

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

twenty percent gratuity is added to parties of six or more

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

freshly baked
pastries and raw
cookies
check our daily
selection

tea

hot tea

organic dandelion and peach green

organic mint

organic chamomile citrus

organic rooibos hibiscus

organic earl grey

organic english breakfast

organic chai black

organic oolong and jasmine green

iced tea

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



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

bottomless mimosas

prosecco, cold pressed pineapple juice, cold pressed orange juice (hour and a half limit)



sangria

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

mimosa

prosecco, cold pressed pineapple juice, cold pressed orange juice

margarita

tequila, cold pressed orange juice, lemon, lime, black salt rim

espresso martini

vanilla vodka, organic espresso, dark chocolate

hugo's

prosecco, elderflower, lemon, lime, mint

lazy sunday

vodka, prosecco, cold pressed ginger, turmeric, lemon, lime, honey, cayenne pepper, hibiscus

sugar rim

black elderberry

gin, prosecco, muddled blackberries, elderflower, lemon, tripple berry sugar rim



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

wine by the glass

organic, sustainable and vegan wines available
please check daily selection with our friendly staff

beer

please ask about our daily beer selection

gluten free **GF**

contains nuts 

vegan **V**

vegetarian **VG**

terrific toasts



lemon herbed wild salmon toast

sockeye salmon, whipped lemon herbed cream cheese, slivered red onion, capers

avocado toast **VG**

avocado, local orange blossom honey, chili flakes
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 **V**

sweet potato toast **GF V**

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



skillet french toast **VG**

our delicious challah toast, served with creme anglaise, whipped cream, blueberry coulis, fresh strawberries. powdered sugar

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

organic fingerling 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

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the art of pancakes

gluten free pancakes add 2

100% pure maple syrup add 3



apple crumble oatmeal pancake **GF** **V**

our popular oatmeal pancake, served with whipped cinnamon butter, candied pecans, roasted envy apple, warm vanilla pure maple syrup

tiramisu **VG**

our buttermilk pancake, served with creme anglaise, mascarpone, whipped cream, chocolate coffee syrup, cacao dust

strawberry shortcake **VG**

our buttermilk pancake, served with creme anglaise, whipped cream, fresh strawberries, blueberry coulis, powder sugar

toasted coconut pineapple **VG**

our buttermilk pancake, served with caramelized pineapple, creme anglaise, whipped cream, toasted coconut, cinnamon sugar

lavender blueberry lemon **VG**

our buttermilk blueberry pancake, served with lemon creme anglaise, blueberry coulis, lavender dust

the grand tour **VG**

choose any three pancake flavors and get the best of all worlds, gluten free option not available

more pancakes **VG**

plain, peanut butter, blueberry, banana, chocolate chip, served with maple syrup and powdered sugar. gluten free option available for plain and peanut butter only, one pancake / two pancakes

the real deal

one gluten free pancake add 1, two gluten free pancakes add 2

specialty pancake add 1 each

two free range eggs your way, bacon or chicken sausage, one buttermilk pancake, served with organic maple syrup and powdered sugar

wild salmon platter

gluten free bread add 1

quarter pound wild smoked sockeye salmon, served with avocado, tomato, cream cheese, capers, onions, toasted ciabatta

you may want to add

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vegan taco meat 4.95

avocado 3.95

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shakshuka

two free range medium poached eggs nested in a hearty **VG**
fire roasted tomato sauce, sweet bell pepper, onions,
crumbled feta, fresh herbs

vegan shakshuka available made with vegan sunny side up **V**
eggs and tofu cheese crumble (add 4)

omelette your way

served with artisan ciabatta

gluten free bread add 1

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.

benedict masterpieces

served with organic greens or organic

tri color fingerling potatoes add 2

gluten free bread add 1

main benedict

canadian bacon, cage free eggs, toasted english muffin, house -
made hollandaise sauce

royal benedict

wild caught smoked salmon, cage free eggs, cream cheese, green
onion, rye bread, house - made hollandaise sauce

italian benedict

canadian bacon, cage free eggs, rustic italian bread,
house - made pesto, tomato, balsamic glaze,
house - made hollandaise sauce

sun benedict **V**

grilled portabella, avocado, house - made vegan eggs, tomato, rustic
italian bread,
house - made vegan hollandaise

the ultimate benny duo

can't decide, choose any two benedicts

you may want to add

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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 

contains nuts 

vegan 

vegetarian 

distinctive wraps

gluten free wrap add 2

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

served with organic tri color fingerling potatoes or with organic mixed greens
gluten free bread add 1


monte christo egg toast

three free range egg toast, canadian bacon, mustard, swiss cheese, mustard, rye bread

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

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organic fingerling 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

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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

NEW! **mango thai wraps**  **GF** **V**

mango, red cabbage, carrot, almond cream, lettuce, fresh herbs (inquire on availability, offered only when ingredients are at their peak)

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

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fermentilicious sauerkraut 5.95

you may want to add

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vegan taco meat 4.95

avocado 3.95

umaro plant based bacon 5.95

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cakes and jars

please check daily availability with our friendly staff

raw white choco lavender cheesecake **GF** **V**

cacao butter, coconut, lavender, agave, cacao, almond,
dates, vanilla ¹⁴

raw tiramisu cheesecake **GF** **V**

cashews, almonds, coconut, cacao, dates, agave, vanilla,
sea salt

raw key lime pie cheesecake **GF** **V**

key lime, lemon, agave, coconut, walnuts, almonds,
cashews, dates

raw peanut butter cacao nibs cheesecake **GF** **V**

peanuts, cashews, coconut, walnuts, almonds, cacao
nibs, dates, vanilla

raw blueberry basil cheesecake **GF** **V**

blueberry, cashews, walnuts, almonds, coconut, agave,
lavender, basil, cardamom, dates

raw chia pudding **GF** **V**

chia, cashew, vanilla, coconut, agave, sea salt.

raw blueberry chia pudding **GF** **V**

blueberry, chia, coconut, lavender, agave, agar
agar, sea salt

pumpkin pie chia pudding **GF** **V**

organic pumpkin, walnuts, turmeric, ginger,
cinnamon, coconut, vanilla, chia, maple syrup

chocolate overnight oatmeal **GF** **V**

rolled oats, cashew, hemp seed, coconut, chaga,
pea protein, dates, vanilla, sea salt

keto tiramisu jar **GF** **KETO**

almond flour, tiger nut flour, coconut flour,
heavy cream, mascarpone, vanilla, monk fruit,
espresso, marsala wine

keto chocolate mousse jar **GF** **KETO**

heavy cream, vanilla, chaga, mascarpone, cacao,
monk fruit, sea salt

plant based bakery

freshly baked pastries

raw cookies

please ask our friendly staff for details
some items may contain gluten and nuts
daily selection may vary

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

pancakes **VG**

plain, peanut butter, blueberry, banana, chocolate chip, served with maple syrup and powdered sugar. one pancake / two pancakes

chicken quesadilla

chicken, muenster cheese, tomato

(for gluten free wrap add 2)



you may want to add

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vegan taco meat 4.95
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sockeye smoked salmon 8.95