



Real Food Daily

ORGANIC PLANT-BASED CUISINE

WEEKEND BRUNCH

BRUNCH PLATES

* **WAFFLES AND SEITAN** Warm maple syrup 16

PATATAS BRAVAS *gf*

Roasted red potatoes, spicy melted cashew cheese, green onions 10

BREAKFAST SAMMIE *nf*

House baked biscuit, marinated tofu, tempeh bacon, smoked gouda cheese, chipotle aioli, avocado, tomato with hash browns or fruit 14

BISCUITS 'N' GRAVY *nf*

House baked biscuit, golden gravy with crumbled tempeh bacon, garlicky greens, hash browns or fruit 12

SEA CAKE BENEDICT *nf*

Sea Cake, sautéed spinach, herbed tofu, tempeh bacon, corn hollandaise, spring mix greens, lemon olive oil dressing 16

NO-HUEVOS RANCHEROS *gf nf*

Scrambled tofu, onions, tomatoes, bell and chili peppers, corn tortillas, ranchero sauce, avocado, black beans, pico de gallo 15

BREAKFAST BURRITO

Whole wheat tortilla, scrambled tofu, roasted potatoes, black beans, tempeh bacon, caramelized onions, cashew cheese, guacamole, pico de gallo with hash browns or fruit 16

THE WEEKENDER *gf when served w/ pancakes*

Scrambled tofu, onions, tomatoes, cashew cheese, tempeh bacon, two pancakes OR two pieces of french toast OR house baked biscuit with jam, hash browns or fruit 18

SCRAMBLES

Served with toast and choice of hash browns or fresh fruit

AVA B 'n' CHEEZ *gf*

Avocado, tempeh bacon, sun-dried tomatoes, melted cashew cheese 14

CHIPOTLE SAUSAGE

Chipotle seitan sausage, onions, peppers, cilantro, melted cashew cheese 14

ADD TO YOUR SCRAMBLE *all gf* 3

Avocado • Guacamole *nf sf* • Tempeh Bacon *nf*
Melted Cashew Cheese *nf sf*

OFF THE GRIDDLE

Served with pure maple syrup

PANCAKES *gf sf* stack of 3

Made with almond flour 11 **ADD BLUEBERRIES OR BANANAS** 1.5

BIG 'OL WAFFLE *gf sf*

Made with almond flour topped w/ fresh berries, bananas 11

FRENCH TOAST *nf*

House baked sweet bread french toast with seasonal fruit compote 11

PLATTERS

Served with tempeh bacon and choice of hash brown or fresh fruit

Pancake, Waffle Platter or French Toast 15

HOUSE BAKED GOODS

Ask your server for today's selection

GRANOLA *sf*

Golden mix of oats, nuts, seeds, goji and mulberries with bananas, fresh berries, choice of milk 8

SOUP & STARTERS

SOUP Vegetable Miso *gf nf* CUP 6 BOWL 8

SOUTHERN STYLE CORNBREAD *gf nf* 4 *served grilled*

SEASIDE FRIES *gf nf sf* Old bay seasoned yukon gold baked wedge fries, horseradish dill aioli 10

SEA CAKE *nf* Yam and sea vegetable croquette, arugula, pesto, chipotle aioli 13

NOT-CHOS *gf* Melted cashew cheese, black beans, pico de gallo, cashew sour cream, guacamole 14 **ADD TACO MIX** 3

SALADS

THE GREAT CARDINI *gf* Tuscan kale, romaine, garbanzo beans, red quinoa, roasted yam croutons, creamy almond shallot dressing, spiced pumpkin seeds, macadamia parmesan, avocado 16

MEDITERRANEAN BOWL *sf available gf* Wild arugula, tomato, avocado, lemon herb Za'atar dressing, cucumber kalamata salsa, white bean basil salad, red quinoa tabouli, almond feta, whole wheat Za'atar flatbread 17

SOUTHWEST *gf nf sf* Romaine hearts, black beans, brown rice, jicama slaw, guacamole, pico de gallo, lime cilantro dressing, tortilla strips 15

CAESAR *gf nf* Romaine hearts, capers, blue corn croutons, caesar dressing **STARTER** 5 **REGULAR** 9 **ADD BLACKENED TEMPEH** *gf nf* 3

HOUSE *gf nf sf* Leafy greens, carrot, beet, cucumber, choose dressing **STARTER** 5 **REGULAR** 9

BURGERS & SANDWICHES

Served with House or Caesar salad or choose Seaside Fries for 2

THE CHARLIE *sf sandwich, melt or raw wrap* Chef's famous "tuna" salad, lettuce, tomato, chipotle aioli, sourdough 15

THE CHARLIE MELT *sf* Grilled with melted house-made pepper jack cheese 16

RAW WRAP *gf sf raw* Rolled in a marinated collard wrap 14 **ADD AVOCADO** 3

SPICY BLTA *nf* Tempeh bacon, avocado, lettuce, tomato, chipotle aioli, sprouted grain bread 14

THE CLUB *nf triple decker* Crispy seitan, tempeh bacon, avocado, lettuce, tomato, mayo, sourdough 16

REAL FOOD BURGER *nf sf* Lentil mushroom burger, caramelized onions, arugula, housemade pickled jalapeños, chipotle aioli, ciabatta 16

FOR THE WORKS Add avocado, tempeh bacon, melted cashew cheese 19

REAL FOOD & BASICS

The 'Real Food Meal' is a balanced selection of foods representing the principles of macrobiotics.

REAL FOOD MEAL *gf nf* Brown rice, beans, daily greens, land and sea vegetables, pressed salad, choice of one dressing or sauce 17

BASIC TWO 9 • **BASIC THREE** 11 • **BASIC FOUR** 13 • **BASIC FIVE** 15

The vegetables, beans & grains are gf sf nf. Plant proteins are marked with legend. Choose from 1-5 of the following items. The first dressing or sauce is on us.

VEGGIES 5

DAILY VEG

DAILY GREENS

GARLICKY GREENS

PRESSED SALAD

SEA VEGETABLES *not sf*

MASHED POTATOES

W/GRAVY *not sf*

BEANS & GRAINS 4

BROWN RICE

QUINOA

DAILY BEANS

BLACK BEANS

SOBA NOODLES *not gf*

PLANT PROTEINS 6

limit one per basic

BLACKENED TEMPEH *gf nf*

MARINATED TEMPEH *gf nf*

GRILLED TOFU *gf nf*

CLUB SEITAN *nf*

BURGER *nf sf*

"TUNA" SALAD *gf sf raw*

All dressings and sauces are made fresh on the premises and are all gf.

House *nf* • Caesar *nf* • Lime Cilantro *nf sf* • Peanut *sf* Ranchero *nf sf* • Marinara *nf sf* • Golden Gravy *nf*

* = Seasonal Special • gf = gluten-free • nf = nut-free • sf = soy-free

Please let us know if you have food allergies. We cannot guarantee an allergen free dish, as we are not an allergen free environment.

LIBATIONS

SPARKLING WHITE

Prosecco D.O.C. • Borgo Magredo, Friuli, Italy • 9 | 28
Chenin Blanc • WKND, Clarksburg, California 2015 • 11 | 38
MIMOSA • 9 | FULL BOTTLE + OJ CARAFE 32

WHITE

* Pinot Grigio • Piu Gioia, delle Venezie, Italy 2015 • 10 | 36
Sauvignon Blanc • Ritual, Casablanca Valley, Chile 2014 • 11 | 40
Chardonnay • Pacificana, Monterey, California 2015 • 11 | 40
Grenache Blanc • Domaine Lafage, Côte Est, France 2013 • 9 | 32
Chardonnay/Sauvignon Blanc • Recanti Yasmin, Jezreel Valley, Israel 2014 • 38 ☺

ROSÉ

Rosé of Grenache • Funk Zone, Santa Barbara, California 2015 • 11 | 40

RED

* Nero D'Avola Blend • Planeta, Cerasuolo Di Vittoria DOCG, Italy 2013 • 12 | 44 *served chilled*
* Carignane • Capuchon, Mendocino, California 2015 • 14 | 52
Pinot Noir • Cline, Sonoma Coast, California 2014 • 11 | 40
Montepulciano D'Abruzzo • Quattro Mani, Abruzzo, Italy 2014 • 9 | 32
Cabernet Sauvignon • Castoro, Paso Robles, California 2013 • 11 | 40
Malbec • Primus, Mendoza, Argentina 2013 • 12 | 44
Cabernet Sauvignon/Merlot • Recanti Yasmin, Jezreel Valley, Israel 2014 • 40 ☺

SAKE & SAKE COCKTAILS

Shochikubai • Junmai Ginjo-Draft, USA 300ml 19 ☺
Kikusui • Junmai Ginjo, Japan 300ml 27
Gingersnap Saketini • Sake, ginger, apple, lemon 13
Coconut Sakejito • Sake, coconut water, lime, mint 13

BEER

Pinkus Hefe-Weizen 16.9 oz 5.0% 9
Eel River Blonde Ale 12 oz 5.8% 7
Eel River IPA 12 oz 7.2% 7
Dr. Jekyll American Kölsch 12 oz 4.5% 7

CIDER *gf*

* 101 Seasonal Cider • LA, 12 oz 6.9% 8
Raw, wild fermented, probiotic
101 India Pale Cider • LA, 12 oz 6.9% 8
Raw, dry hopped, wild fermented, probiotic

* = Seasonal Special • All of our wine, sake, beer and cider is 100% vegan, no exceptions.

BEVERAGES

LEMONADE 5 GREEN LEMONADE 6
HOMEMADE ICED LIME MATÉ 5
ICED TEA *unsweetened* 4
ORANGE JUICE 6
BOTTLED DRINKS
Health-Ade Kombucha Ginger-Lemon • Seasonal Fruit 6
Harmless Harvest Coconut Water 6
Solé Mineral Water Still • Sparkling (750ml) 6
GROUNDWORK COFFEE
Espresso • Americano 2.5
Pressed Coffee Pot 7
LATTES • Caffè • Chai • Yerba Mate 6
Milks • Almond • Coconut • Soy
HOT TEA • Black • Green • Herbal • Kukicha 3.5

100% LOCAL ORGANIC COLD PRESSED JUICE

THE CLOVER kale, cucumber, celery, spinach, pear, cilantro, mint, lime 10
GOLDEN GREEN pineapple, cucumber, kale, pear, parsley, turmeric 10
GO BIG beet, kale, carrot, apple, wheatgrass, lemon, ginger 10
SUNRISE orange, carrot, coconut water, turmeric, lemon, ginger 10
GINGERSNAP fuji apple, green apple, lemon, ginger 10

WEEKEND BRUNCH

10AM-3PM

Join us for the best vegan
brunch in town!

CELEBRATING 23 YEARS of...

flavorful **ORGANIC** vegetables **BALANCE** **FRESH** delicious
earth-friendly **WELLNESS** **RAW** superfood energy **VITAL**
SUSTAINABILITY nourish **plant-proteins** **MACROBIOTIC** local
ANTIOXIDANTS health-conscious living **PURE** high-quality
healing **NUTRITION** **PURIFIED-WATER** hands-on **FRUITS**
HYDRATE **NON-GMO** **ENLIGHTENED** **KOSHER** heart-healthy
AUTHENTIC whole grains **GREEN** **HOME-MADE** **REAL** vegan

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