

GOOD MORNING

**Bowl of Seasonal
Local Fruits** V, GF, NF 17

Stone Ground Oatmeal V, GF
Banana, Golden Raisins, Toasted Almonds,
Demerara Sugar 15

Coconut Yogurt & House Made Granola V, GF
Seasonal Fruits, Maple, Fresh Mint 17

Gluten Free Lemon Ricotta Pancakes VG, GF
Blueberries, Maple Syrup 21

Avocado Toast V, NF
Toasted 7 Grain, Mashed Avocado, Pea Shoots,
Radish, Aleppo, Nori, Toasted Sesame, Lemon,
Sea Salt 19 + Sunny Egg 5

ARTISANAL BREAD & PASTRIES

Classic Croissant VG, 5

Ham & Cheese Croissant VG, 6

Dark Chocolate Croissant VG, 5

Bagel & Cream Cheese VG, NF 7

Whole Grain or Sourdough Toast,

Cultured Butter, House Made Preserves VG, NF 7

FARM FRESH EGGS

1 Morning VG, NF
2 Organic Eggs, Avocado-Tomato Salad,
Roasted Potatoes, Whole Grain or Sourdough Toast 23
Add Bacon or Chicken Sausage + 5 + local chorizo 4

1 Kitchen Omelet V, GF, NF*
Roasted Mushrooms, Goat Cheese, Shallots, Thyme, Mixed
Green Salad 24

Breakfast Burrito VG, NF
Scrambled Eggs, Pepperjack Cheese, Potatoes, Peppers,
Onions, Salsa, Cilantro, Crema 23
+ local chorizo 5

Breakfast Sandwich NF*
Sunny Eggs, Local Bacon, Aged White Cheddar,
House-Made Hot Sauce, Brioche Bun,
Crispy Potatoes 24

EXTRAS

Scrambled Organic Eggs or Egg Whites VG, GF, NF* 10

Locally Smoked Bacon GF, NF 10

Griddled Chicken Sausage GF, NF 10

Crispy Potatoes & Herbs V, GF, NF 9

Local Greek Yogurt & House Honey VG, GF, NF 9

Smoked Salmon GF, NF* 14

VG Vegetarian V Vegan GF Gluten Free NF Nut Free

* Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Please let us know if you have any food allergies and we will certainly do our best to accommodate your needs.

DAYLIGHT
12pm - 4pm

FROM THE GARDEN

Daily Market Soup 15
Made Fresh Daily

Kitchen Sink Greek Salad VG, GF, NF
Little Gem Lettuce, Tomato, Cucumber, Green Olives,
Local Feta, Pickled Onion, House Vinaigrette **19**
+ Organic Chicken Breast **9** + Salmon **14** + Tofu **7**
+ Avocado **5**

Superfood Salad V, GF, NF
Shredded Kale, Carrot, Red Pepper, Bean Sprouts,
Cilantro, Mint, Crispy Shallots, Ginger-Sesame
Dressing **19**
+ Organic Chicken Breast **9** + Salmon **13**
+ Tofu **7** + Avocado **5**

SIDES

Market Lettuces, Radish, Lemon,
Olive Oil V, GF, NF **14**
Roasted Cauliflower, Sauce Romesco,
Scallions V **14**
French Fries & Spicy Aioli VG, GF, NF **11**
Grilled King Oyster Mushrooms, Black
Garlic Jus, Gomasio V **15**

PLATES

Pork Carnitas Tacos GF, NF
Corn Tortillas, Shaved Cabbage, Onion, Cilantro,
Queso Fresco, Lime, Tomatillo Salsa **24**

Grass Fed Beef Burger NF
Aged White Cheddar, Tomato, Lettuce, Red Onion,
Pickles, Brioche Bun, Fries **24**
-Sub Impossible Burger Patty VG

House Made Chickpea Burger V, NF
Spinach-Herb Wrap, Carrot, Sprouts, Spicy Tahini
Sauce, Herb Sea Salt Fries **23**

Grilled Bass
Roasted Cauliflower, Sauce Romesco, Scallions,
Grilled Lemon **35**

HOUSE MADE SWEETS

Vegan Coconut Oatmeal Cookie V, NF **6**
Classic Chocolate Chip Cookie VG, NF **6**
Gluten Free Peanut Butter Cookie VG, GF **6**
Dark Chocolate Tahini Brownie VG **7**

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SNACKS

Roasted California Almonds & Sea Salt V, GF 8

Marinated Olives V, GF, NF 9

Daily Market Soup 16

Made Fresh Daily

Roasted Carrot "Hummus" V, NF

Garlic Herb Flatbread 18

Marinated Baby Beets & Fuyu Persimmon

Dill, Toasted Walnuts, Pickled Shallot,

Champagne Vinegar V 19

California Cheese Board VG

3 California Cheeses, Local Dates, House Honey,

Seasonal Fruit, Cranberry Walnut Toast VG 24

Charcuterie Board NF

Prosciutto, Salami, House Made Chicken Liver Mousse,

Grilled Bread, Cornichons, Spicy Parmesan Crackers 25

SIDES

Market Lettuces, Radish, Lemon,

Olive Oil V, GF, NF 14

Roasted Brussels Sprouts, Thai Basil,

Sweet Chili Vinegar V, GF, NF 18

Waffle Fries

Buttermilk Ranch V, NF 15

Roasted Tri Color Cauliflower

Sauce Romesco, Scallion, Lemon 17

PLATES

"Greek" Salad VG, GF, NF

Little Gem Lettuce, Cucumber, Cherry Tomato,

Pickled Onion, Green Olives, Local Feta 19

+ organic chicken breast 9 + salmon 13

+ tofu 7 + Avocado 5

House Made Chickpea Burger V, NF

Spinach Herb Wrap, Mixed Sprouts,

Spicy Lemon Tahini Sauce, Green Salad 23

Grass Fed Beef Burger NF

Aged White Cheddar, Niman Ranch Bacon, Brioche Bun,

Pickles, Red Onion, Tomato, French Fries 24

Grilled Organic Chicken Breast GF, NF

Roasted Marble Potatoes, Sauteed Greens, Salsa Verde 33

Grilled Local Bass GF, DF

Winter Squash Puree, Roasted Brussels Sprouts,

Apple Cider Gastrique 35

HOUSE MADE SWEETS

Vegan Coconut Oatmeal Cookie V, NF 6

Classic Chocolate Chip Cookie VG, NF 6

Gluten Free Peanut Butter Cookie VG, GF 6

Dark Chocolate Tahini Brownie VG 7

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Assortment of Seasonal Fruits 15

Overnight Oats 9

Almond Milk, Toasted Almonds, Maple, Golden Raisins

Local Greek Yogurt Parfait 10

House Made Berry Compote, Fresh Berries

Market Vegetable Crudit  14

Hummus & Romesco

1 Kitchen Greek Salad 17

Cucumber, Tomato, Feta, Olives, Pickled Onion,
Market Lettuce, Sherry Vinaigrette

Superfood Wrap 17

Kale, Carrot, Red Bell Pepper, Smoked Tofu, Avocado,
Sesame-Ginger Dressing, Spinach Herb wrap

House Roasted Organic Chicken Sandwich 18

Butter Lettuce, Chipotle Aioli, Cucumber, Red Onion

Superfood Popcorn 10

Salt & Pepper Potato Chips 7

Talty Protein Bar 6

RX Protein Bar 6

Fine & Raw 1 oz Sea Salt Chocolate Bar 12

Compartes Popcorn-Chocolate Bar 15

Gwell Wellness Bites 12

House made trail mix 12

House made granola 15

Banana 4

Apple 3

Sourdough, Whole Grain or Gluten Free Toast 7

Served with cultured butter and house made preserves

Plain or Everything Bagel with Cream Cheese 7

Side of peanut butter 4

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JUICES

Fresh Orange Juice 8
Cold Pressed Apple Juice 8
Fresh Grapefruit Juice 8
Little West Cold Pressed Juice 14

Ginger Snap

fiji apple, green apple,
ginger, lemon

Detox Greens

cucumber, celery, kale,
fennel, parslet, lemon,
spirulina

Sunrise

orange, carrot, coconut
water, lemon, ginger, and
turmeric

The Quench

watermelon, jicama,
strawberry, mint, lime,
and watermelon rind

BEVERAGES

Coconut Water 8
1 Hotels Path Water 9
Lemonade 8
Iced Tea 8
Fever Tree Ginger Ale 8
Fever Tree Ginger Beer 8
GTS Synergy Gingerade Kombucha 12
GTS Synergy Trilogy Kombucha 12

COCKTAILS

Mimosa 21
Classic Bloody Mary 18
Manhattan 20
Old Fashioned 20
Margarita 18

BEER 12

Fat Tire Colorado
Stone IPA Escondido, California
Corona Mexico
Stella Artois Belgium

COFFEE & TEA

Bluestone Lane Coffee
Espresso Double 7
Drip Coffee 9
Coffee Pot 16
Cappuccino 10
Latté 10
Americano 9
Iced Coffee 10
Chai Tea Latté 10
Matcha Latté 10

Dairy Alternatives:

Oat, Almond, Soy

HOT TEA by TEA PIGS

Mao Feng Green Tea, Darjeeling
Earl Grey, English Breakfast,
Peppermint Leaves, Chamomile
Flowers 7

BUBBLES & WINE

White Wine

Tiamo Pinot Grigio 18/72
Naturalis Sauvignon Blanc 18/72
Sanford Chardonnay 21/80

Rosé

Whispering Angel 16/60
Cote Des Roses 16/60

Red Wine

Cloudline Pinot Noir 17/68
Cuma Malbec 15/56
Justin Cabernet Sauvignon 24/96
Justin "Isosceles" Cabernet Sauvignon
180

Bubbles

Giuliana Prosecco 16/65
Mumm Brut 16/145
Mumm Napa Rose 16/65
Dom Perignon 600
Krug Brut 500
Perrier Jouet Rose "Belle Epoque" 600

Blends

The Prisoner 22/88