



all day menu

TOAST *make it... grainfree +2 | gluten free +1 | vegan/glutenfree +2.95

one.. scrambled farm eggs on organic sourdough, garnished with toasted house dukkah 8.95

two... pesto scrambled eggs on organic sourdough, garnished with toasted house dukkah 9.95

three... smashed avocado on organic sourdough, topped w/cucumber, pickled red onion, micro herbs & toasted house dukkah 12 build it with... chopped bacon 3 | sautéed farm Veg 3 | turkey chorizo 3 | smashed avo 3

EGG'S

Plates/bowls

granola bowl... w/coconut or moo yogurt & fruit 12.95

ecoculture breakfast plate... farm eggs your way, bacon, rosemary breakfast potatoes, sourdough toast with house jam 12.95

sans meat breakfast plate... farm eggs your way, sauteed seasonal farm veg, smashed avocado, rosemary breakfast potatoes, sourdough toast with house jam 14.50

keto breakfast plate... farm eggs your way, smashed avocado, choice of- bacon, turkey sausage or turkey chorizo, low carb toast 14.95

keto hot mess... three over medium farm eggs, distal farms turkey chorizo, fontina cheese in a bowl, topped with sonora sauce, crema, smashed avo & cilantro 15.95

breakfast sammies

abc sammie... farm egg, fontina cheese, smashed avocado, bacon & spiked mayo, grilled ciabatta 14.25

so. cal girl sammie... farm egg, fontina cheese, smashed avo, basil aioli, grilled ciabatta, w/petite salad 13.95

burritos wrapped or in a bowl

hot mess... 2 over medium farm eggs, diestal farms turkey chorizo, cuban style black beans, roasted potatoes fontina cheese, smashed avo, crema, sonora sauce & cilantro on the side 14.50 ...or in a bowl 15.95

plantbased... cuban style black beans, organic brown rice, sauteed seasonal farm veg, plant cheddar, smashed avo, cashew crema, sonora sauce & cilantro on the side 14 ...or in a bowl 15.50

old school... scrambled farm eggs, rosemary breakfast pantoates, fontina cheese, smashed avo, crema, sonora sauce & cilantro on the side 13.50 ...or in a bowl 14.95

SWEETS

pancake stack... 2 pancakes, organic maple syrup, powdered sugar 9.95

eat pancakes... 3 pancakes, almond butter, banana, nutty granola, seasonal fruit 14

straight up french toast, maple syrup, powdered sugar, whipped cream 12.50

caramel french toast... toasted coconut sugar, maple syrup, powdered sugar, garnished w/ banana & whip 14

chocolate french toast... maple syrup, powdered sugar, garnished w/strawberries & whip 14

berry french toast... berry pixie dust, maple syrup, powdered sugar, garnished w/seasonal berries & whip 14

PETITES/SIDES...

Seasonal Fruit cup 6 | Brkfst Potatoes 5.95 | 1 Egg 2.50 | 3 Bacon or Turkey Sausage 4.50 | Smashed Avocado 4.95

Organic Scallion Brown Rice or Millet 6 | Chicken Breast, Turkey Chorizo or Braised Pork 6 | Grilled Organic Tofu 6

side toast (2 pcs) Sourdough, Multi-grain or Cibatta 4.95 | Paleo Bread- grain/gf-free & low carb 5.50

Bun- vegan+gf+keto 5.95 | Canyon White gluten-free (contains dairy) 4.95



LUNCHETTE

SOUPS / SALADS add... chopped bacon 3 | sautéed farm Veg 3 | turkey chorizo 3 | smashed avo 3

soup & toast... cup (8oz) 5.95 \ bowl (16oz) 11.50 | **soup, salad & sourdough toast...** cup (8oz) 12

petite salad... organic greens, cucumber, house dukkha, micro green 8.25

market salad... organic greens, 'drake farms' goat cheese, cranberry, spiced walnut 13.95 gf *add chicken +4.25

farmhouse chop ... organic greens, roasted chicken, bacon, boiled egg, confit tomato, cucumber, green-goddess 16 gf

caesar kale yeah... organic kale, pecorino, confit tomato, puffed quinoa, caesar & balsamic drizzle gf 13.95 *add chicken +4.25

caesar vegan kale yeah... organic kale, pecorino, confit tomato, puffed quinoa, caesar w/balsamic drizzle 14.95 gf

SAMMIES add: avo +3 | bacon +3 | egg +2.50

alternative breads: grain/gluten free low-carb bread +2 | vegan+gf+keto bun +2.50 | canyon's white gf bread +1

banh mi... spiked mayo, chicken, cabbage mix up, shredded carrots, cilantro, pickled red onion, grilled ciabatta 14

banh mi plant wrap... spiked mayo, blackened tofu, cucumber, cabbage-carrot mix up, cilantro, pickled red onion 13.50

chicken pesto fontina cheese, organic greens, basil aioli, grilled ciabatta 14

diestal ranch roasted turkey Fontina Cheese, Organic Salad Greens, house aioli, grilled ciabatta 13.95

b.l.a.t customer favorite... bacon, lettuce, smashed avo, turkey w/basil aioli on ciabatta 16

yam+tahini burger... cashew mozzarella, spiked mayo, farm wild sprouts, grilled ciabatta 16.95

eat burger grass-fed beef, fontina cheese, salad mix up, basil aioli on grilled ciabatta 16.95 (*longer cook time*)

BYO... build your own bowl 1 protein 2 sides 1 sauce

SELECT 1 PROTEIN

grass-fed beef burger 16.95 GF

roasted chicken 15.98 GF

braised pork 15.98 GF

plant based- yam+tahini burger 15 V/GF

roasted seasonal farm veg & greens 15 V/GF

blackened organic sprouted tofu 15 V/GF

SELECT 2 SIDES

grains- organic millet OR organic sprouted brown rice

cuban style black beans V/GF

roasted yams V/GF

lemon spiked sautéed farm greens V/GF

roasted seasonal farm veg & greens V/GF

chopped cucumber & seasonal tomato salad mix up V/GF

SELECT 1 SAUCE *3oz all sauce is V/GF extra 2oz. sauce side .95

green goddess | cilantro lime | balsamic vin 'blond or dark' | basil pesto | basil aioli | cashew crema +1.30

Signature Bowls... OG- grass fed beef burger, yams, sauteed greens, braised pork, farm egg, smashed avo 18.95

Yam Tahini Patty on Salad- organic greens tossed in green goddess, artichoke, tomato, cucumber, yam hummus 16

Muchas Gracias- rice, beans, yams, chicken breast, fontina cheese, salad mix-up cilantro-lime vin 18

Fried Rice- farm egg, sauteed veg, smashed avo, pickled red onion, spiked mayo, cilantro 16 **select 1: chicken | pork | tofu**

KID'S Dig It... 8.95 (10 & under please)

BREAKIE (*all day*) 2 pancakes w/fruit | frenchie toast w/fruit | 1 farm egg, 1 bacon, 1 toast w/fruit

BOWLS- rice, beans & veggies | chicken, rice & fruit | grilled cheese & fruit | turkey+cheese sammie w/fruit

