

HOT Drinks	med. 16oz / lg. 2	20oz
DRIP COFFEE	\$	3.50 / \$4.00
regular or decaf		
ESPRESSO	solo \$2.00 / c	
	triple \$4.00 /	
RED EYE		4.00 / \$4.25
espresso shot in drip coffe	. •	
LATTE		5.50 / \$6.00
CAPPUCCINO		5.50 / \$6.00
AMERICANO		3.75 / \$4.25
CAFE AU LAIT	\$	3.50 / \$4.00
CARAMEL MACCHIATO		6.00 / \$6.50
CINNILLA CORTADO		6.45 / \$6.95
CAFE MOCHA		5.50 / \$6.00
WHITE CHOCOLATE MOCHA		5.75 / \$6.25
MEXICAN MOON MOCHA		6.00 / \$6.50
cayenne and cinnamon		
HORCHATA LATTE	\$	6.00 / \$6.50
spanish, spicy & sweet! ci YUM!	nnamon rice milk	with espresso
RASPBERRY WHITE CHO	COLATE LATTE \$	5.75 / \$6.25
TEA Organic		3.50 / \$4.00
flavors: breakfast blend, green, green jasmine, min		e, earl grey,
MATCHA LATTE		5.50 / \$6.00
CHAI TEA LATTE		5.50 / \$6.00

Syrups add flavor +\$0.75

GOLDEN MILK LATTE (160z only)

LONDON FOG TEA LATTE

MEXICAN SPICED COCOA

SPICY CHAITEA FOG

HOT CHOCOLATE

brown sugar cane sugar caramel cinnamon chocolate hazelnut

vanilla syrup

lavender maple spice raspberry vanilla

earl grey tea, steamed milk, honey, lavender,

<u>sugar free:</u> caramel vanilla

\$5.75 / \$6.25

\$5.75 / \$6.25

\$4.50 / \$5.00

\$5.50 / \$6.00

\$6.25

white chocolate

Extras

sub non-dairy (oat, coconut, almond milk) **+1.00** chocolate or caramel drizzle **+\$0.25** espresso shot +\$1.00 vanilla sweet cream +\$1.00 vanilla sweet cream cold foam +\$1.25 breve **+\$1.00**

cold Drinks med. 16oz / lg. 24oz

COLD BREW	\$5.50 / \$6.00
VANILLA SWEET CREAM COLD BREW	\$6.00 / \$6.50
NITRO COLD BREW	\$5.50 / \$6.00
MAPLE PANCAKE COLD BREW	\$6.00 / \$6.50
VANILLA SWEET CREAM NITRO COLD BREW	\$6.00 / \$6.50
CAMPFIRE NITRO COLD BREW	\$6.00 / \$6.50
ICED COFFEE	\$3.50 / \$4.00
ICED SHAKEN ESPRESSO	\$5.00 / \$5.50
MAPLE PANCAKE SHAKEN ESPRESSO	\$6.00 / \$6.50
VANILLA ALMOND MILK SHAKEN ESPRESSO	\$6.00 / \$6.50
BROWN SUGAR OAT MILK SHAKEN ESPRESSO	\$6.00 / \$6.50
ICED CARAMEL MACCHIATO	\$6.00 / \$6.50
CINNILLA CORTADO	\$6.45 / \$6.95
ICED LATTE	\$5.50 / \$6.00
ICED MEXICAN MOON MOCHA	\$6.00 / \$6.50
cayenne and cinnamon	
ICED CAFÉ MOCHA	\$5.50 / \$6.00
ICED WHITE CHOCOLATE MOCHA	\$5.50 / \$6.00
ICED HORCHATA LATTE	\$6.00 / \$6.50
ICED RASPBERRY WHITE CHOCOLATE LATTE	\$5.75 / \$6.25
ICED MATCHA LATTE	\$5.50 / \$6.00
ICED CHAI TEA LATTE	\$5.50 / \$6.00
ICED TEA	\$3.75 / \$4.25
ARNOLD PALMER	\$4.00 / \$4.50

FRAPPES

MIDNIGHT MOCHA	\$6.00 / \$6.50
COFFEE	\$5.75 / \$6.25
VANILLA	\$5.75 / \$6.25
CHAI	\$6.00 / \$6.50
DARK SIDE OF THE MOON	\$6.00 / \$6.50

detoxifying charcoal mocha, made with coconut milk

kids frappes!!

COTTON CANDY or ORANGE CREAMSICLE

(12oz only)

REFRESHERS

THE RASPBERRY REFRESHER \$5.50 / \$6.00 water, lemonade, raspberry syrup, topped with raspberries

THE CHERRY LIMEADE REFRESHER \$5.50 / \$6.00

water, lemonade, cherry syrup, topped with cherries

\$6.00 / \$6.50

THE JUNGLE BREEZE 105W \$6.00 / \$6.50 coconut water, mango, starfruit, passionfruit, apple, pineapple, stevia | 34mg caffeine from green coffee beans

BUBBLE TEA the fun drink you can Ciliu

\$6.00 / \$6.50 milk tea & tapioca pearls flavors: banana, blue hawaii, coconut, mango, matcha, strawberry, taro



BREAKFAST SERVED UNTIL 11AM

BUILD YOUR OWN EGG SAMMIE | \$8.95 choose bread: everything bagel, artisan sourdough, hearty white, wheatberry sprouted grain (V, O, non-GMO) gluten free bread +\$1.00

choose cheese: cheddar, provolone, swiss,

Daiya vegan cheddar

choose meat: bacon, ham, sausage

EVERYTHING BAGEL with CREAM CHEESE | \$7.00

SUNRISE SAMMIE | \$10.95

egg, provolone, avocado, sriracha, himalayan pink salt & pepper on wheatberry sprouted grain

EGG SALAD SAMMIE | \$10.95

hard boiled egg, avocado, feta, garlic, himalayan pink salt & pepper on wheatberry sprouted grain

EVERYTHING BAGEL with CREAM CHEESE & SMOKED SALMON | \$12.95

lemon juice, dill, onions, olives, himalayan pink salt & pepper

TOASTS

AVOCADO TOAST | \$9.00

avocado smash, EVOO, lemon juice, red pepper flakes, himalayan pink salt & pepper on wheatberry sprouted grain

HUMMUS TOAST | \$9.00 hummus, cucumber, feta, lemon juice, red pepper flakes on wheatberry sprouted grain

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BLUE SKIES | \$9.95

blue spirulina, blueberries, banana, pineapple, local honey

made with coconut milk sub whole, oat, or almond milk

LOWCOUNTRY GREEN | \$9.95

spinach, kale, mango, pineapple, banana, fresh ginger

PLUFF MUD | \$9.95

banana, oats, maca, cocoa powder, pb, maple syrup, local honey | sub almond butter +\$1.00

STRAWBERRY BANANA | \$8.95

strawberries, banana, vanilla extract

TROPICAL SUNRISE | \$9.95

strawberries, pineapple, mango, oj, multi-vitamin shot

4	local honey\$0.50	
		maca\$1.50
•	maple syrup\$0.50	
		multi-vitamin shot\$1.50
\simeq	ashwagandha\$1.00	vanilla plant protein\$1.50
2	hemp hearts\$1.00	variila piarit proteiri\$1.50

PB TOAST | \$9.50

peanut butter, banana, honey, cacao nibs, cinnamon, granola on wheatberry sprouted grain | sub almond butter +\$1.00

BERRY BLAST 2.0 TOAST | \$9.00

strawberry cream cheese, bananas, blueberries, strawberries, pecans, basil, honey drizzle on artisan sourdough

SMOOTHIE Bowls

CREAMSICLE CRUSH | \$9.75

frozen oranges & pineapple, coconut milk, orange juice, topped with orange slices

ISLAND OASIS | \$10.95

frozen pineapple & banana, goji berry powder, coconut milk, topped with coconut flakes, granola (V, GF) and hemp hearts

BACHERRYBERRY BOWL | \$10.25 frozen strawberries, banana & dark cherries, coconut milk, topped with blueberries, chia seeds and coconut flakes

THE BEACH BREAK | \$11.95 frozen banana, pb, maple syrup, maca, cocoa powder, vanilla greek yogurt, topped with chocolate granola, honey drizzle, chia seeds and banana | sub almond butter \$1.00

PINK PANTHER | \$11.25

frozen pineapple & banana, dragonfruit, coconut milk, topped with blueberries, coconut flakes and cacao nibs

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SERVED 11AM - CLOSE

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SANDWICHES all sandwiches, melts and kids menu items include your choice of chips, baked potato salad or fruit cup

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a la carte Sides baked potato salad \$3.95 fruit cup \$4.95

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CHICKEN SALAD | \$12.95

lettuce and tomato on wheatberry sprouted grain (V, O, non-GMO) *contains nuts*

EGG SALAD | \$11.95

hard boiled egg, avocado, feta, garlic, himalayan pink salt & pepper on wheatberry sprouted grain (V, O, non-GMO)

TUNA SALAD | \$11.95

lettuce and tomato on artisan sourdough

CHICKPEA SALAD | \$12.95

lettuce and tomato on gluten free bread

SURF'S UP SAMMIE | \$11.95

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turkey, cheddar, apple slices, lettuce, apple vinaigrette on wheatberry sprouted grain (V, O, non-GMO)

BOOSTED BLT | \$10.95 the OG on hearty white toast, maple syrup brushed bacon, sprinkled with cayenne pepper, spicy chili powder mayo not feeling spicy? get it unboosted with regular mayo!

CLUB ROLLUP | \$13.95

turkey, ham, bacon, cheddar, black olives, tomato, lettuce, mayo on garlic herb wrap

Served on artisan sourdough

THE SUN BUM | \$12.95

ham, swiss, bacon, pineapple, maple aioli

THE HANG 10 | \$12.95

turkey, bacon, cheddar, ranch

THE TUNA MELT | \$11.95

white albacore tuna, provolone, cheddar

KIDS of all ages

PB & J ON HEARTY WHITE | \$7.00 sub almond butter +\$1.00

GRILLED CHEEZY MELT | \$7.50

warm and gooey cheddar and provolone on hearty white add bacon or ham +\$3.00

PB & APPLE MELT | \$7.75

pb, apples, cinnamon, honey drizzle served warm on artisan sourdough | sub almond butter +\$1.00

HAM or TURKEY & CHEESE | \$9.00

cheddar, lettuce, tomato, mayo on hearty white

SALADS

CHICKEN SALAD SALAD | \$11.95

mixed greens, chicken salad, grapes, pecans, dried cranberries *contains nuts* | sub chickpea salad

GARDEN COBB | \$12.95

mixed greens, turkey, bacon, hard boiled egg, cherry tomatoes, onion, cucumbers, crumbled bleu cheese

> dressings: balsamic vinaigrette, bleu cheese, fuji apple vinaigrette, ranch