



contains nuts 

juices

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

green energy

kale, spinach, cucumber, lemon 13
84 cal deep green, not sweet. 16 oz

summer breeze

kale, pineapple, spinach, cucumber 13
126 cal, green, semi sweet. 16 oz

i dream of ginger

apple, cucumber, lemon, ginger 13
170 cal, semi sweet. 16 oz

pure gold

pineapple, ginger, orange, lemon 13
250 cal, sweet. 16 oz

beet the blues

beet, apple, pineapple 13
250 cal, sweet. 16 oz

orange juice

cold pressed 6
112 cal, 8 oz.

smoothies

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

green power

kale, spinach, mango, banana,
spirulina, chia 10
220 cal

acai energy

acai berry, strawberry,
blueberry, banana, chia 10
246 cal

mayan cacao

cacao, chia seeds, cinnamon,
cayenne pepper, banana, milk 9
320 cal

awesome avocado

avocado, mango, banana,
spinach, strawberry 10
245 cal

jumping monkey

oatmeal, banana, coffee, cacao,
vegan protein 10
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 14
340 cal

peanut butter madness

peanut butter, banana, almond
milk 8
420 cal

sunrise oatmeal

complete breakfast in a cup,
oatmeal, apple, strawberry,
banana, flax, cinnamon, milk 10
356 cal

lido sunset

mango, strawberry, pineapple,
banana 9
260 cal

apple pie

apple, pineapple, banana,
walnuts, agave, cinnamon 10
260 cal

you may want to add

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

trusted cbd oil 5
cacao nibs 2
peanut butter 1
almond butter 1
chia seeds 1
spirulina 2

cacao .50
strawberries 1
blueberries 1
pineapple 1
mango 1

eighteen percent gratuity is added to parties of six or more

coffee

our coffee drinks are made from
organic beans and milks

house coffee 3.5

iced house coffee 3.5

espresso single / double 3 / 4

latte hot//latte iced 6

lavender honey latte 6.5

cappuccino 6

dairy free milk add 1
half & half add 3

ginger berry kombucha on tap 6.69

perrier sparkling water 3

elixirs

our elixirs are prepared in house from
organic power foods, 16 oz

immune booster

lemon, ginger, honey, turmeric, zinc, echinacea,
vitamin c, cayenne pepper, 16 oz served over ice 6

golden latte

turmeric, cinnamon, ginger, chaga, honey, choice of
milk, 16 oz served steamed or over ice 6

matcha master

matcha green tea, baobab, honey, choice of milk, 16
oz served steamed. 6

milk options

dairy, almond
oat, coconut

dairy free milk add 1

tea

hot tea 3.5 **iced tea** 3.5

organic dandelion and peach green

organic earl grey

organic english breakfast

organic oolong and jasmine green

organic chai black

organic lavender chamomile with
probiotic

organic pure green decaf

organic rooibos hibiscus

wellness shots

the kick shot

wheatgrass, ginger, lemon, cayenne
pepper 2 oz 4

i love wheatgrass

just one shot of freshly pressed wheatgrass
has the nutritional value of several pounds
of produce. 1 oz 3

you may want to add

trusted cbd oil 5
espresso shot 2

specialty cocktails, wine and beer

bottomless mimosas 18

prosecco, pineapple juice, orange juice

sangria

organic red wine, cold pressed
pineapple juice, fruit 9

mimosa

prosecco, cold pressed pineapple
juice, cold pressed orange juice 9

margarita

blue agave wine, cold pressed orange
juice, lemon, lime, black salt rim 11

espresso martini

espresso, chocolate, rhumero 12

hugo's

prosecco, elderflower, lemon,
lime, mint 11

pina colada

rhumero coconut, pineapple 12

paloma

blue agave wine, prosecco, cold
pressed ginger, turmeric, lemon,
lime, honey, cayenne pepper,

raw sugar rim 12

wine by the glass

sauvignon blanc benziger, north coast, california 8

organic, biodynamic, sustainable

chardonnay chamisal, central coast, california 12

organic, sustainable

pinot noir row eleven, california **V** 11

vegan, sustainable

malbec portillo, mendoza, argentina **V** 10

vegan

cabernet sauvignon st francis, sonoma, california 10

sustainable

north by northwest red, columbia valley, oregon 10

beer

yuengling lager 6

guinness draught 7

heineken 6

yuengling pilsner 6

stella 6

heineken non alcoholic 6

gluten free GF

contains nuts

vegan V

vegetarian VG

terrific toasts

avocado toast VG

avocado, orange blossom honey, chili flakes 8
gluten free bread add 1

french toast VG V

served with organic 100% maple syrup, powdered sugar, butter. vegan toast
available. 13

sweet potato toast GF V

sweet potato, avocado, grilled bell pepper, calamata olives, toasted sesame seeds 11

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 12

brazilian acai bowl GF V

acai berry, blueberry, strawberry, banana, house-made with GF vegan granola 12
add almond butter 1 / peanut butter 1 / cacao nibs 1 / chia seeds .50 / hemp seeds .50 / honey .50

tropical acai bowl GF V

acai berry, blueberry, strawberry, banana, pineapple, coconut chips, house-made GF vegan granola 12
add almond butter 1 / peanut butter 1 / cacao nibs 1 / chia seeds .50 / hemp seeds .50 / honey .50

awesome scrambles

served with artisan ciabatta,
gluten free bread add 1

gz scramble VG

free range eggs, feta cheese, spinach, onion,
tomato 13

texmex scramble

free range eggs, bacon, muenster, bell pepper, black
beans, onion, hot sauce 14

tofu scramble V

organic sprouted tofu, bell pepper, onion, tomato,
spinach, black beans, spices 14

you may want to add

udi's GF toast 1.99

fresh fruit bowl 6.95

organic greens salad 4.95

organic fingerling potatoes 4.95

fermentilicious sauerkraut 4.95

grilled tofu 4.95

vegan taco meat 4.95

avocado 3.95

breakfast sausage patty 4.95

chicken 4.95

bacon 4.95

sockeye smoked salmon 8.95

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the art of pancakes

one gluten free pancake add 1

two gluten free pancakes add 2

tiramisu VG

our buttermilk pancake, served with creme anglaise, mascarpone,
whipped cream, chocolate coffee syrup, cacao dust 14

toasted coconut pineapple VG

our buttermilk pancake, served with caramelized pineapple, creme
anglaise, whipped cream, toasted coconut, powdered sugar 14

strawberry shortcake VG

our buttermilk pancake, served with creme anglaise, whipped
cream, fresh strawberries, blueberry coulis, powder sugar 14

lavender blueberry lemon VG

our buttermilk blueberry pancake, served with lemon creme
anglaise, blueberry coulis, lavender dust 14

the grand tour VG

choose any three pancake flavors and get the best of all worlds 16

more pancakes VG

plain, peanut butter, blueberry, banana, chocolate chip, served with
maple syrup and powdered sugar.
one pancake // two pancakes 8 / 12

the real deal

two free range eggs your way, bacon or chicken sausage, one buttermilk pancake,
served with organic maple syrup and powdered sugar 14

wild salmon platter

gluten free bread add 1

quarter pound wild smoked sockeye salmon, served with avocado,
tomato, cream cheese, capers, onions, toasted ciabatta 26

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gluten free 

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vegan 

vegetarian 

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. 14

benedict masterpieces

served with organic greens 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 15

royal benedict

wild caught smoked salmon, cage free eggs, cream cheese, green onion, rye bread, house -
made hollandaise sauce 18

italian benedict

canadian bacon, cage free eggs, rustic italian bread,
house - made pesto, tomato, balsamic glaze,
house - made hollandaise sauce 16

sun benedict

grilled portabella, avocado, house - made vegan eggs, tomato, rustic italian bread,
house - made vegan hollandaise 16

the ultimate benny duo

can't decide, choose any two benedicts 18

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vegan taco meat 4.95

avocado 3.95

breakfast sausage patty 4.95

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bacon 4.95

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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 **GF**

contains nuts 

vegan **V**

vegetarian **VG**

distinctive wraps

gluten free wrap add 1.5

mushroom goat cheese wrap **VG**

grilled portabella, goat cheese, roasted bell pepper, spinach, grilled onion, free range eggs 13

bambolero wrap **V**

tofu, black beans, tomato, bell pepper, grilled onion, spices 13

very veggie wrap **V**

avocado, tomato, cucumber, onion, sprouts, house-made dill turmeric tofu spread 13

the boss wrap

grilled chicken breast, feta, muenster, roasted bell pepper, grilled onion, tomato, free range eggs 13

santa monica wrap

avocado, oven roasted turkey, house - made sundried tomato pesto, swiss, tomato, free range eggs 13

delicious sandwich creations

served with organic tri color fingerling potatoes or a side salad on artisan multigrain ciabatta
gluten free bread add 1

monte christo egg toast

three free range egg toast, canadian bacon, swiss cheese, rye bread, mustard 16

breakfast sandwich

two scrambled eggs, muenster cheese, mayonnaise, choice of meat (bacon, or chicken sausage, or canadian bacon) 16

chicken pesto sandwich

grilled chicken breast, tomato, muenster cheese, house-made basil pesto 16

black sea sandwich

grilled chicken breast, provolone, feta cheese, roasted bell pepper, tomato 16

bella sandwich **VG**

grilled portabella, goat cheese, roasted bell pepper, tomato, grilled onion 16

mediterranean veggie sandwich **V**

tomato, cucumber, bell pepper, onion, sprouts, hummus, mint 16

monterey avocado sandwich **V**

avocado, tomato, sprouts, house-made turmeric dill tofu spread 16

turkey louse sandwich

oven roasted turkey, our sundried tomato basil spread, swiss cheese, romaine, tomato 16

you may want to add

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organic fingerling potatoes 4.95

fermentilicious sauerkraut 4.95

grilled tofu 4.95

vegan taco meat 4.95

avocado 3.95

breakfast sausage patty 4.95

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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 15

baja burrito **VG V**

avocado, red cabbage, carrot, tomato, our house-made taco "meat",
our own chipotle cashew cheese, massaged collard leaf 15

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 15

greek salad **GF VG**

romaine, feta cheese, cucumber, tomato, bell pepper, calamata
olives, red onion, house-made balsamic vinaigrette 14

st armands salad **GF VG**

spinach, romaine, feta cheese, oranges, walnuts, onion, house-
made mango vinaigrette 14

endless summer salad **GF VG**

spinach, romaine, goat cheese, pine nuts, strawberry, red onion,
house-made berry vinaigrette 14

raw taco salad **GF V**

romaine, avocado, bell pepper, tomato, house-made taco "meat",
house-made sour cream, fresh herbs 16

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fresh fruit bowl 6.95
organic greens salad 4.95
organic fingerling potatoes 4.95
fermentilicious sauerkraut 4.95

you may want to add

grilled tofu 4.95
vegan taco meat 4.95
avocado 3.95

breakfast sausage patty 4.95
chicken 4.95
bacon 4.95
sockeye smoked salmon 8.95

gluten free GF

contains nuts

vegan V

vegetarian VG

cakes and jars

please check daily availability with our friendly staff

raw mocha cheesecake GF V

cashews, walnuts, almonds, coconut, dates,
agave, sea salt, vanilla, coffee 11

raw white chocolate lavender GF V

cacao butter, coconut, lavender, agave, cacao,
almond, dates, vanilla 11

raw tiramisu cheesecake GF V

cashews, almonds, coconut, cacao, dates, agave,
vanilla, sea salt 11

raw key lime pie cheesecake GF V

key lime, lemon, agave, coconut, walnuts,
almonds, cashews, dates 11

raw peanut butter cacao nibs cheesecake GF V

peanuts, cashews, coconut, walnuts, almonds,
cacao nibs, dates, vanilla 11

raw blueberry cheesecake GF V

blueberry, cashews, walnuts, almonds, coconut,
agave, lavender, basil, cardamom, dates 11

raw chia pudding GF V

chia, cashew, vanilla, coconut, agave, sea salt. 10

raw blueberry chia pudding GF V

blueberry, chia, coconut, lavender, agave, agar
agar, sea salt 10

pumpkin pie chia pudding GF V

organic pumpkin, walnuts, turmeric, ginger,
cinnamon, coconut, vanilla, chia, maple syrup 10

chocolate overnight oatmeal GF V

rolled oats, cashew, hemp seed, coconut, chaga,
pea protein, dates, vanilla, sea salt 10

keto tiramisu jar GF KETO

almond flour, tiger nut flour, coconut flour,
heavy cream, mascarpone, vanilla, monk fruit,
espresso, marsala wine 10

keto chocolate mousse jar GF KETO

heavy cream, vanilla, chaga, mascarpone, cacao,
monk fruit, sea salt 10

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 8

peanut butter & jelly V

organic peanut butter, organic jelly, rustic italian bread 8

turkey sandwich

oven roasted turkey, swiss chees, mayonnaise, multigrain ciabatta 8

pancakes VG

plain, peanut butter, blueberry, banana, chocolate chip, served with maple syrup and powdered sugar. one pancake // two pancakes 8 / 12



you may want to add

udi's GF toast 1.99
fresh fruit bowl 6.95
organic greens salad 4.95
organic fingerling potatoes 4.95
fermentilicious sauerkraut 4.95

grilled tofu 4.95
vegan taco meat 4.95
avocado 3.95

breakfast sausage patty 4.95
chicken 4.95
bacon 4.95
sockeye smoked salmon 8.95