

COFFEE & TEA

*Hot or Iced

HANDCRAFTED ESPRESSO

	12oz	16oz	20oz
Cafe Americano espresso & hot water	2.75	3.00	3.25
Hammer Head brewed coffee & espresso	3.25	3.50	3.75
Cafe Latte espresso & steamed milk	3.50	4.00	4.50
Cappuccino espresso & steamed milk w/ froth	3.50	4.00	4.50
Breve Latte espresso & steamed half n half	3.75	4.25	4.75
Cafe Mocha espresso, steamed milk, chocolate, whipped cream	3.85	4.35	4.85
Mex Mocha espresso, steamed milk, Mex choco, whipped cream	3.90	4.40	4.90
White Mocha espresso, steamed milk, white choc, whipped cream	3.90	4.40	4.90
Vanilla Latte espresso, steamed milk & vanilla syrup	3.85	4.35	4.85
Caramel Latte espresso, steamed milk & caramel syrup	3.85	4.35	4.85
Hazelnut Latte espresso, steamed milk & hazelnut syrup	3.85	4.35	4.85
	1 shot	2 shot	3 shot
Espresso rich & full-bodied	2.25	2.55	2.80
Espresso Macchiato espresso w/ a dab of frothed milk	2.50	3.00	3.50
Espresso w/ Whip espresso w/ a dab of whipped cream	2.50	3.00	3.50

SIGNATURE ESPRESSO DRINKS

	12oz	16oz	20oz
Coconut Caramel Macchiato espresso, steamed milk, caramel & coconut syrup, coconut flakes & caramel sauce	4.00	4.50	5.00
Tuxedo Mocha espresso, steamed milk, chocolate & white chocolate & whipped cream	4.00	4.50	5.00
Cafe Viennese espresso, steamed milk, honey & cinnamon	4.00	4.50	5.00
Peanut Butter & Chocolate Mocha espresso, steamed milk, peanut butter, chocolate, whipped cream, chocolate sauce	4.00	4.50	5.00

COFFEE

	12oz	16oz	20oz
Fresh Brewed	2.25	2.50	3.00
Cafe au Lait	2.75	3.00	3.25
Iced Coffee	2.75	3.25	3.75

BLENDED FRAPP

	12oz	16oz	20oz
Mocha	4.25	4.75	5.25
Vanilla	4.25	4.75	5.25
Chocolate Peanut Butter	4.25	4.75	5.25
Caramel	4.25	4.75	5.25

COLD BREW/NITRO

	12oz	16oz	20oz
Cold Brew or Nitro Cold Brew	3.50	4.00	4.50
Vietnamese Cold/Nitro Brew	4.25	4.75	5.00
Vanilla or Caramel	4.25	4.75	5.00
Honey Cinnamon Oat Milk	4.25	4.75	5.00
Hazelnut Cream	4.25	4.75	5.00

TEA - CHAI

	12oz	16oz	20oz
Brewed Tea	2.50	2.50	2.50
Honey Bear Tea Latte	3.95	4.45	4.95
Chai Tea Latte	3.99	4.59	4.99
Matcha	3.99	4.59	4.99
Hot Chocolate	2.75	3.25	3.75

ACAI BOWLS

RB ACAI \$8.49

acai, fresh bananas, fresh strawberries,
almond granola & coconut flakes

SUPER ACAI \$9.50

acai, fresh bananas, fresh grapes, chia
seeds, agave syrup, PB, almond
granola & coconut flakes

POWER ACAI \$9.99

acai, fresh bananas, almond butter, walnuts,
bee pollen, ginseng, dates & coconut flakes

NUTTY BOWL \$9.99

acai, fresh strawberries & bananas, walnuts, peanut
butter, almond granola, honey & coconut flakes

SMOOTHIES

BANANA RED & BLUE \$6.99

bananas, blueberries, strawberries
& apple juice

PROTEIN BLAST \$8.49

blueberry, banana, strawberry, protein
& almond milk

ACAI SMOOTHIE \$8.99

acai, blueberry, banana, strawberries,
apple juice and topped w/ almond
granola

HAWAIIAN BREEZE \$6.99

mango, banana, pineapple & apple juice

RASPBERRY BREEZE \$6.99

raspberry, strawberry, mango & apple juice

GREEN & LEAN \$9.49

organic spinach, mango, pineapple, banana,
chia seeds, honey & almond milk

BOOSTS ADD \$1.50

almond butter, bee pollen, chia seeds, goji berries, peanut butter, almond milk, fresh kale, turmeric,
ginseng, acai, blueberries, fresh strawberries, fresh grapes, almond granola, protein powder

FRESH SALADS

*Make your
salad a wrap!

SANTORINI GREEK SALAD \$11.49

Feta cheese, Romaine lettuce, spring mix, tomato, cucumber, red onions, olives, artichoke hearts & la scala vinaigrette

-add chicken breast \$2.50 | add salmon \$3.50

ELMISA SALAD \$12.99

Chicken breast, prosciutto, fresh mozzarella, tomato, red onions, arugula, Romaine, spring mix w/ vinaigrette & drizzle of balsamic glaze and pesto sauce

MAMA J'S COBB SALAD \$12.99

Chicken breast, bacon, hard-boiled egg, Romaine, spring mix, gorgonzola crumbles, avocado, tomato, red onions w/ ranch

SALMON SALAD \$13.99

Grilled salmon, spring mix, goat cheese, capers, pickled onions, walnuts w/ a agave balsamic vingiagrette dressing

UP BEET SALAD \$11.49

Roasted red beets, goat cheese, spring mix, granny smith apples, walnuts, raisins, arugula w/ agave balsamic vinaigrette

-add chicken breast \$2.50 | add salmon \$3.50

STRAWBERRY QUINOA SALAD \$11.25

Spinach, spring mix, quinoa, strawberries, feta cheese, raisins, walnuts w/ balsamic vinaigrette dressing

-add chicken breast \$2.50 | add salmon \$3.50

CHINESE CHICKEN SALAD \$12.25

Chicken breast, Romaine, shredded napa cabbage, carrots, sliced almonds, edemame, mandarin oranges, crispy noodles w/ ginger sesame vinaigrette dressing

COOL & TASTY

WESTWOOD CALI - SM \$10.49 | LG \$12.49

Turkey, bacon, cheddar, avocado, tomato, organic arugula, mayo on wheat bread

ALLEN'S TUNA - SM \$10.49 | LG \$12.49

Albacore tuna salad, avocado, swiss, organic arugula, spinach, tomato, pickled onions on jalapeno cheddar bread

LIL SIS CHICKEN BACON- SM \$10.49 | LG \$12.49

Chicken salad, cheddar, bacon, pesto aioli, pickled onions, tomato, lettuce on rosemary olive oil bread

TURKEY GOUDA - SM \$10.49 | LG \$12.49

Turkey, salami, gouda, avocado, organic arugula, lettuce, pepper aioli, tomato on rosemary olive oil bread

MAMA MIA - SM \$10.99 | LG \$12.99

Ham, salami, mortadella, provolone, lettuce, tomato, cucumber, pickled onions, herb aioli, drizzle of vinaigrette on hoagie roll

BLT & AVO - SM \$10.49 | LG \$12.49

Bacon, avocado, sun-dried tomato aioli, lettuce, tomato on sourdough

THAI CHICKEN WRAP- \$11.75

Chicken breast, nappa cabbage, romaine, cilantro, slivered almonds, shredded carrots, edamame, crunchy noodles, thai peanut sauce in a wrap (spinach, wheat or flour)

HEALTHY BOWL

CHICKEN \$11.99 | SALMON \$13.99 | BEYOND MEAT \$12.99

brown rice or quinoa, corn, black beans, guacamole, salsa fresca & chipotle crema

HOT & DELICIOUS

TURKEY APPLE BRIE - SM \$10.49 | LG \$12.49

Turkey, brie, granny smith apples, whole cranberry sauce, drizzle of balsamic glaze on sourdough

CHICKEN ARTICHOKE PANINI - SM \$10.49 | LG \$12.49

Chicken, artichoke tapenade, jack, tomato, roasted garlic aioli, drizzle of vinaigrette on hoagie roll

ROAST BEEF PANINI - SM \$10.99 | LG \$12.99

Roast beef, havarti, green chili tapenade, pickled onions, creamy horseradish aioli, au jus dip on hoagie roll

RANCH CHIPOTLE CHICKEN - SM \$10.49 | LG \$12.49

Chicken, bacon, jack cheese, pickled onions, tomato, ranch chipotle aioli on hoagie roll

CHICKEN SUPREME - SM \$10.49 | LG \$12.49

Chicken, avocado, provolone, tomato, red onions, drizzle of vinaigrette, sun dried tomato aioli on sourdough

FLATBREAD PIZZA

PEPPERONI - \$11.49

CAPRESE - \$11.49

Fresh mozzarella, tomato, pesto sauce, garlic aioli, organic arugula & balsamic glaze

BBQ CHICKEN - \$11.49

Chicken breast, mozzarella, bbq sauce, red onions & cilantro

RULA - SM \$10.75 | LG \$12.75

Chicken, prosciutto, fresh mozzarella, tomato, pesto aioli, balsamic glaze on rosemary olive oil bread

HAMPENO - SM \$10.49 | LG \$12.49

Ham, avocado, tomato, cheddar, pickled onions, jalapenos, chipotle aioli on jalapeno cheese bread

REUBEN - SM \$10.49 | LG \$12.49

Tender pastrami, sauerkraut, swiss cheese, 1000 island dressing, on New York corn rye bread

TUSCANY TURKEY - SM \$10.49 | LG \$12.49

Turkey, jack cheese, arugula, sun-dried tomatoes, pesto aioli on sourdough

BBQ CHICKEN SUB - SM \$10.49 | LG \$12.49

BBQ Chicken, mozzarella, cilantro, red onions on a hoagie roll

VEGETARIAN

SM. \$9.75

LG. \$11.75

CAPRESE PANINI

Fresh mozzarella, pesto aioli, arugula, tomato, roasted garlic aioli, balsamic glaze on rosemary olive oil bread

GROWN UP GRILLED CHEESE

cheddar, havarti & gouda cheese on sourdough bread
**Add turkey, ham or bacon for \$1.75

DOWN TO EARTH (Vegan)

Avocado, spring mix, red onions, bell peppers, tomatoes, cucumbers, olives, on rosemary olive oil bread

BREAKFAST

**Cage Free Eggs!*

MORNING BREAKFAST \$5.75

Egg, cheddar w/ Choice of: ham, turkey, sausage or bacon. Choice of: brioche, croissant or bagel

BACON HAVARTI \$7.49

Bacon, Egg, Havarti cheese, sun-dried tomato aioli, organic arugula on brioche

URBAN VEGGIE \$6.29

Egg, spinach, cream cheese, roasted red pepper on everything bagel

CINNFULL \$6.99

Cinnamon roll stuffed w/ bacon & cream cheese

HEALTHY RISER \$6.99

All natural turkey, egg whites, swiss cheese, spinach, sun dried aioli on wheat bread

BREAKFAST CLUB \$8.75

Bacon, egg, avocado, fresh mozzarella, organic arugula, pesto aioli on brioche

BREAKFAST BOWL \$7.49 (KETO, GF)

2 cage-free steamed eggs, bacon, aged cheddar, avocado & organic arugula

HEALTHY BOWL \$8.99 (KETO, GF)

all natural turkey, 2 steamed eggs, spinach, cherry tomatoes, organic arugula, fresh mozzarella & avocado drizzle of pesto

BAGEL & LOX \$9.89

Salmon lox, cream cheese, red onions, tomatoes, capers on bagel

BAGELS W/ CREAM CHEESE \$3.50

Plain, everything, cinnamon raisin, jalapeno cheddar

TOAST

**Artisan sourdough toast!*

ELMISA TOAST \$8.99 Avocado Toast

fresh avocado spread, hard boiled egg, feta cheese, tomatoes, cucumbers, dry mint & evoo

PROSCIUTTO & FIG TOAST \$11.99

Prosciutto, fig jam, avocado, goat cheese, figs and drizzle of balsamic glaze

NYC TOAST \$11.99

cream cheese spread, salmon lox, red onions, tomatoes, capers

MEDI TOAST \$10.49

kefir cheese spread, tomatoes, cucumbers, zatar (imported thyme, sesame seeds & EVOO), olives, dry mint & evoo

VEGAN TOAST \$8.99

fresh avocado spread, tomatoes, cucumbers, arugula, bell peppers, dry mint & evoo

BLT TOAST \$9.49

fresh avocado spread, bacon, hard boiled egg, tomatoes, shredded lettuce

NUTELLA TOAST \$8.99

nutella, fresh bananas & strawberries, coconut flakes