

C A F E

meto

Breakfast

Hot Bowls

GODDESS BOWL (GF, V) 12
 Sprouted quinoa bowl topped with roasted broccoli, yellow squash mushrooms and carrots, green onions, fresh local greens and drizzled with a homemade green goddess dressing.*

ROASTED BREAKFAST HASH (GF, V) 13
 A savory medley of wood roasted sweet potatoes and parsnips combined with organic apple, local farm arugula greens, dried cranberries, fresh herbs and a cider vinaigrette.*

GARDEN SCRAMBLE (GF) 13
 Farm fresh egg scramble with Tuscan kale, spinach, broccoli, sautéed onions, charred tomatoes, fresh herbs, and avocado. Drizzled with homemade garlic herb green goddess dressing and sour cream.

ADD-INS

One Organic Farm Fresh Egg (GF)* 3
Two Organic Farm Fresh Eggs (GF)* 4

Cold Bowls

CINNAMON RAISIN GRANOLA BOWL (GF, V) 9
 Sprouted buckwheat groat granola, enhanced with cinnamon, raisins and dates. Topped with our signature house-made vanilla banana milk, topped with seasonal fruit.

HOUSE-MADE GRANOLA BOWL (GF, VEG) 10
 A crunchy and nourishing combination of house-made granola layered with creamy yogurt and fresh seasonal fruit.

I SEA BLUE BOWL (GF, V) 11
 Delicious hibiscus berry infused chia seed bowl blended with spirulina topped with blueberries, blackberries, raspberries and coconut chips.

Wraps and Toast

COLLARD GREEN WRAP (GF) 10
 A nourishing combination of farm fresh organic eggs, avocado slices, crisp bacon, sautéed bell peppers and onions wrapped in collard green leaves served with fresh house-made salsa.

SPICY SWEET POTATO WRAP (V) 11
 Fire-roasted Anaheim and red bell peppers, black beans, avocado, cilantro, fresh lime, Chef Manny's traditional mole sauce, simple salad, served in whole-wheat flatbread.

THE FARM HOUSE WRAP 13
 A hearty, healthy combination of three eggs scrambled, gruyere cheese, locally grown spinach, chicken apple sausage, served with locally grown simple salad (whole wheat wrap).

AVOCADO TOAST (VEG) 10
 Crispy warm sourdough toast, smothered with fresh avocado, topped with a bed of locally grown simple salad, organic goat cheese crumbles, organic local olive oil, and crunchy chia seeds.

GF Option
 Swap sourdough for gluten free toast.

Commitment to quality: we make it our mission to choose organic, local, sustainable, grass-fed and local farms whenever possible. Our menu is full of vibrant color and all food is prepared to maximize digestibility and nutrient density. All of our menu items are non-GMO, contains no hydrogenated fats, hormones or preservatives.

(V) Vegan | (VEG) Vegetarian | (GF) Gluten Free

While we offer gluten free items, we are not a 100% gluten free restaurant and cannot ensure that cross-contamination will not occur.

*These items are served raw or undercooked or contain (may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.

