICE CHARGE WILL BE ADDED TO ALL CHECKS

## *Lunch Favorites*

**GUACAMOLE + CHIPS** V | 15

**1SB BURGER** | 21

Wagyu, Cooper Cheese, Lettuce, Tomato, Pickles, 1SB Sauce, Challah Bun, Fries

**CHICKEN TENDERS** | 14

Fries

**KETO COBB** GF KT | 15

Blackened Shrimp, Blistered Peppers, Egg, Radish, Scallions, Bacon Mustard Vinaigrette

**TOMATO & WHITE BEAN SALAD** V GF | 14

Kale, Cucumber, Lemon, Olive Oil

**CURRY CAULIFLOWER + SWEET POTATO** V GF PL | 14

**FARM GREENS** V GF PL | 15

Shaved Baby Vegetables, Heirloom Tomato, Roasted Sunflower Seeds, Pepitas, Herb Sherry Vinaigrette

**GRAINS** V | 11

Organic Red Quinoa, Farro, Sweet Potato, Roasted Broccolini, Lemon Vinaigrette

**SALMON SALAD WRAP** | 15

Lemon-Dill Crème Fraîche, Tomato, Celery, Chives, Greens, Fennel, Spinach Tortilla

**SB CLUB** | 15

House Roasted Turkey, Pepper Jack, Smoked Bacon, Tomato, Chipotle Aioli, Local Sprouts, Cranberry Bread

**POKE BOWL** | 16

Tuna, Rice, Seaweed, Sesame, Avocado, Pickled Hijiki, Ginger, Kimchi Aioli

**HEALTHY GO BOWL** GF KT PL | 16

Chicken Makhani, Cauliflower Rice, Cilantro



## Sushi

**1SB VEGGIE ROLL** V GF | 15

Greens, Yamagobo, Cucumber

**CALIFORNIA ROLL** GF | 16

Crab Salad, Cucumber, Avocado, Furikake, Sesame Seeds

**SPICY TUNA ROLL** GF | 17

Tuna, Cucumber, Cilantro

## Cold Pressed & Fresh Juice

**GREENERY** | 12

Kale, Celery, Cucumber, Orange, Green Apple, Collard Greens, Mint

**PUMP IT** | 12

Pistachio + Almond + Pumpkin Seed Milk, Vanilla, Agave, Sea Salt

**CITRUS IV** | 12

Lime, Orange, Coconut Water, Pink Grapefruit, Jalapeño, Ginger

**ROOT B** | 12

Carrot, Beet, Apple, Lemon, Ginger

**RED LOVER** | 7

Lemon, Pitaya, Agave, H2O

**CHARRO** | 7

Mexican Cucumber, Cilantro, Agave, Lemon, H2O, Tajin

## Shots

**AWAKENING** | 6

Lemon, Organic Apple Cider, Ginger, Agave, Blood Orange

**COMANDANTE** | 6

Moringa, Lemon, Turmeric, Cilantro, Aloe Vera, Celery



## Smoothies

### **ANATOMY** | 13

Choice of Milk, Banana, Peanut Butter, Vanilla or Chocolate Protein

### **BERRY GOOD BERRIES** | 14

Choice of Milk, Mixed Berries, Banana, Vanilla Protein

### **THE 1 YOU ARE LOOKING FOR** | 13

Strawberries, Banana, Florida OJ, Vanilla Protein

### **TROPICAL ENCHANTMENT** | 14

Choice of Milk, Mango, Pineapple, Strawberry, Vanilla Protein

### **WAKE-UP CALL** | 12

Choice of Milk, Great Circle Double Espresso Shot, Banana, Vanilla or Chocolate Protein

### **GO NUTS** | 14

Choice of Milk, Almond Butter, Maple Syrup, Greek Yogurt, Bourbon Vanilla Extract, Banana, Vanilla or Chocolate Protein

### **SWOLE** | 14

Choice of Milk, Raw Oats, Almond Butter, Maple Syrup, Cinnamon, Vanilla or Chocolate Protein

## Boosters 2 EACH

**GLUTAMINE** Performance + Strength

**BCAA** Metabolic Booster + Recovery

**L CARNITINE** Weight Loss

**EXTRA PROTEIN** Muscle Building

**CREATINE** Performance + Strength

**COLLAGEN PEPTIDES** Beauty  
(Skin, Hair, Nails)

**RAW OATS** Natural Carbohydrate

**ALMOND BUTTER** Natural Fat + Protein

**MACA ROOT** Energy + Stamina

**MATCHA** Antioxidant + Metabolism Boost

**CBD** Pain Relief + Anxiety Suppressant

## Milk Choices

Whole Milk

Fat Free Milk

Unsweetened Almond Milk

Coconut Milk

Soy Milk

Oat Milk +1



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## Coffee

- ESPRESSO | 2/4
  - AMERICANO | 5
  - MACCHIATO | 5
  - CAPPUCCINO | 6
  - LATTE | 6
  - MOCHA | 6
  - DIRTY CHAI | 7
  - MATCHA LATTE | 8
  - COCONUT COLD BREW | 6
  - ADD COCONUT OIL 2
- 
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## Wine

- GIULIANA PROSECCO | 15/68
- FLOR ROSÉ PROSECCO | 15/68
- GH MUMM BRUT CHAMPAGNE | 29/130
- JERMANN PINOT GRIGIO | 16/64
- JUSTIN SAUVIGNON BLANC | 15/60
- LANDMARK CHARDONNAY | 16/64
- ASK ABOUT OUR  
\$10 WINE OF THE DAY

## Tea

- YUNNAN BLACK GOLD | 5
- MASALA CHAI | 5
- EARL GREY | 5
- JASMINE CLOUD | 5
- MOROCCAN MINT | 5
- SENSEI | 5
- ZAK'S | 5
- YUNNAN MAO FENG | 5

## Beer

- STELLA ARTOIS | 8
- PERONI | 8
- CIGAR CITY "JAI ALAI" IPA | 8



## *Happy, Healthy Spirits*

### **THE ITALIAN JOB | 16**

Giuliana Prosecco, Cocchi Americano Rosa, Real Peach, Lemon, Club Soda

### **ST-GERMAIN SPRITZ | 16**

Flor Rosé Prosecco, St-Germain, Basil, Club Soda, Giffard Pamplemousse

### **SILLY RABBIT | 16**

Belvedere Ginger Zest, Carrot Juice, Turmeric + Cayenne +  
Honey Syrup, Lemon, Orange Bitters

### **MANIC BOTANIC | 16**

The Botanist Gin, Cucumber, Moringa, Kale, Collard Greens, Celery, Apple,  
Citrus, Agave

### **AMAZONIAN MULE | 16**

Yaguara Cachaça, Açai Syrup, Fresh Mint, Lime, Peychaud's Bitters, Q Ginger Beer

## *Brain Freeze*

### **SKINNY PIÑA | 16**

Bacardi Light Rum, Organic Coconut Water, Pineapple, Lime  
Add an Appleton Reserve Floater +8

### **FROSÉ | 16**

Rosé Wine, Skyy Vodka, Lillet, Peach, Citrus

### **APEROL SPRITZ | 16**

Aperol, Bombay Dry Gin, Rosé Prosecco, Passion Fruit, Citrus

### **FRO-ZITO | 16**

Bacardi Light Rum, Fresh Mint, Citrus



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*Boozy Ice Cream* BY AUBI & RAMSA

**THE DIRTY MOJITO** | 14

Zacapa 23 yr Rum, Fresh Lime & Mint

**KEY LIME MARTINI** | 14

St. George Botanivore, Tangy Key Lime, Graham Cracker

**SMOKED SWEET PLANTAIN** | 14

Diplomatico Reserva Rum, Coffee Liqueur, Smoked Sweet Plantain, Cacao Nib, Cinnamon

**EL COCO LOCO** | 14

Don Julio Blanco Tequila, Coconut

**STRAWBERRIES & ROSÉ** | 14

Veuve Clicquot Rosé Champagne, St-Germain, Strawberries

**CHARRED CORN & MEXICAN VANILLA** | 14

Salvacion Mezcal, Charred Corn, Mexican Vanilla, Guajillo Chile Cajeta

