

WELLNESS BOWLS

AÇAI BOWL 22 v gf n

açai, house-made granola, banana, blueberries, Harry's Berries strawberries

OVERNIGHT OATS 19 v qf n

flax seeds, chia seeds, blueberries, goji berries, toasted coconut, almond milk

GREEK YOGURT PARFAIT 19 v gf

Straus Farms Greek yogurt, papaya, kiwi, hemp seed granola, Flamingo Estate raw honey. banana

MARKET FRUIT & BERRIES 20

from our local Santa Monica Farmers Market partners

TOASTS

ADD 2 EGGS ANY STYLE +6 | BACON +5

AVOCADO 20 V

Hass avocado, sunflower seed salsa macha, cilantro, pickled shallot, seeded wheat bread $\,$

SB SMOKED SALMON 24

Santa Barbara Smokehouse salmon, pickled mustard seed, whipped labneh, preserved lemon, capers, open-faced bagel

SEASONAL FRUIT TOAST 18 vg n

Bellwether Farms whipped ricotta, Central Coast pistachio pesto, arugula, sourdough

WELLNESS FAVORITES

PROPER BREAKFAST 35

two pasture raised eggs any style, sprouted hash brown, avocado, sautéed kale, toast, choice of chicken apple sausage or bacon, choice of juice or drip coffee

POWER OMELET 25 gf

egg whites, Kenter Canyon Farms kale, forest mushrooms, goat cheese, sprouted seed hash brown, shaved asparagus salad, choice of toast

MEDITERRANEAN EGGS 27

shakshuka sauce, poached egg, sautéed kale, fresh herb salad, seeded country bread

CALIFORNIA CLASSICS

BREAKFAST BURRITO 23

scrambled eggs, chorizo, crispy potatoes, queso Chihuahua, fire roasted salsa, Hass avocado $\,$

WHOLE GRAIN PANCAKES 22 gf n

almond butter, banana, blueberries, toasted hemp seed granola, maple syrup

SIDES

ORGANIC HALF AVOCADO +8

SAUTEED TUSCAN KALE +5

SPROUTED SEED HASHBROWN +8

SB SMOKED SALMON +10

NUESKE APPLEWOOD SMOKED BACON +10

CHICKEN APPLE SAUSAGE +8

BREAD SELECTION \$8

served with cultured butter & seasonal jam, choice of sourdough, seeded whole wheat, or rye

WELLNESS JUICES

SUNSHINE 16

orange, apple, aloe vera, turmeric, lemon, black pepper supports immune & digestive health

MORNING GREENS 16

cucumber, celery, spinach, lemon, kale, parsley immune system reboot & boosts energy

BEETLE 16

apple, lemon, ginger, beet powerful anti-inflammatory & supports immune system

SWEET CITRUS 16

apple, pineapple, lemon, mint supports immune & digestive health

JUICES 8

choice of orange, grapefruit, or pineapple

MORNING PASTRIES

SERVED WITH ALAIN MILLIAT JAM AND SEA-SALTED BUTTER

DATE & CARDAMOM LOAF 9 gf vg n

SEASONAL MORNING MUFFIN 9 vq n

RAW SUPERFOOD GRANOLA BAR 10 v n

BUTTER CROISSANT 8 vg n

SURYA BREAD 19 gf df n

seasonal jam, toasted almonds, wild flower honey, banana

FRESH SMOOTHIES

BLENDED WITH YOUR CHOICE OF PLANT-BASED MILK: ALMOND, COCONUT, OR OAT MILK

PACIFIC BLUE 16 v gf

blue spirulina, coconut, dates, pineapple, blueberries, banana

SUPER GREENS 16 v gf

banana, baby spinach, green superfood, young coconut meat

MUSCLE BEACH 16 v gf n

Form chocolate peanut vegan protein powder, maca, banana

AMAZON BERRY 16 v gf n

açai, banana, market berries, bee pollen, coconut, raw honey

STRAWBERRY GLOW 16 v gf

Moon Juice collagen powder, strawberries, coconut, banana

ORGANIC POWDER ADD-INS

$\textbf{FORM VANILLA VEGAN PROTEIN POWDER +6} \ v \ gf$

MOON JUICE COLLAGEN POWDER +6 v gf

supports muscle and bone health, improves skin health, improves hydration, supports natural collagen production, plant-based

AMAZING GRASS GREENS BLEND SUPERFOOD +4 v gf

supports digestive health & immunity source of energy, vitamins, fibers & antioxidants

NAVITAS MACA SUPERFOOD +6 v gf

increases stamina & energy regulates mood, sleep & metabolism

 $v \mid vegan$ $gf \mid gluten free$ $vg \mid vegetarian$ $n \mid contains nuts$ $df \mid dairy free$ $rf \mid raw fish$



SURYA SPA AYURVEDIC BLENDS

Our exclusive Ayurvedic Lattes are specially curated by Surya Spa's founder and western leader of Ayurvedic Medicine, Martha Soffer. Ayurveda is a comprehensive system of health and well-being, born in India over 10,000 years ago. Practices such as yoga, meditation and natural medicine all work together to create balance and health in body, mind and spirit.

BRAINPOWER LATTE 14

Quicken the mind and strengthen your memory. A latte for productivity, made with natural Herbs.

BRAHMI • DANDY BLEND • SUPERFOOD CREAMER

Served with milk of your choice. Sweetened upon request with organic date sugar from Coachella Valley

WHOLE BODY ENERGY LATTE 14

Enhance and enliven without caffeine.
A latte for full body energy, made from Adaptogenic herbs and mushrooms.

CORDYCEPS • ASHWAGANDHA • KAPIKACCHU • DANDY BLEND • SUPERFOOD CREAMER

Served with milk of your choice. Sweetened with organic date sugar from Coachella Valley

HEALING HOT CHOCOLATE 14

Bold and creamy cacao to enrich the body & Mind. A heart-opening latte, made with healing Antioxidants.

CACAO • CINNAMON • CHAGA • CORDYCEPS • LION'S MANE • MAITAKE

Served with milk of your choice. Sweetened with organic date sugar from Coachella Valley

MIGHTY TURMERIC LATTE 14

Warming, energizing, and deeply nourishing. A grounding latte, made with anti -inflammatory plant medicine.

TURMERIC • GINGER • ASTRAGALUS • TULSI • PEPPER

Served with milk of your choice.

AYURVEDIC DETOX TEA 13

a revitalizing tea that cleanses and detoxifies while aiding digestion, metabolism and immunity.

CUMIN SEED • CORIANDER SEED • FENNEL SEED

from Mountain Rose Herbs

CAFFÈ

FROM OUR FRIENDS AT COUNTER CULTURE SERVED WITH YOUR CHOICE OF MILK

ESPRESSO 6

AMERICANO 6

CAPPUCCINO 7

LATTE 7

TEA 6

FROM OUR FRIENDS AT TEALEAVES ORGANIC SERVED WITH ALAIN MILLIAT HONEY & LEMON

- FNGLISH BREAKFAST
- LONG LIVE GREEN
- EARL GREY WITH LAVENDER
- PEPPERMINT
- CHAMOMILE
- MONSOON CHAI
- LONG LIVE OOLONG
- MANIFEST

Brought to you by Art of Tea Peppermint, Spearmint, Sage, Lavender