

\*Hot or Iced

# COFFEE & TEA

## HANDCRAFTED ESPRESSO

	<u>12oz</u>	<u>16oz</u>	<u>20oz</u>
<b>Cafe Americano</b> espresso & hot water	3.75	4.00	4.25
<b>Hammer Head</b> brewed coffee & espresso	4.25	4.50	4.75
<b>Cafe Latte</b> espresso & steamed milk	4.50	5.25	5.75
<b>Cappuccino</b> espresso & steamed milk w/ froth	4.50	5.25	5.75
<b>Cafe Mocha</b> espresso, steamed milk, chocolate, whipped cream	5.00	5.50	6.00
<b>Mex Mocha</b> espresso, steamed milk, Mex choco, whipped cream	5.00	5.50	6.25
<b>White Mocha</b> espresso, steamed milk, white choco, whipped cream	5.00	5.50	6.25
<b>Vanilla, Caramel or Hazelnut Latte</b>	5.00	5.50	6.25
<b>Maple Cinnamon Latte</b> latte w/ cinnamon w/ maple syrup	5.00	5.50	6.00

## LIVE LONG LATTES

	<u>16oz</u>
<b>Vanilla Collagen Latte</b> espresso, steamed milk, vanilla & collagen	6.50
<b>Rose Maple Latte</b> latte w/ rose water & maple syrup	6.50
<b>MCT Matcha Latte</b> steamed milk w/ matcha & MCT Oil	6.50
<b>Mushroom Honey Latte</b> latte w/ mushroom powder & Honey	6.50

## SIGNATURE ESPRESSO DRINKS

	<u>12oz</u>	<u>16oz</u>	<u>20oz</u>
<b>Coconut Caramel Macchiato</b> espresso, steamed milk, caramel & coconut syrup, coconut flakes & caramel sauce	5.25	5.75	6.25
<b>Tuxedo Mocha</b> espresso, steamed milk, chocolate & white chocolate & whipped cream	5.25	5.75	6.25
<b>Cafe Viennese</b> espresso, steamed milk, honey & cinnamon	5.25	5.75	6.25
<b>Peanut Butter &amp; Chocolate Mocha</b> espresso, steamed milk, peanut butter, chocolate, whipped cream, chocolate sauce	5.25	5.75	6.25

## COFFEE

	<u>12oz</u>	<u>16oz</u>	<u>20oz</u>
<b>Fresh Brewed</b>	3.25	3.50	4.00
<b>Iced Coffee</b>	3.75	4.25	4.75

## BLENDED FRAPP

	<u>12oz</u>	<u>16oz</u>	<u>20oz</u>
<b>Mocha</b>	5.50	6.00	6.50
<b>Chocolate Peanut Butter</b>	5.50	6.00	6.50
<b>Matcha</b>	5.50	6.00	6.50
<b>Caramel</b>	5.50	6.00	6.50

## COLD BREW

	<u>12oz</u>	<u>16oz</u>	<u>20oz</u>
<b>Cold Brew</b>	4.50	5.00	5.50
<b>Vietnamese Cold Brew</b>	5.00	5.50	6.00
<b>Honey Cinnamon Oat Milk</b>	5.00	5.50	6.00

## TEA - CHAI

	<u>12oz</u>	<u>16oz</u>	<u>20oz</u>
<b>Brewed Tea</b>		3.25	
<b>Honey Bear Tea Latte</b>	5.25	5.75	6.25
<b>Chai Tea Latte</b>	5.25	5.75	6.25
<b>Matcha</b>	5.25	5.75	6.25
<b>Ginger Lemon Honey Tea</b>		5.25	

## SMOOTHIES

### **BANANA RED & BLUE \$7.75**

bananas, blueberries, strawberries & apple juice

### **HAWAIIAN BREEZE \$7.75**

mango, banana, pineapple & apple juice

### **RASPBERRY BREEZE \$7.75**

raspberry, strawberry, mango & apple juice

### **PROTEIN BLAST \$9.25**

blueberry, banana, strawberry, protein & almond milk

### **GREEN & LEAN \$10.25**

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

### **ACAI SMOOTHIE \$9.75**

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

## ACAI BOWLS

### **RB BOWL \$9.99**

fresh bananas, strawberries, almond granola & coconut flakes

### **POWER BOWL \$10.99**

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

### **NUTTY BOWL \$10.99**

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

### **SUPER BOWL \$10.50**

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

**ADD TO ANY SMOOTHIE OR BOWL \$1.50**

almond butter, bee pollen, chia seeds, peanut butter, almond milk, fresh spinach, turmeric, acai, almond granola, protein powder, MCT Oil, mushroom powder  
Collagen \$2.00

## FRESH SALADS

*\*Make your salad a wrap!*

\*add chicken breast \$3.00 | add salmon \$4.00

### SANTORINI GREEK SALAD \$12.99

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

### ELMISA SALAD \$14.49

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 \$14.49

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

### BURRATA PROSCIUTTO SALAD \$15.49

Burrata, prosciutto, spring mix, cherry tomatoes, red onions w/salt, pepper, lemon juice & balsamic glaze

### UP BEET SALAD \$12.99

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

### STRAWBERRY QUINOA SALAD \$12.99

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

### CHINESE CHICKEN SALAD \$13.99

Chicken breast, Romaine, shredded napa cabbage, carrots, sliced almonds, edamame, mandarin oranges, crispy noodles w/ homemade chinese dressing

## COOL & TASTY

*\*Boar's Head*

### WESTWOOD CALI - SM \$11.99 | LG \$13.99

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

### ALLEN'S TUNA - SM \$11.99 | LG \$13.99

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

### LIL SIS CHICKEN BACON- SM \$11.99 | LG \$13.99

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

### TURKEY GOUDA - SM \$11.99 | LG \$13.99

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

### MAMA MIA - SM \$12.49 | LG \$14.49

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

### BLT & AVO - SM \$11.99 | LG \$13.99

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

### THAI CHICKEN WRAP - \$13.25

Chicken breast, nappa cabbage, romaine, cilantro, slivered almonds, shredded carrots, edamame, crunchy noodles, homemade thai peanut sauce in a wrap

### FETA CHICKEN WRAP - \$13.25

Chicken breast, feta, tomato, cucumber, olives, spring mix, artichoke, red onions in a wrap

# HOT & DELICIOUS

*\*Boar's Head*

## **TURKEY APPLE BRIE - SM \$11.99 | LG \$13.99**

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

## **CHICKEN ARTICHOKE PANINI -SM \$11.99 | LG \$13.99**

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

## **ROAST BEEF PANINI -SM \$12.49 | LG \$14.49**

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

## **RANCH CHIPOTLE CHICKEN -SM \$11.99 | LG \$13.99**

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

## **CHICKEN SUPREME - SM \$11.99 | LG \$13.99**

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

## **SPINACH TUNA MELT -SM \$11.99 | LG \$13.99**

Albacore tuna, fresh spinach, red onions, cheddar cheese & tomato on rosemary olive oil bread

# HEALTHY BOWL

## **CHICKEN \$13.99 | SALMON \$14.99 BEYOND MEAT \$13.99**

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

## **RULA - SM \$12.25 | LG \$14.25**

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

## **HAMPENO - SM \$11.99 | LG \$13.99**

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

## **REUBEN - SM \$12.25 | LG \$14.25**

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

## **TUSCANY TURKEY - SM \$11.99 | LG \$13.99**

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

# VEGETARIAN

## **CAPRESE PANINI SM \$10.99 | LG \$12.99**

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

## **GROWN UP GRILLED CHEESE LG \$11.49**

Cheddar, havarti & gouda cheese on sourdough bread

## **DOWN TO EARTH (Vegan) SM \$10.99 | LG \$12.99**

Avocado, red onions, bell peppers, tomatoes, cucumbers, olives, arugula, & spinach on toasted rosemary olive oil bread

# BREAKFAST

*\*Cage Free Eggs!*

## MORNING BREAKFAST \$6.99

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

## BACON HAVARTI \$8.99

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

## URBAN VEGGIE \$7.99

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

## BAGEL & LOX 10.99

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

## HEALTHY RISER \$8.99

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

## BREAKFAST CLUB \$9.75

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

## BREAKFAST BOWL \$8.99 (KETO, GF)

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

## HEALTHY BREAKFAST BOWL \$9.99 (KETO, GF)

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

## CINNFULL \$7.99

Cinnamon roll stuffed w/ bacon & cream cheese

## BAGELS W/ CREAM CHEESE \$4.50

Plain, everything, cinnamon raisin, or jalapeno cheddar

# TOAST

*\*Artisan sourdough toast!*

## ELMISA \$10.49

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

## PROSCIUTTO & FIG \$12.99

Prosciutto, fig jam, avocado, goat cheese, & drizzle of balsamic glaze

## HEY HONEY BURRATA \$13.99

fresh avocado spread, arugula, prosciutto, fresh burrata cheese, honey & red pepper flakes

## MEDI \$11.49

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

## VEGAN 10.49

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

## BABY CHERRY BURRATA \$13.99

prosciutto, burrata cheese, seasoned cherry tomato, pesto, fresh basil & balsamic glaze

## BLT \$10.99

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

## NUTELLA \$9.99

nutella, fresh bananas, strawberries, & coconut flakes

## NYC \$13.99

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