

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 18% service charge will be added to all checks.

Se agregarán impuestos aplicables y un cargo por servicio del 18% a todos los actos

Taks ki aplikab ak yon chaj sévis 18% yo pral ajoute nan tout chèk yo



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, Banana, 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



 - in partnership with
Anatomy Gym

plnthouse

the good kitchen

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

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, Pine apple, Lime
Add an Appleton Reserve Floater + 12

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



plnthouse

the good kitchen

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

