

menu offerings and options may change without notice  
for our current menu and pricing please go to our online ordering for this location



## juices

contains nuts 

our juices are cold pressed in house from organic  
fruits and veggies

### green energy

kale, spinach, cucumber, lemon  
84 cal deep green, not sweet. 16 oz

### summer breeze

kale, pineapple, spinach, cucumber  
126 cal, green, semi sweet. 16 oz

### i dream of ginger

apple, cucumber, lemon, ginger  
170 cal, semi sweet. 16 oz

### pure gold

pineapple, ginger, orange, lemon  
250 cal, sweet. 16 oz

### beet the blues

beet, apple, pineapple  
250 cal, sweet. 16 oz

### orange juice cold pressed

112 cal, 8 oz / 224 cal, 16 oz

## smoothies

our smoothies are blended to order from organic fruits,  
vegetables, and superfoods, 16 oz

### green power

kale, spinach, mango, banana,  
spirulina, chia  
220 cal

### acai energy

acai berry, strawberry,  
blueberry, banana, chia  
246 cal

### mayan cacao

cacao, chia seeds, cinnamon,  
cayenne pepper, banana, milk  
320 cal

### awesome avocado

avocado, mango, banana,  
spinach, strawberry  
245 cal

### jumping monkey

oatmeal, banana, coffee, cacao,  
vegan protein  
560 cal / 34g protein

### life force chocolate shake

chaga mushroom, reishi mushroom,  
coconut cream, hemp, maca,  
cinnamon, cacao, cashew, sunflower  
seeds, agave, himalayan sea salt  
340 cal

### peanut butter madness

peanut butter, banana, almond milk  
420 cal

### sunrise oatmeal

complete breakfast in a cup,  
oatmeal, apple, strawberry,  
banana, flax, cinnamon, milk  
356 cal



### lido sunset

mango, strawberry, pineapple,  
banana  
260 cal

### apple pie

apple, pineapple, banana,  
walnuts, agave, cinnamon  
260 cal

## you may want to add

avocado 3  
hemp seeds 1  
double espresso 2  
maca 2  
protein 2

cacao nibs 2  
peanut butter 1  
almond butter 2  
chia seeds 1  
spirulina 2

cacao 1  
strawberries 2  
blueberries 2  
pineapple 2  
mango 2

## coffee

our coffee drinks are made from  
organic beans and milks

**house coffee**

**iced house coffee**

**espresso single / double**

**latte hot//latte iced**



**lavender honey latte**

**cappuccino**



**iced shaken spiced espresso**

dairy free milk add 1  
half & half add 3

## tea

**iced tea**

**hot tea**

freshly baked pastries  
and raw cookies  
check our daily  
selection

## other drinks

**watermelon lemonade**

**strawberry lemonade**

**classic lemonade**

**coca cola**

**saratoga sparkling water**

**saratoga water**

## elixirs

our elixirs are prepared in house from organic  
power foods, served steamed or over ice, 16 oz



**immune booster**

lemon, ginger, local honey, turmeric, zinc, echinacea,  
vitamin c, cayenne pepper

**golden latte**

turmeric, cinnamon, ginger, chaga, local honey, choice  
of milk

**matcha master**

matcha green tea, baobab, local honey, choice of milk

**NEW!** **moon milk**

artichoke leaf powder, blue majik, shatavari,  
aswaganda, cardamom, cinnamon, ginger, local honey,  
choice of milk

milk options

dairy, almond, oat, coconut

dairy free milk add 1

## wellness shots

our wellness shots are cold  
pressed in house

**the kick shot**

wheatgrass, ginger, lemon, cayenne pepper,  
served with pineapple chaser 2 oz

**i love wheatgrass**

just one shot of freshly pressed wheatgrass  
has the nutritional value of several pounds  
of produce, served with orange chaser 1 oz

**the immune shot**

lemon, ginger, local honey, turmeric, zinc,  
echinacea, vitamin C, cayenne pepper

 **brunch cocktails**

**sangria**

organic red wine, cold pressed  
pineapple and orange juice, fruit

**mimosa**

prosecco, cold pressed pineapple  
juice, cold pressed orange juice



**free spirited cocktails**

**elephant milk**

seedlip, coconut milk, lemon juice,  
honey

**espresso zebratini**

seedlip, espresso, agave, chocolate

**flower power**

seedlip, elderflower, agave, sparkling  
water, lemon, lime, mint

**here comes the sun**

seedlip, aperitive rossi, bitters

**beer**

please ask about our daily beer selection

gluten free **GF**

contains nuts 

vegan **V**

vegetarian **VG**



## shakshuka

two free range medium poached eggs nested in a hearty fire roasted tomato sauce, sweet bell pepper, onions, crumbled feta, fresh herbs **VG**  
vegan shakshuka available made with vegan sunny side up eggs and tofu cheese crumble (add 4) **V**

## terrific toasts

### avocado toast **VG**

avocado, local orange blossom honey, chili flakes **V**  
gluten free bread add 1

### challah french toast **VG**

served with organic 100% maple syrup, powdered sugar, butter.  
vegan french toast on brioche bread available

### sweet potato toast **GF V**

sweet potato, avocado, grilled bell pepper, calamata olives, toasted sesame seeds

## zebra's all time favorites



### our famous raw pancake **GF V**

a healthy spin on the popular breakfast favorite. dehydrated overnight banana pancake, cashew whipped cream, strawberry chia coulis, fresh fruit. served slightly warm 45g protein

### brazilian acai bowl **GF V**

acai berry, blueberry, strawberry, banana, house-made with GF vegan granola  
add almond butter 1 / peanut butter 1 / cacao nibs 1 / chia seeds 1 / hemp seeds 1 / honey 1

### tropical acai bowl **GF V**

acai berry, blueberry, strawberry, banana, pineapple, coconut chips, house-made GF vegan granola

add almond butter 1 / peanut butter 1 / cacao nibs 1 / chia seeds 1 / hemp seeds 1 / honey 1



### blueberry basil seed bowl **GF V**

coconut yogurt, brown cane sugar,  
add almond butter 1 / peanut butter 1 / cacao nibs 1 / chia seeds 1 / hemp seeds 1 / honey 1

## awesome scrambles

served with artisan ciabatta  
gluten free bread add 1

### gz scramble **VG**

free range eggs, feta cheese, spinach, onion, tomato

### texmex scramble

free range eggs, bacon, muenster, bell pepper, black beans, onion, hot sauce

### tofu scramble **V**

organic sprouted tofu, bell pepper, onion, tomato, spinach, black beans, spices

## you may want to add

gluten free toast 2.95

fresh fruit bowl 6.95

organic greens salad 4.95

sweet potatoes 5.95

fermentilicious sauerkraut 5.95

grilled tofu 5.95

vegan taco meat 4.95

avocado 3.95

umaro plant based bacon 5.95

organic chicken sausage 5.95

free range grilled chicken 5.95

applewood smoked bacon 5.95

sockeye smoked salmon 8.95

twenty percent gratuity is added to parties of six or more

gluten free 

contains nuts 

vegan 

vegetarian 

## omelette your way

three free range eggs and up to 5 ingredients:

veggies: onion, bell pepper, tomato, spinach, mushroom, avocado.

cheeses: feta, goat, muenster, swiss, provolone.

meats: turkey, chicken, bacon.

## distinctive wraps

### mushroom goat cheese wrap

grilled portabella, goat cheese, roasted bell pepper, spinach, grilled onion, free range eggs

### bambolero wrap

tofu, black beans, tomato, bell pepper, grilled onion, spices

### very veggie wrap

avocado, tomato, cucumber, onion, sprouts, house-made dill turmeric tofu spread

### the boss wrap

grilled chicken breast, feta, muenster, roasted bell pepper, grilled onion,

tomato, free range eggs



### santa monica wrap

avocado, oven roasted turkey, house - made sundried tomato pesto, swiss, tomato, free range eggs

## delicious sandwich creations

### breakfast sandwich

two scrambled eggs, muenster cheese, mayonnaise, choice of meat (bacon, or organic chicken sausage, or canadian bacon), ciabatta

### chicken pesto sandwich

grilled chicken breast, tomato, muenster cheese, house-made basil pesto, ciabatta



### black sea sandwich

grilled chicken breast, provolone, feta cheese, roasted bell pepper, tomato, ciabatta


### bella sandwich

grilled portabella, goat cheese, roasted bell pepper, tomato, grilled onion, ciabatta




### blt sandwich

applewood smoked bacon, tomato, romaine, mayonnaise, italian bread.

vegan blt available made with umaro bacon and vegan follow your heart mayo. 



**monterey avocado sandwich **  
avocado, tomato, sprouts, house-made turmeric dill tofu spread, ciabatta

### turkey louise sandwich

oven roasted turkey, sundried tomato basil spread, swiss cheese, romaine, tomato, ciabatta

### you may want to add

gluten free toast 2.95

fresh fruit bowl 6.95

organic greens salad 4.95

sweet potatoes 5.95

fermentilicious sauerkraut 5.95

grilled tofu 5.95

vegan taco meat 4.95

avocado 3.95

umaro plant based bacon 5.95

organic chicken sausage 5.95

free range grilled chicken 5.95

applewood smoked bacon 5.95

sockeye smoked salmon 8.95

twenty percent gratuity is added to parties of six or more  
consumer advisory: consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions

gluten free **GF**

contains nuts 

vegan **V**

vegetarian **VG**

## exotic raw entrees

not cooked, served cold

### tuscan lasagna **GF** **V**

zucchini noodles, house-made marinara and basil pesto, our own cashew cheese, bell pepper, tomato, spinach

### baja burrito **GF** **V**

avocado, red cabbage, carrot, tomato, our house-made taco "meat", our own chipotle cashew cheese, massaged collard leaf

## fabulous salads

organic greens, house-made vinaigrettes



### rainbow kale salad **GF** **V**

kale, avocado, carrot, red cabbage, pumpkin seeds, hemp seeds, baobab flower, house-made lemon vinaigrette

### greek salad **GF** **VG**

romaine, feta cheese, cucumber, tomato, bell pepper, calamata olives, red onion, house-made balsamic vinaigrette

### st armands salad **GF** **VG**

spinach, romaine, feta cheese, oranges, walnuts, onion, house-made mango vinaigrette

### endless summer salad **GF** **VG**

spinach, romaine, goat cheese, pine nuts, strawberry, red onion, house-made berry vinaigrette

### raw taco salad **GF** **V**

romaine, avocado, bell pepper, tomato, house-made taco "meat", house-made sour cream, fresh herbs

gluten free toast 2.95

fresh fruit bowl 6.95

organic greens salad 4.95

sweet potatoes 5.95

fermentilicious sauerkraut 5.95

### you may want to add

grilled tofu 5.95

vegan taco meat 4.95

avocado 3.95

umaro plant based bacon 5.95

organic chicken sausage 5.95

free range grilled chicken 5.95

applewood smoked bacon 5.95

sockeye smoked salmon 8.95

gluten free **GF**

contains nuts 

vegan **V**

vegetarian **VG**

## for kids only (12 and younger)

gluten free bread/ gluten free pancake add 1

### grilled cheese sandwich **VG**

provolone, muenster, multigrain ciabatta

### peanut butter & jelly sandwich **V**

organic peanut butter, organic jelly, rustic italian bread

### turkey sandwich

oven roasted turkey, swiss chees, mayonnaise, multigrain ciabatta

### chicken quesadilla

chicken, muenster cheese, tomato

(for gluten free wrap add 2)



### you may want to add

gluten free toast 2.95  
fresh fruit bowl 6.95  
organic greens salad 4.95  
sweet potatoes 5.95  
fermentilicious sauerkraut 5.95

grilled tofu 5.95  
vegan taco meat 4.95  
avocado 3.95  
umaro plant based bacon 5.95

organic chicken sausage 5.95  
free range grilled chicken 5.95  
applewood smoked bacon 5.95  
sockeye smoked salmon 8.95