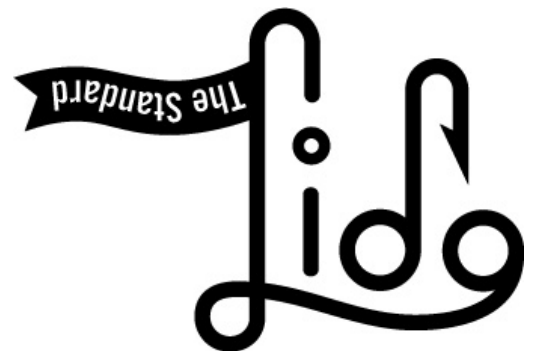


BREAKFAST



SPA CONTINENTAL

The Standard Sampler

Mini Yogurt & Granola, Mixed Fruit, Croissant & Multigrain Toast
Choice of Orange or Grapefruit Juice; American Coffee or Tea

21

+ Available 7am-12pm Daily

EGGS

Two Eggs Any Style

Served with Breakfast Potatoes and Multigrain Toast

12

3 Egg Omelette *Regular or Egg White*

Served with Breakfast Potatoes and Multigrain Toast

15

With your choice of 2

Goat Cheese	Cherry Tomato	Bacon
Aged Cheddar	Roasted Pepper	Sausage
Arugula	Red Onion	
Shiitake Mushroom	Smoked Salmon	

Eggs Lido *GF*

Two Poached Eggs, Smoked Salmon, Steamed Asparagus
Yellow Tomato Tarragon "Faux" Béarnaise
Served with Breakfast Potatoes

18

Stan D'Arde Huevos Rancheros *GF*

Two Poached Eggs, Black Beans, Queso Fresco
Rioja Sauce, Salsa, Avocado, Tortilla

17

Fancy Fried Egg Sandwich

2 Fried Eggs, Pumpernickel Rye, Smoked Gouda, Crispy Prosciutto
Avocado Purée, Breakfast Potatoes

16

Millet Seed & Sweet Potato Hash *GF*

Sweet & Smokey Dry Chili Spiced Millet Hash
2 Poached Eggs, Shaved Cojita Cheese, Micro Sprouts
"Yessi Style" *Sub Avocado for Eggs*

18

Breakfast Wrap *GF*

Scrambled Eggs, Salsa Fresco, Aged Cheddar;
Choice of Bacon, Sausage, Avocado or Grilled Tofu
Served with Breakfast Potatoes

15

unEGGS

Avocado Toast

Multigrain Toast, Chopped Avocado, Lime Salt, Green Salad
Add Smoked Salmon \$7

12

Smoked Salmon Platter

Sliced Tomato, Caper Berries, Cream Cheese, Bagel

19

Fresh Fruit *GF*

Sliced Watermelon, Berries, Pineapple, Melon

12

Blueberry Buttermilk Pancakes

Vermont Creamery Butter, Maple Syrup, Fresh Blueberries

15

QI BOTANICAL TEA

Jet Lag AM - Energy	4
Jet Lag PM - Relax	4
Earl Grey	4
English Breakfast	4
Chamomile Blossom	4
Long Life Green	4
Peppermint	4

COFFEE

Espresso/Café Solo	4
Americano	4
Macchiato/Cortadito	4
Cappuccino	5
Latte	5
Hot Chocolate	5
Regular/Decaf Coffee	4
Pot Coffee	6
Extra shot	2

BOWLS

Greek Yogurt *GF* 14

Housemade Granola
Bananas & Blueberries

Spirulina *GF* 15

Apple, Millet, Date, Avocado, Coconut
Hemp Protein, Pepitas

Vanessa's Super Good Granola *GF* 10

Strawberries & Bananas

Steel Cut Oats *GF* 10

Nuts & Brown Sugar

SIDES

Chix-Apple Sausage or Bacon *GF* 7

Tater Tots *GF* 7

Grilled Tofu *GF* 5

Sliced Tomato *GF* 5

Sliced Avocado *GF* 7

Fruit Cup *GF* 5

Green Salad *GF* 6

Multigrain Toast 3

Gluten Free Toast 3

Croissant 3

Bagel & Cream Cheese 7

2 Eggs *GF* 7

JUICES *GF*

Orange or Grapefruit 8

P.A.W.M. Pineapple, Apple, Wheatgrass, Mint 12

Watermelon Cooler Chia Seeds, Basil 10

Green Juice Kale, Cuke, Green Apple 10

Coconut-Almond Date, Cinnamon 12

Citrus Aide Grapefruit, Lemon, Lime 10

Maple Syrup, Jalapeño

SHOTS *GF*

Spirulina 4

Wheatgrass 4

Ginger 4

SMOOTHIES *GF*

The Standard Smoothie 12

Avocado Kale Lime Smoothie 12

Mango Smoothie 11

EYE OPENERS

ELIXIR VEGETAL 14

Vodka, Fresh Pressed Spicy Bloody

Mary Mix, Pickled Carrot

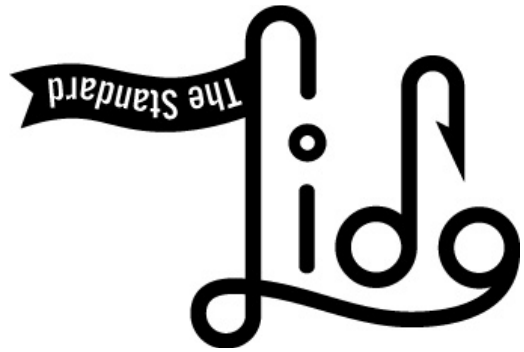
Radishes, Dill *Virgin* 8

SUN SALUTATION 14

Prosecco, Orange Juice, Fresh Ginger

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BRUNCH



+ Available 11am-4pm Sat + Sun

SMALL + SHARE

Boris' Chicken Empanadas Traditional Argentinean Recipe, Lime	14
Zucchini & Corn Fritters Burnt Feta Cheese Sauce	12
Petite Cheese Plate Vermont Creamery Bijou Aged Goat Milk Cheese, Spanish Sheep Milk Manchego, Mango Chutney	15
Kimchee Chicken Wings <i>GF</i> Asian Pickles, Toasted Sesame Seeds	15
*Spicy Tuna Poke <i>GF</i> Avocado, Kelp, Macadamia Nuts, Green Onion, Tobiko, Ponzu	21
Le Petit Aioli <i>GF</i> Raw & Chilled Vegetables, Herb Infused Vegan Aioli	15

Mezze	
Hummus <i>GF</i>	5
Tzatziki <i>GF</i>	6
Eggplant Pahi <i>GF</i>	7
Lentil Dal <i>GF</i>	7
Stan D'Arde Guacamole <i>GF</i>	12

EGGS

Blueberry Buttermilk Pancakes Vermont Creamery Butter, Maple Syrup, Fresh Blueberries	15
Millet Seed & Sweet Potato Hash 2 Poached Eggs, Sweet & Smokey Chili Spiced Millet Hash <i>GF</i>	18
Stan D'Arde Huevos Rancheros Poached Eggs, Black Beans, Queso Fresco, Rioja Sauce, Salsa, Avocado, Tortilla <i>GF</i>	17
Goat Cheese Omelette Fresh Goat Cheese, Fine Herbs, Frites <i>GF</i>	17
Fancy Fried Egg Sandwich 2 Fried Eggs, Pumpernickel Rye, Smoked Gouda, Crispy Prosciutto, Avocado Purée	18

SALADS + SANDWICHES

Living "Lasagna" Raw Vegan Vegetable Terrine <i>GF</i>	19
Hearty Kale Salad Sorghum, English Peas, Calabaza, Lentils, Carrots, Red Cabbage, Broccoli, Tahini Vinaigrette <i>GF</i> <i>Add Tofu \$6, Falafel \$6, Chicken \$6, Octopus \$10</i>	15
Lido Cobb Salad Gem Lettuce, Avocado, Quinoa, Chicken, Quail Eggs, Tomato, Blue Cheese, Greek Yogurt Ranch <i>GF</i>	19
Poached Vancouver Salmon (<i>Served Cold</i>) Skuna Bay Salmon, Watercress, Peaches, Green Goddess, Pepitas <i>GF</i>	23
French Ham & Brie Press Goat Milk Brie, Cranberry Aioli, Multigrain Bread	16
Mahi Reuben Sandwich Grilled Mahi, Housemade 1000 Island, Manchego, Red Cabbage Slaw, Pumpernickel Rye	23
Fish Tacos Crispy Batter Fried, Cabbage Slaw, Mexican Crema, Rioja Sauce, Tortillas <i>GF</i>	19
Lamb Gyro Lamb Meatballs, Tzatziki, Marinated Heirloom Tomato Salad, Arugula, Pita <i>GF</i>	25

BAYSIDE SPECIALTIES

Mussels a la Plancha Sea Salt, Cracked Pepper, Melted Butter <i>GF</i>	17
Skirt Steak Frites 10oz Center Cut Churrasco, Salsa Verde <i>GF</i>	31
Mediterranean Branzini Grilled Asparagus, Sundried Tomato-Citrus Sauce <i>GF</i>	33
Char Grilled Octopus White Bean & Artichoke Salad <i>GF</i>	27
Crispy Shrimp Tostada Pink Florida Shrimp, Tortilla, Crema, Avocado, Ancho Chili Sauce <i>GF</i>	21

BURGERS

Mini Cheeseburgers 19

3-3oz Burgers; White Cheddar,
Potato Buns, Frites

Turkey Cheeseburger 19

White Cheddar, Multigrain Bun, Frites

Veggie Quinoa Burger *GF* 19

White Cheddar, Lettuce Bun, Frites

BOWLS

Spirulina *GF* 15

Apple, Millet, Date, Avocado, Coconut
Hemp Protein, Pepitas

Greek Yogurt *GF* 14

Housemade Granola
Bananas & Blueberries

SIDES

Grilled Asparagus *GF* 7

Tater Tots *GF* 7

Bacon *GF* 7

Frites *GF* 7

Multigrain Toast 3

White Bean & Artichoke *GF* 7

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LUNCH

MEZZE

Hummus <small>GF</small>	5
Tzatziki <small>GF</small>	6
Eggplant Pahi <small>GF</small>	7
Sprouted Lentil Dal <small>GF</small>	7
Stan D'Arde Guacamole <small>GF</small>	12

SMALL + SHARE + SALAD

Boris' Chicken Empanadas	14
Traditional Argentinean Recipe, Lime	
Zucchini & Corn Fritter	12
Burnt Feta Cheese Sauce	
*Coconut-Lime Ceviche <small>GF</small>	19
Local Fish, Pink Shrimp, Scallion, Cancha, Tostones	
Kimchee Chicken Wings <small>GF</small>	15
Asian Pickles, Toasted Sesame Seeds	
*Spicy Tuna Poke <small>GF</small>	21
Avocado, Macadamia Nuts, Green Onion, Kelp, Tobiko, Ponzu	

BAYSIDE SPECIALTIES

Living "Lasagna" <small>(Served Cold) GF</small>	19
Raw Vegan Terrine	
Mussels a la Plancha <small>GF</small>	17
Sea Salt, Cracked Pepper, Melted Butter	
Crispy Shrimp Tostada <small>GF</small>	21
Pink Florida Shrimp, Tortilla, Crema, Avocado, Ancho Chili Sauce	
Poached Vancouver Salmon <small>(Served Cold) GF</small>	26
Skuna Bay Salmon, Watercress, Peaches, Green Goddess, Pepitas	
Char Grilled Octopus <small>GF</small>	27
White Bean Salad & Artichoke Salad	
Mediterranean Branzini <small>GF</small>	33
Grilled Asparagus, Sundried Tomato-Citrus Sauce	
Crispy Local Snapper <small>GF</small>	27
Paleo Rice, West Indian Sweet Curry	
Skirt Steak Frites <small>GF</small>	31
10oz Center Cut Churrasco, Salsa Verde	

SANDWICHES

Served with Toasted Israeli Cous Cous Salad

Crispy Fish Tacos <small>GF</small>	19
Cojita Cheese, Red Cabbage Slaw, Rioja Sauce, Smoked Chipotle Crema	
French Ham & Brie Press	16
Goat Milk Brie, Cranberry Aioli, Multigrain Bread	
Mahi Reuben Sandwich	23
Grilled Mahi, Housemade 1000 Island, Manchego Red Cabbage Slaw, Pumpernickel Rye	
Lamb Gyro	25
Lamb Meatballs, Tzatziki, Marinated Tomato Salad, Arugula, Pita	
Mini Lobster Rolls	23
Spiny Lobster, Lemon-Basil Emulsion	

SIDES 7

Grilled Asparagus <small>GF</small>	Frites <small>GF</small>
Sliced Avocado <small>GF</small>	White Bean & Artichoke <small>GF</small>
Tater Tots <small>GF</small>	



+ Available 12pm-4pm M-F

Le Petit Aioli <small>GF</small>	15
Raw & Chilled Vegetables, Herb Infused Vegan Aioli	
Petite Cheese Plate	15
Vermont Creamery Bijou Aged Goat Milk Cheese, Spanish Manchego, Mango Chutney	
Lido Cobb Salad <small>GF</small>	19
Baby Gem Lettuce, Avocado, Quinoa, Chicken Breast Quail Eggs, Tomato, Blue Cheese, Crispy Prosciutto Greek Yogurt Ranch	
Summer Green Salad <small>GF</small>	15
Baby Greens, Gem Lettuce, Bibb Lettuce, Parmesan Haricot Vert, English Peas, Sherry Vinaigrette <i>Add Tofu \$6, Falafel \$6, Chicken \$6, Octopus \$10</i>	
Hearty Kale Salad <small>GF</small>	15
Sorghum, English Peas, Calabaza, Lentils, Carrots Red Cabbage, Broccoli, Tahini Vinaigrette <i>Add Tofu \$6, Falafel \$6, Chicken \$6, Octopus \$10</i>	

BURGERS

Mini Cheeseburgers 19

3-3oz Burgers; White Cheddar,
Potato Buns, Frites

Turkey Cheeseburger 19

White Cheddar, Multigrain Bun, Frites

Veggie Quinoa Burger GF 19

White Cheddar, Lettuce Bun, Frites

ALL DAY BREAKFAST

Fresh Fruit Bowl GF 12

Greek Yogurt Bowl GF 14

Housemade Granola
Bananas & Blueberries

Spirulina Bowl GF 15

Apple, Millet, Date, Avocado, Coconut
Hemp Protein, Pepitas

Stan D'Arde Huevos Rancheros GF 17

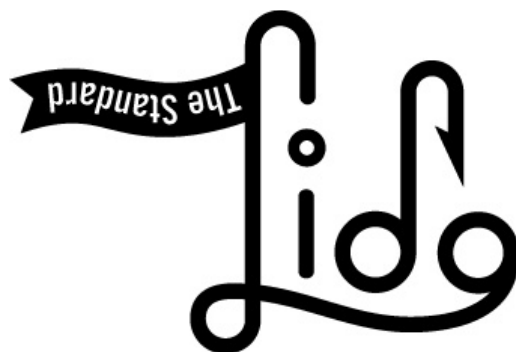
Two Poached Eggs, Black Beans, Tortilla
Queso Fresco, Rioja Sauce, Salsa, Avocado

Goat Cheese Omelette GF 17

Fresh Goat Cheese, Fine Herbs
Frites

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MID-DAY



+ Available 4pm-6pm Daily

SALADS + SMALL + PLATES

Mezze Plate Hummus, Tzatziki, Eggplant Pahi, Lentil Dal <i>GF</i>	17
Stan D'Arde Guacamole Avocado Purée, Pickled Jalapeño, Red Onion, Lime, Cilantro, Tomato, Sea Salt, Chips <i>GF</i>	12
Boris' Chicken Empanadas Traditional Argentinean Recipe, Lime	14
Zucchini & Corn Fritter Burnt Feta Cheese Sauce	12
Mussels a la Plancha Sea Salt, Cracked Pepper, Melted Butter <i>GF</i>	17
Petite Cheese Plate Vermont Bijou Aged Goat Milk Cheese, Manchego, Mango Chutney	15
Kimchee Chicken Wings Asian Pickles, Toasted Sesame Seeds <i>GF</i>	15
*Spicy Tuna Poke Avocado, Kelp, Macadamia Nuts, Green Onion, Tobiko, Ponzu <i>GF</i>	21
Living "Lasagna" (Served Cold) Raw Vegan Terrine <i>GF</i>	19
Summer Green Salad Baby Greens, Gem Lettuce, Bibb Lettuce, Parmesan, Haricot Vert, English Peas, Sherry Vin <i>GF</i> Add Tofu \$6, Falafel \$6, Chicken \$6, Octopus \$10	15

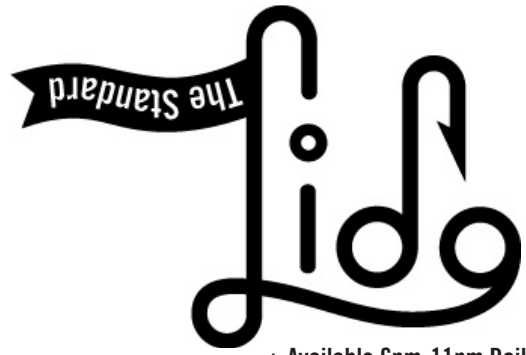
GRILL

Mediterranean Branzini Grilled Asparagus, Sundried Tomato-Citrus Sauce <i>GF</i>	33
Char Grilled Octopus White Bean & Artichoke <i>GF</i>	27
Mini Cheeseburgers White Cheddar, Potato Buns, Frites	19
Turkey Cheeseburger White Cheddar, Multigrain Bun, Frites	19
Veggie Quinoa Burger White Cheddar, Lettuce Bun, Frites <i>GF</i>	19
Skirt Steak Frites 10oz Center Cut Churrasco, Salsa Verde <i>GF</i>	31

SIDES

Grilled Asparagus Sea Salt, Lemon <i>GF</i>	7
Tater Tots <i>GF</i>	7
Frites Sea Salt <i>GF</i>	7
White Bean & Artichoke <i>GF</i>	7

DINNER



+ Available 6pm-11pm Daily

SMALL + SHARE + SALAD

Mezze Plate ^{GF} Hummus, Tzatziki, Eggplant Pahi, Lentil Dal	17	Mussels a la Plancha ^{GF} Sea Salt, Cracked Pepper, Melted Butter	17
Boris' Chicken Empanadas Traditional Argentinean Recipe, Lime	14	Petite Cheese Plate Vermont Creamery Aged Goat Cheese, Spanish Manchego	15
Zucchini & Corn Fritter Burnt Feta Cheese Sauce	12	Avocado & Green Apple Soup ^{GF} Red Pepper Coulis, Blue Crab Salad	17
*Coconut-Lime Ceviche ^{GF} Local Fish, Pink Shrimp, Scallion, Cancha, Tostones	19	Sprouted Lentil Salad ^{GF} Green Apple, Baby Heirloom Carrots, Pepitas Ginger-Lime Emulsion	15
*Tuna Crudo ^{GF} Pickled Serrano, Wakame, Avocado, Sesame Seeds	21	Paradise Farm Greens & Fine Herb Salad ^{GF} Baby Brassica, Orange Segments, Truffle Pecorino	15
Lamb Meatballs ^{GF} Cucumber Salad	19	Soybean Salad ^{GF} Heirloom Tomato, Cukes, Crushed Walnut Fresh Basil, Arugula, Parmesan, Greek Yogurt Ranch	15
Mini Lobster Rolls Spiny Lobster, Lemon-Basil Emulsion	23		

BAYSIDE SPECIALTIES

Living "Lasagna" <i>(Served Cold)</i> Raw Vegan Terrine ^{GF}	19
Eggplant Stack Local Eggplant, Vegan Cheese, Roasted Sweet Pepper, Charred Tomato Sauce ^{GF}	21
Green Rice Vegan Jambalaya Spirulina Seasoned Rice, Tempeh, Vegan Sausage, Cajun Spice ^{GF}	22
Crispy Chicken Milanese Arugula, Marinated Tomato, Shaved Onion, Parmesan, Lemon Vinaigrette	25
Char Grilled Octopus White Bean & Artichoke Salad ^{GF}	27
Mediterranean Branzini Grilled Asparagus, Sundried Tomato-Citrus Sauce ^{GF}	33
Grilled Vancouver Skuna Bay Salmon Paleo Rice, Orange & White Balsamic Reduction ^{GF}	31
Swordfish Criolla Sautéed Kale, Blue Crab Salad ^{GF}	28
Seafood Spaghetti Spiny Lobster Tail, Florida Pink Shrimp, Fresh Clams, Diavolo Sauce	35
Skirt Steak Frites 10oz Center Cut Churrasco, Salsa Verde ^{GF}	31
14oz Bone-in Ribeye House Steak Sauce, Tater Tots, Kimchee Slaw ^{GF}	38

VEGGIE SIDES 7

Choose any 3 sides to create your own Veg Plate 19

Grilled Tofu ^{GF}	Soybean Succotash ^{GF}
Sautéed Kale ^{GF}	Cauliflower, Salsa Verde ^{GF}
White Bean & Artichoke ^{GF}	Green Rice ^{GF}
Grilled Asparagus ^{GF}	Tater Tots ^{GF}
Roasted Fingerlings ^{GF}	Frites ^{GF}
Shaved Brussels Sprout ^{GF}	

BURGERS

Mini Cheeseburgers 19

3-3oz Burgers; White Cheddar, Potato Buns, Frites

Turkey Cheeseburger 19

White Cheddar, Potato Buns, Frites

Veggie Quinoa Burger ^{GF} 19

White Cheddar, Lettuce Buns, Frites

WINELIST

Sparkling / Champagne

Prosecco, Primaterra, Italy NV	12/48
Chandon Brut Rose, Napa Valley, California NV	14/56
Moet & Chandon Brut Imperial, Epernay, France NV	22/90
Veuve Clicquot Yellow Label, Reims, France NV	25/125
Prosecco, Syltbar, San Simone Friuli, Italy NV	54
Moet & Chandon "Ice Imperial" Served w/ Mint, Lemon	140
Perrier-Jouet "Belle Epoque" Epernay, France '04	300
Dom Perignon, Moet & Chandon, Epernay, France '04	325
Laurent-Perrier Brut Rose, Tour-Sur-Marne, France NV	150

Grower's Champagne

Oudinot Cuvee Brut, Champagne, France NV	90
Paul Bara Grand Cru Reserve Brut, Champagne, France NV	110
Besserat De Bellefon Brut Rose, Epernay, France NV	98

White

Albarino, Pazo Torrado, Rias Baixas, Spain '13	12/48
Chardonnay, Iron Horse, Sonoma, Ca '12	14/56
Gruener Veltliner, Pratsch, Austria '13	10/40
Pinot Grigio, Delibori, Verona, Italy '13	11/44
Sauvignon Blanc, Long Meadow Ranch, Napa, Ca '13	13/52
Sancerre, Grande Roche, Loire, Fr '13	16/65
Sancerre, Yves et Pierre Martin, Chavignol, Loire, Fr '13 375ml	36
Chateau Carbonnieux, Grand Cru, Pessac-Leognan Bordeaux Fr '12	90
Pouilly Fume, Regis Minet, Loire, Fr '13	58
Riesling, "Dr. L" Dr Loosen, Alsace, Fr '13	38
Pinot Blanc, Ostertag Blanc Barriques, Alsace, Fr '13	60
Pinot Gris, Paul Blanck, Alsace, Fr '13	52
Vermentino, Famiglia Marrone Favorita, Italy '13	40
Torrontes, Solo Contigo, Mendoza, Argentina '13	42
Chenin Blanc, Habit, Jurassic Park, Santa Ynez Valley, Ca '13	60
Chablis, Benoit Droin, Burgundy, Fr '13	62
Macon, Uchizy, "Les Maranches", Burgundy, Fr '13	42

Rosé

Villa Pereire, Cotes de Provence, Fr '14	12/48 1.5L 95
Whispering Angel, Cotes de Provence, Fr '14	15/65 1.5L 110
Bandol, Mas De La Rouviere, Cotes de Provence, Fr '14	19/80
Domaine Ott, Cotes de Provence, Fr '14	110
Sancerre Rose, Yves et Pierre Martin, Chavignol, Loire, Fr '13	62
Bodegas Muga, Rioja Rosado, Spain '13	45

Red

Côtes Du Rhone, Ferraton, Rhone, Fr '13	12/48
Malbec, Arido, Mendoza, Argentina '12	12/48
Pinot Noir, Planet Oregon, Tony Soter, Willamette Valley '13	16/60
Cabernet Sauvignon, Slingshot, Napa Valley, California '12	15/60
Tempranillo, Ramirez De La Piscina Reserva, Rioja, Spain '09	48
Pinot Noir, Mouton Noir, "P'Oui" (pee-wee) Willamette Valley, Or '13 375ml	38
Pinot Noir, Lange Reserve, Willamette Valley, Or '11	80
Pinot Noir, Laetitia, Arroyo Grande, Ca '13	5

Aperitif / Cocktails

Poolside Palom	14/65
Mezcal, Blood Orange, Organic Blue Agave Pink Grapefruit, Prosecco	
The Green Prophet	14/65
Vodka, Pineapple, Wheatgrass, Mint, Braggs Apple Cider Vinegar	
Buddha in Brazil	14/65
Barrel Aged Cachaca, Siracha Spiked Citrus, Ginger Beer	
The Botanist	14/65
Gin, Wildflower, Cucumber, Dill, Lime	
White Lotus	13/60
Vinho Verde, Muscat, Orange Blossom, Fresh Fruits	
Sun Goddess	14/65
Rum, Coconut, Piña, Organic Blue Agave, Lime Juice	

Standard Classics

Frozen Au Natural Pina Colada	14
Light Rum, Caramelized Pineapple Kelvin Organic Spicy Ginger, Coconut Water	add a Floater 4 Virgin 9
Elixir Vegetal	14
Vodka, Fresh Pressed Spicy Bloody Mary Mix Pickled Carrot, Radish, Dill	Virgin 8
Standard Sangria	13/60
Spanish Style Red with Fresh Fruit	
La Bicyclette	13/60
Rosé, Elderflower Liqueur, Lemon, Perrier	
Lido Lemonade	14/65
Citrus Vodka, Lemon, Mint, Cherry Juice	
Standard Pimm's Cup	14/65
Pimm's, Cukes, Strawberries, Mint, Ginger Ale	

Canned + Bottled Beer

Amstel Light, Corona	
Narragansett Lager (16oz) 7	
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Peroni, Estrella Damm, Stella Artois	
Funky Buddha "Hop Gun" I.P.A., Monk In The Trunk 8	
Inedit 750ML 24	

Non-Alcoholic

Limonada De Coco	9
Fresh Coconut Milk, Coconut, Squeeze of Lime Juice	
Agua Fresca	9
Watermelon, Organic Rose Syrup, Basil, Seltzer	
Coconut Cartel Malayan Dwarf Coconut	8
add Organic Coconut Rum 8	
Lorina Lemonade	5
Perrier, San Pellegrino, Aqua Panna, Smart Water	7

Juices + Smoothies

Orange or Grapefruit	8
P.A.W.M. Pineapple, Apple, Wheatgrass, Mint	12
Watermelon Cooler Chia Seeds, Basil	10
Green Juice Kale, Cuke, Green Apple	10
Citrus Aide Grapefruit, Lemon, Lime, Maple Syrup, Jalapeño	10
Coconut-Almond Date, Cinnamon	12
Shots Wheatgrass or Ginger	4
Mango Smoothie Mango, Orange Juice, Soy Milk, Agave	12
Kale & Avocado Smoothie Cilantro, Lime, Agave	12
The Standard Smoothie Strawberry, Banana, Yogurt	12

Juice Café

SNACKS

FRUIT CUP Daily Selection	6
VANESSA'S GRANOLA Super Good	4
YOGURT PARFAIT Vanessa's Granola & Berries	8
SPIRULINA BOWL Apple, Date, Coconut, Hemp	10
WHOLE FRUIT Daily Selection	1
PASTRIES	2
CROISSANTS Butter or Chocolate	2
OM NOM NOM COOKIES	3
SHANTI ENERGY BARS	3
SHANTI PROTEIN BARS	4
GINNYBAKES BARS AND COOKIES	3
POP NATURE POPS	5
THE FRIEZE ICE CREAM	5

JUICES + SMOOTHIES + SODAS

ORANGE OR GRAPEFRUIT	8
COCONUT CARTEL MALAYAN DWARF COCONUT	8
P.A.W.M. Pineapple, Apple, Wheatgrass & Mint	12
SUNRISE Carrot, Tomato, Apple, Orange, Lemon	10
GREEN JUICE Kale, Cucumber, Green Apple & Sea Salt	10
COCONUT-ALMOND Date, Cinnamon	12
CITRUS AIDE Citrus Juice, Maple Syrup & Cayenne	8
SPIRULINA	3
WHEATGRASS SHOT	3
GINGER SHOT	3
STANDARD SMOOTHIE Strawberry, Banana, Yogurt	12
MANGO SMOOTHIE Mango, OJ, Soy Milk, Agave	12
KALE & AVOCADO SMOOTHIE Cilantro, Lime, Agave	12
<i>Add Whey Protein to any smoothie</i>	3
PELLEGRINO Aranciata + Limonata	4.5

LA COLOMBE COFFEE

ESPRESSO/CAFÉ SOLO	2.5/3.5
AMERICANO	3
MACCHIATO	3
CORTADITO	3
CAPPUCCINO	4
LATTE	4
REGULAR COFFEE	2.5
EXTRA SHOT	1

MATCHA

MATCHA ALMOND MILK LATTE	5
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EYE OPENERS

ELIXIR VEGETAL	14
Vodka, Fresh Pressed Spicy Bloody Tomato Mix Pickled Carrot, Shaved Radishes + Dill	Virgin 8
SUN SALUTATION	14
Prosecco, Orange Juice, Fresh Ginger	

WINE + SPIRITS + BEER

Sunset Beach Rose, Andre Balazs Collection	
Channing Daughters, Long Island, NY '14	16/75
Prosecco, Primaterra, Italy NV	12/48
Sav Blanc, LMR, Napa, Ca '13	13/52
Malbec, Arido, Mendoza, Argentina '11	12/48
Peroni	7
Stella Artois	7
Estrella	7
Monk In The Trunk (Organic)	8

SALADS + SANDWICHES

MARINATED TOFU VEGGIE WRAP	12
Carrot, Cuke, Sprouts	
TUNA SANDWICH	12
Poached Tuna, Aioli, Sprouts, Tomato	
SANDWICH DU JOUR	12
CAFE SALAD	12
Organic Greens, Beets, Bell Pepper, Radish Edamame, Purple Cabbage, Quinoa, Shaved Carrots	
<i>Add Tuna Salad \$5 Egg Salad \$4</i>	
KALE CAESAR	12
Parmesan, Kale, Hard Boiled Egg, Croutons	

Dressing Choice: Carrot Ginger, Eggless Caesar, Sherry Vinaigrette

QI BOTANICAL TEA

JET LAG AM - ENERGY	3
JET LAG PM - RELAX	3
EARL GREY	3
ENGLISH BREAKFAST	3
CHAMOMILE BLOSSOM	3
LONG LIFE GREEN	3
MONSOON CHAI	3
PEPPERMINT	3