



SNACKS

ASSORTED PASTRIES 3-8
House Made Daily Creations

TOAST

ALMOND SWEET TOAST 11
Gran Forno Multigrain Toast, Almond Butter, Roasted Almonds, Cocoa Nibs, Maldon Salt with Bananas

ROSES AVOCADO TOAST 11
Gran Forno Multigrain, Avocado Mash, Pickled Red Onions, Micro Greens, Lemon Zest

SMOKED SALMON TOAST 14
Gran Forno Multigrain, Avocado Mash, Smoked Salmon, Pickled Red Onions, Micro Greens, Capers

SMOOTHIES

GET GREEN 9/12
Spinach, Cucumber, Pineapple, Mint, Dates, Coconut Milk and Coconut Water

SUNSHINE 9/12
Mango, Peach, Ginger, Banana, Carrot and Orange Juice

BERRY GOOD 9/12
Strawberry, Raspberry, Blueberry, Blackberry, Banana, Vanilla and Almond Milk

AVOCADO SMOOTH 9/12
Avocado, Banana, Vanilla and Almond Milk

WAKE UP CALL 9/12
Espresso, Honey, Peanut Butter, Cocoa Nibs, Banana and Almond Milk

ADD ONS
Plant Based Protein, Cacao Nibs, Goji Berries, CBD Oil by Veritas Farms 2
Flax Seed, Hemp Seed, Chia Seed, Bee Pollen 1

COFFEE

DRIPPED COFFEE 3.5
COLD BREW 4.5
NITRO LATTE 5
ESPRESSO 2.5
MACCHIATO 3.5
AMERICANO 2.5
CAPPUCCINO 4
LATTE 4
HOT TEA 3.5
ICED TEA 3.5
EXTRA SHOT .50
MATCHA LATTE 3.5
TURMERIC LATTE 3.5
CHAI TEA LATTE 3.5

DRINKS

GREEN POWER COLD PRESS JUICE 10
Organic Cucumber, Organic Romaine, Organic Celery, Organic Parsley, Organic Kale, Organic Spinach, Organic Ginger and Organic Lemon

METABOLIC LEMONADE COLD PRESS JUICE 10
Organic Lemon, Organic Cayenne Pepper, Organic Coconut Palm Nectar, Triple Filtered Reverse Osmosis Water

PINAPPLE X-PRESS COLD PRESS JUICE 10
Organic Pineapple, Organic Apple, Organic Mint

WATERMELON X-PRESS COLD PRESS JUICE 10
Organic Watermelon, Organic Apple, Organic Mint

FRESH ORANGE JUICE 4
ICELANDIC WATER 3/4.5
ICELANDIC SPARKLING + FLAVORS 3
Sicilian Lemon, Tahitian Lime, Elderflower

KOMBUCHA 6
COCONUT WATER 6/12

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THE
DAL
MAR

