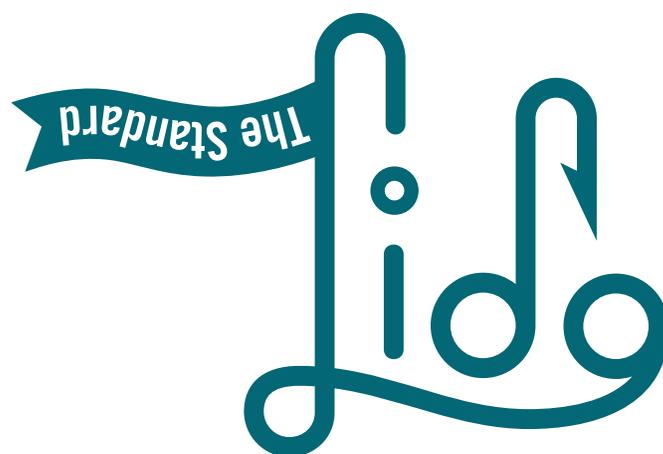


Breakfast



Eggs

Two Eggs Any Style breakfast potatoes, mixed green salad OL, GF 15

Omelettes eggs, egg whites, or tofu, breakfast potatoes, mixed green salad OL, GF (V) 17
pick 2: goat cheese, tomato, cheddar, bacon, kale, red onion, mushroom, smoked salmon

Egg Sandwich fried eggs, bacon, cheddar, breakfast potato OL, (GF) 17

Benedict tostones, roasted pork, 63c egg, mojo, fine herbs GF 18

Savory Porridge barley, puffed farro, kale, 63C egg, parm, pickles OL, (V) 15

Not Eggs

Labneh granola, bananas, blueberry jam OL, GF 15

Fruit seasonal fruit, honey, lime, tajin OL, GF, (V) 14

Avocado Toast sourdough, pickled onion, scallion ash, radish, sour orange V, (GF) 16 + add 2 eggs 7

'PB&J' sourdough toast, almond butter, coconut chips, macerated fruit V, (GF) 16

Smoked Salmon sliced tomato, red onion, caper berries, cream cheese, toast P 18

Pancake whole wheat, mango butter, maple syrup 14

+ add macerated fruit 4

Extras

Bacon 8 **Chicken Sausage** 8 **Veggie Sausage** 8

2 Eggs 7 **Sliced Tomato** 5 **Breakfast Potatoes** 5 **Avocado** 8

Sourdough Toast, Butter, Jam 5 **Gluten Free Toast, Butter, Jam** 5

Juices + Smoothies

Orange, Grapefruit, Lemonade 8

Ginger Shot 4

Beet-It 12

beet, carrot, lemon, apple, celery

Pin-Up 12

pineapple, green apple, wheatgrass, mint

Pre-Tox 12

red cabbage, purple kale, cilantro, lemon, ginger

Shrinkage 12

celery, cucumber, pineapple, lemon, turmeric

Slay Away 12

apple, lime, orange, romaine, lemongrass

STNDRD Rx 12

kale, parsley, ginger, garlic, cucumber

The Standard Smoothie 12

strawberry, banana, yogurt

Peanut Butter Protein Smoothie 12

banana, chocolate, almond milk, whey protein

Lido Green Coco Smoothie 12

coconut water, banana, almond milk, kale, spinach, parsley

Coffee

Espresso/Café Solo 4

Americano 4

Macchiato/Cortadito 4

Cappuccino/Latte 5

Cold Brew 4

Hot Chocolate 5

Pot Coffee 6

Extra Shot 2

Tea

Green Jasmine Pearl 4

Earl Grey 4

English Breakfast 4

Rooibos 4

Chamomile 4

Peppermint 4

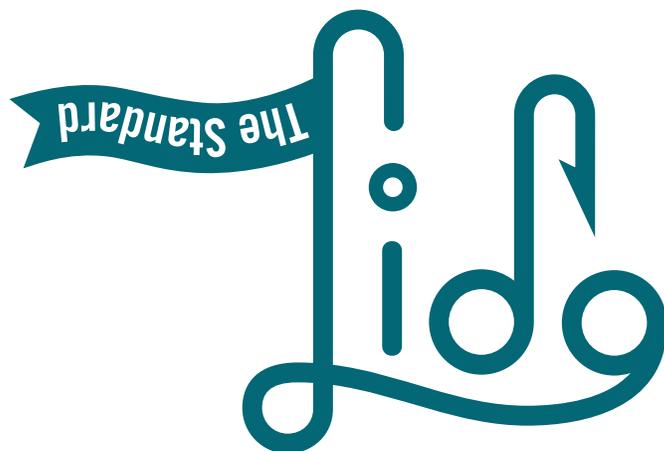
Peach Oolong 4

Standard Energy

Herbal Blend 4

*Consuming raw or under cooked meats, poultry, seafood, shellfish, oysters, or eggs may increase your risk of food borne illness.
GF Denotes recipe free of gluten. Items are produced in kitchen that does contain wheat and cooks with other products containing gluten.
V denotes vegan., OL Denotes Ovo-Lacto, P denotes Pescatarian

Brunch



Snacks

Fruit seasonal fruit, honey, lime, tajin OL, GF, (V) 14

Tater Tots garlic aioli V, GF 10

Whipped Feta fermented honey, sumac, mint, grilled sourdough OL, (GF) 17

Hummus black garlic, roasted mushrooms, cress, pita V, (GF) 16

Empanadas chicken empanadas, avocado-bayleaf crema, hibiscus onions 15

Stone Crabs dijonnaise, lemon, wakame P, GF MKT

Avocado Toast sourdough, pickled onion, scallion ash, radish, sour orange V, (GF) 16 + add 2 eggs 7

Shrimp grilled lemon, chili, bottarga P, GF 21

***Mixto Ceviche** florida citrus, tostones, herbs P, GF 17

***Shrimp Ceviche** shrimp, aioli, red onion, pozole, herbs P, GF 18

Squid cuttlefish a la plancha, charred tomato, achiote bread crumbs P 23

Salads and Sandwiches

Lobster Roll kewpie, lemon, brioche, herbs 25

***Lido Burger** pequillo aioli, manchego, LTO, fries (GF) 20 + add fried farm egg 4

Impossible Burger™ 1000 island, vegan cheese, LTO, fries (V, GF) 20 + add fried farm egg 4

Grilled Chicken Sandwich bacon, mayo, LTO, fries (GF) 20 + add avocado 4

Vegan Caesar gem lettuce, nutritional yeast, sesame, polenta croutons V, GF 16
+ add tofu 7, chicken 9, *steak 16, shrimp 13

Farm Salad bibb lettuce, shaved veggies, ginger vinaigrette V, GF 15
+ add tofu 7, chicken 9, *steak 16, shrimp 13

Kale Salad crispy garbanzo, curried mango, goat cheese, red onion, vinaigrette OL, GF 15
+ add tofu 7, chicken 9, *steak 16, shrimp 13

Buddha Bowl quinoa, roasted veggies, raw veggies, tahini dressing V, GF 17
+ add tofu 7, chicken 9, *steak 16, shrimp 13

Plates

Raw Pad Thai yam noodle, tofu, almond, bean sprout, tamarind, lime V GF 25

Market Fish saffron daal, black radish, baby mustards P, GF MKT

Benedict tostones, roasted pork, 63c egg, mojo, fine herbs GF 18 + add truffle MKT

Pancake whole wheat, mango butter, maple syrup 14 + add macerated berries 4

***Churrasco** grass fed skirt steak, chimi rojo, fries GF 36

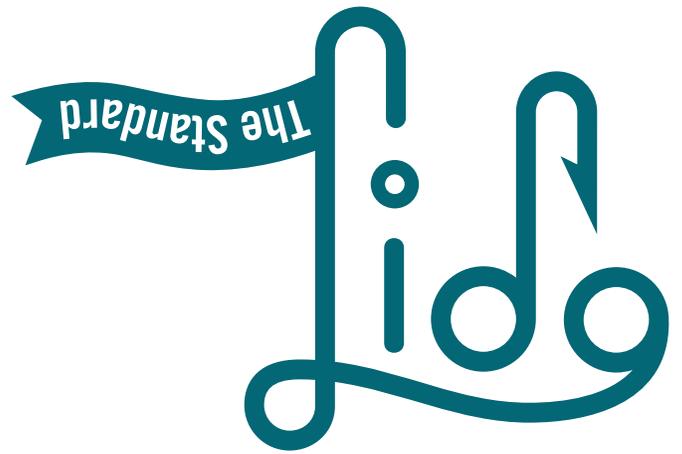
***Steak and Eggs** NY steak, adobo rub, 2 fried eggs, herb salad GF 38

Grilled Octopus 3 bean salad, pomegranate, crispy garlic P, GF 32

***Chirashi** raw fish, octopus, shrimp, brown rice, pickles P, GF 28

Snapper whole snapper, tomatillo pico, hibiscus, olive oil P, GF 38

Lunch



Snacks

Fruit seasonal fruit, honey, lime, tajin OL, GF, (V) 14

Tater Tots garlic aioli V, GF 10

Whipped Feta fermented honey, sumac, mint, grilled sourdough OL, (GF) 17

Hummus black garlic, roasted mushrooms, cress, pita V, (GF) 16

Empanadas chicken empanadas, avocado-bayleaf crema, hibiscus onions 15

Stone Crabs dijonnaise, lemon, wakame P, GF MKT

Avocado Toast sourdough, pickled onion, scallion ash, radish, sour orange V, (GF) 16 + add 2 eggs 7

*Mixto Ceviche florida citrus, tostones, herbs P, GF 17

*Shrimp Ceviche shrimp, aioli, red onion, pozole, herbs P, GF 18

Salads and Sandwiches

Lobster Roll kewpie, lemon, brioche, herbs 25

*Lido Burger pequillo aioli, manchego, LTO, fries (GF) 20 + add fried farm egg 4

Impossible Burger™ 1000 island, vegan cheese, LTO, fries (V, GF) 20 + add fried farm egg 4

Grilled Chicken Sandwich bacon, mayo, LTO, fries (GF) 20 + add avocado 4

Vegan Caesar gem lettuce, nutritional yeast, sesame, polenta croutons V, GF 16
+ add tofu 7, chicken 9, *steak 16, shrimp 13

Farm Salad bibb lettuce, shaved veggies, ginger vinaigrette V, GF 15
+ add tofu 7, chicken 9, *steak 16, shrimp 13

Kale Salad crispy garbanzo, curried mango, goat cheese, red onion, vinaigrette OL, GF 15
+ add tofu 7, chicken 9, *steak 16, shrimp 13

Buddha Bowl quinoa, roasted veggies, raw veggies, tahini dressing V, GF 17
+ add tofu 7, chicken 9, *steak 16, shrimp 13

Plates

Chicken pan roasted, salsa verde, herb salad GF 32

Raw Pad Thai yam noodle, tofu, almond, bean sprout, tamarind, lime V, GF 25

Clams coconut milk, green curry, pickled chilis, toast P, (GF) 26

Market Fish saffron daal, black radish, baby mustards P, GF MKT

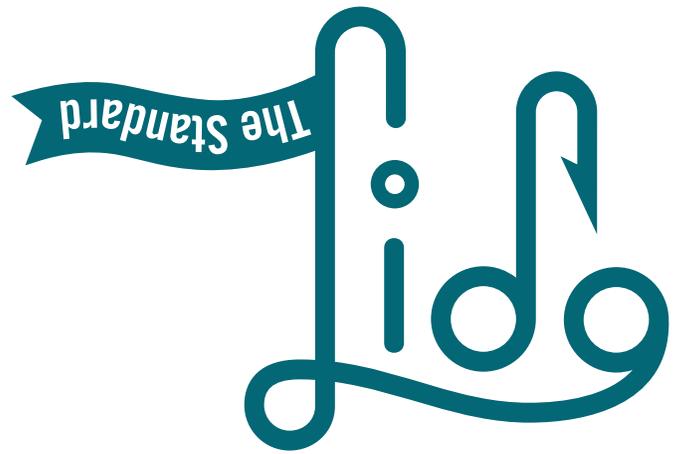
*Churrasco grass fed skirt steak, chimi rojo, fries GF 36

Grilled Octopus 3 bean salad, pomegranate, crispy garlic P, GF 32

*Chirashi raw fish, octopus, shrimp, brown rice, pickles P, GF 28

Snapper whole snapper, tomatillo pico, hibiscus, olive oil P, GF 38

Dinner



Snacks

- Whipped Feta** fermented honey, sumac, mint, grilled sourdough OL, (GF) 17
- Hummus** black garlic, roasted mushrooms, cress, pita V, (GF) 16
- Empanadas** chicken empanadas, avocado-bayleaf crema, hibiscus onions 15
- Stone Crabs** dijonnaise, lemon, wakame P, GF MKT
- *Mixto Ceviche** florida citrus, tostones, herbs P, GF 17
- *Shrimp Ceviche** shrimp, aioli, red onion, pozole, herbs P, GF 18
- Brussels** tamari, sichuan pepper, fermented radish, sesame, lime V, GF 14
- Roasted Mushrooms** pinenut puree, pickled beech, olive oil V, GF 18 + add truffle MKT
- Squash** pepitas, nori, endive, labneh OL, GF 15

Land

- Vegan Caesar** gem lettuce, nutritional yeast, sesame, polenta croutons V, GF 16
- Farm Salad** bibb lettuce, shaved veggies, ginger vinaigrette V, GF 15
- Buddha Bowl** quinoa, roasted veggies, raw veggies, tahini dressing V, GF 17
- Raw Pad Thai** yam noodle, tofu, almond, bean sprout, tamarind, lime V, GF 25
- Chicken** pan roasted, salsa verde, herb salad GF 32
- *Butcher's Cut Steak** chimichurri rojo, charred broccoli GF MKT + add truffle MKT
- *NY Steak** smoked plantain puree, charred onions GF 58

Sea

- Shrimp** grilled lemon, chili, bottarga P, GF 21
- Squid** cuttlefish a la plancha, charred tomato, achiote bread crumbs P 23
- Scallop** oji amarillo, potato, huacatay BBQ 29
- Grilled Octopus** 3 bean salad, pomegranate, crispy garlic P, GF 32
- Clams** coconut milk, green curry, pickled chilis, toast P, (GF) 26
- Lobster** grilled florida lobster, mango nage, kimchi, scallions P, GF 48
- Cavatelli** local pasta, crab, uni butter, peas, shiso, lemon P 36
- Market Fish** saffron daal, black radish, baby mustards P, GF MKT
- Snapper** whole snapper, tomatillo pico, hibiscus, olive oil P, GF 38

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