

toasts

- AVOCADO TOAST 12
calabrian chili honey relish, coriander, lemon zest, hemp seed, herbs, seeded toast *add egg (3)
- TOAST+ JAM 5
organic strawberry + chia jam, grass fed butter, seeded toast
- EGG SALAD TOAST 13
herby organic egg salad, hot honey, local micro greens, seeded toast or mixed greens
- CHICKEN SALAD TOAST 14
EAT signature chicken salad, local micro greens, seeded toast or mixed greens

eat classics

- GRAIN FREE GRANOLA PARFAIT 12
eat grain-free signature granola, organic greek yogurt, berry compote, organic strawberries
- STACEY'S FAMOUS CHICKEN RICE ENCHILADA 18
free-range chicken breast, hatch green chili sauce, housemade organic corn tortilla, avocado tomatillo sauce, pickled onions, goatija, cilantro micro greens *add egg (3)
- GREEN CHILI PORK STEW 15
goatija, pickled onions, cilantro, housemade corn chips *add egg (3)
- GLUTEN FREE CHICKEN NOODLE SOUP 12
organic chicken, slow cooked broth, brown rice + quinoa noodles *add mixed greens salad or grilled cheese (6)
- TOMATO SOUP + GRILLED CHEESE 16
dairy free tomato soup, aged white cheddar, homestyle white

sandwiches

- BLT 17
nitrate free crispy bacon, organic shaved romaine, tomato, red chili aioli, homestyle white *add egg (3)
- HOT HAM + CHEESE 16
fra'mani sweet apple ham, honey horseradish mustard, white cheddar, homestyle white *add egg (3)
- TUNA 20
line caught tuna, kalamata calabrian tapenade, house-made dill pickles, wild arugula, pink grapefruit citrus aioli, baguette
- VEGETABLE 16
avocado, cucumber, tomato, local sprouts, pickled red onion, citrus herb cream cheese, seeded bread
- ROTISSERIE CHICKEN BANH MI 20
spicy pickled carrots-daikon, thai bbq sauce, cucumber, baguette
- TRI TIP + FRIES 21
white cheddar, chimichurri, horseradish aioli, caramelized onions

gluten free available on request

desserts

- ICE CREAM SUNDAE 13
flourless chocolate cake, housemade vanilla bean ice cream, salted caramel
- STICKY CARAMEL BREAD PUDDING 17
cardamom orange carmel, mejdool dates, maple syrup, housemade vanilla bean ice cream
- ROOT BEER FLOAT 9
jones organic rootbeer, housemade vanilla bean ice cream

specialty espresso drinks

FULL ESPRESSO BAR UTILIZING ORGANIC COFFEE, ORGANIC MILK AND SPECIALTY DAIRY ALTERNATIVES. ALL SYRUPS ARE HOUSEMADE TO UNIQUELY ENHANCE YOUR COFFEE

SEASONAL + SPECIALTIES

- summer berry cold foam cold brew 6
brown sugar Latte 6
maple rosemary latte 6
orange cardamom latte 6
lavender latte 6
honey lemon latte 6
iced orange cardamom espresso spritz 6
golden milk latte 5

MILKS

whole, nonfat, half+half, oat, almond, coconut, chocolate

TRADITIONAL COFFEES

- hot drip coffee 3
cold brew 6
americano 3.50
cappuccino 4.75

OTHER BEVERAGES

assorted kombucha and sparkling beverages

TEAS

- iced tea 3
daily selection - black, green, botanical

- chai tea latte 4.50
organic ceremonial grade matcha 4.50
morning ritual tea 4.50

- the republic of tea 3.75
jasmine green, earl greyer, mint

eggs

- GARDEN VEGGIE EGG WHITE BITES 6
free range egg whites, spinach, bell peppers, three cheeses, herbs
- EYE OPENER 16
fried steadfast farm egg, shaved fra'mani ham or crispy nitrate free bacon, arugula, calabrian chili aioli, white cheddar, brioche
- BYOB
fried or scrambled local organic egg 3 uncured nitrate free bacon 8
shaved fra'mani ham 8 sliced tomato 2 avocado 3
gf bagel 6 housemade toast + butter 4

salads

- QUINOA ARUGULA 16
herbs, marcona almonds, celery, organic strawberries, white balsamic vinaigrette
- SUPERFOOD CAESAR 16
little gem, red grapes, avocado, pickled onions, celery, superfood sprinkles, lemony caesar vinaigrette
- AZ COBB 18
amelia's rotisserie chicken, steadfast farm spicy deviled egg, nitrate free crispy bacon, avocado, cherry tomato, medjool date, whole grain mustard vinaigrette
- FARMERS MARKET CRUDITE 15
organic vegetables, olive oil, harissa hummus

ADD AMELIA'S ROTISSERIE CHICKEN - 9, WILD SALMON - 10, LINE CAUGHT ALBACORE TUNA - 9, GRASS FED TRI TIP - 12

a la carte

- organic strawberries 8
gf bagel + butter
or lemon herb cream cheese 8
housemade toast + butter 4
steadfast farm spicy deviled eggs 6
fried or scrambled local organic egg 3
uncured nitrate free bacon 8
root chips 6
avocado 3
house made pickles 3

SMALLER APPETITES

- rotisserie chicken 9
grass-fed tri tip 12
wild salmon 10
grilled cheese 10
french toast 10
cucumbers 4
carrots 4
strawberries 6
grapes 5
simple caesar salad 5
french fries 5
pretzel bites 7

bakery

- JACK'S PRETZEL TWIST 9
horseradish honey mustard, lemon herb cream cheese, or salted caramel sauce

- STICKY CARAMEL BREAD PUDDING FRENCH TOAST 14
brioche, cardamom orange caramel, mejdool dates, maple syrup

PASTRY CASE

- signature glazed sugar cookie
salted chocolate chip cookie
almond butter cookie
morning glory muffin
lemon zucchini muffin
lemon bar
rice krispy treat

