Great Food Starts Here!

Try one of our recipes, or create your own below

Enjoy as a

SALAD $6.95

BOWL $7.95

WRAP $7.95

Vegetable Broth (freakly-tossed)

In a tortilla (like a hot soup)

FARM FRESH FAVORITES

The Sunset
Avocado, kale, corn, baby spinach, grilled zucchini, roasted red peppers, feta cheese & fresh herbs with mango vinaigrette

The Haight
Spinach, chicken, chickpeas, feta cheese, brown rice, broccoli, grape tomatoes & fresh herbs with lemon tahini sauce

The Mission
Chuncked tuna, with romaine hearts, avocado, roasted potatoes, corn, jicama & red onions with a lemon-herb vinaigrette

The Castro
Quinoa, kale, rice & kale, with roasted red peppers, carrots, feta cheese & fresh herbs in lemon tahini sauce

The Fillmore
Romaine hearts, with chicken, mandarin oranges, celery, carrots, fresh herbs, red onions, wontons and sesame ginger dressing

The Richmond
Lentils, brown rice and kale, with roasted red peppers, roasted zucchini, carrots, feta cheese & fresh herbs with a mild harissa sauce

The Marina
Spring mix, romaine hearts, with chicken, cherry tomatoes, red onions, bacon, hard-boiled egg & ranch dressing

Build Your Own

Salad, Wrap or Panini Sandwiches

Cast-Iron grilled on ciabatta bread

$6.95

$7.95

$7.95

With a side salad or small soup | Add $2.95

Panini Sandwiches

Tuscan Grilled Cheese $5.50

Three cheeses with a sun-dried tomato spread

Italian Chicken $6.95

Chicken, with provolone cheese, tomatoes, red onions & basil pesto

Turkey, Bacon & Brie $6.95

Turkey breast, with bacon, melted brie, arugula & house dressing

Portobello & Fontina $6.95

Thick-sliced portobello mushrooms, basil pesto & fontina cheese

Fresh Juices & Juice Blends

12oz $3.95 16oz $4.50

Apple, Carrot, or Orange | Carrot & Apple | Pineapple, Orange & Carrot

12oz $4.50 16oz $5.50

Sweet Beet | Carrot, Pineapple, Apple & Beet

Spiced Citrus | Pineapple, Orange, Apples, Carrot, Lemon & Ginger

Strawberry Fields | Strawberries, Orange, Apples & Lemon

Green Zing | Kale, Panley, Celery, Apple, Carrot, Lemon, Cucumber & Ginger

Soups

Always Serving Vegan and Vegetarian options! Check with the Barista for today’s choices

Large Bowl with Bread $4.50 Ala Carte $2.95

Granola Bowls

Giants
Whole grain oats, sunflower seeds, raisin, coconuts, almonds, dried cranberries, unsalted butter, honey, cinnamon

Gators
Whole grain oats, pumpkin seeds, dried mulberries, coconuts, dried blueberries, agave nectar, maple syrup, and sunflower oil

Warriors
Whole grain oats, dark chocolate, coconuts, almonds, dried cranberries, unsalted butter, honey, and maple syrup

With plain Greek or strawberry yogurt, or organic milk (regular, soy or almond) $4.50

Seasonal Fresh Fruit $1.00

All-Day Breakfast Sandwiches

Egg & Cheese $3.95

Two eggs & melted cheddar cheese on ciabatta

Mediterranean $4.95

Two eggs, spinach, feta cheese & pesto on ciabatta

Bacon, Egg & Cheese $5.50

Two eggs, bacon, and Monterey Jack on ciabatta

Sausage, Egg & Cheese $5.50

Two eggs, sausage, and Monterey Jack on ciabatta

Check Out Our Specialty Coffee & Tea Menu