

# PALMA

## BREAKFAST

Palma is guided by the seasons and rooted in Southern California's bounty. Working closely with local farmers and purveyors, our chefs select ingredients at their peak to reflect our coastal landscape. We source responsibly raised, non-GMO meats and sustainably caught seafood. Our kitchen cooks exclusively with non-seed oils, including avocado and olive oil.

### WELLNESS BOWLS

#### SEEDED OVERNIGHT OATS 20 v gf n

Flaxseed, Chia, Blueberries, Goji Berries, Toasted Coconut, Almond Milk

#### GREEK GODDESS YOGURT PARFAIT 20 gf n

Greek Yogurt, Sumac, Farmers Market Berries, Banana, Granola, Flamingo Estate Raw Honey

#### FRUIT & BERRIES 21

Featuring Local Santa Monica Farmers Market Partners:

Beylik Farm | Harry's Berries | Munak Ranch  
Murray Family Farms | Terry Ranch

### TOASTS

ADD TWO ORGANIC EGGS ANY STYLE +6 | SMOKED SALMON +12

#### AVOCADO 22 v

Avocado, Charcoal Sourdough, Arugula, Crispy Shallots, Garlic & Pepita Crumble

#### SMOKED SALMON 30

Smoked Salmon, Pickled Mustard Seed, Herbed Labneh, Preserved Lemon, Capers, Bagel

#### PROPER FRENCH TOAST 28 vg n

Tres Leches, Berry Rose Compote, Toasted Macadamia Nuts, Whipped Mascarpone

### WELLNESS FAVORITES

#### MORNING RITUAL 38

*Designed To Promote Microbiome Health*

Two 7-Minute Eggs, Roasted Sweet Potato, Pickled Vegetable, Mixed Greens, Avocado, Organic Maple Vinaigrette z  
*served with house chicken bone broth*

#### PROPER BREAKFAST 36

Two Eggs Any Style, Sprouted Hash Brown, Avocado, Sautéed Tuscan Kale, Toast  
*choice of chicken apple sausage, bacon & choice of juice or drip coffee*

#### POWER OMELET 28

Egg Whites, Kale, Mushrooms, Goat Cheese, Arugula Frisée  
*choice of toast*

#### MEDITERRANEAN EGGS 30 df

Shakshuka, Poached Egg, Sautéed Tuscan Kale, Seeded Country Bread

### CALIFORNIA CLASSICS

#### BREAKFAST BURRITO 26

Scrambled Eggs, Chorizo, Crispy Potatoes, Queso Chihuahua, Fire-Roasted Salsa, Avocado

#### WHOLE GRAIN PANCAKES 26 n gf

Almond Butter, Banana, Blueberries, Toasted Hemp Seed, Granola, Maple Syrup

### SIDES

#### HALF AVOCADO +7

#### SAUTEED TUSCAN KALE +5

#### SPROUTED SEED HASHBROWN +9

#### SMOKED SALMON +12

#### APPLEWOOD SMOKED BACON +10

#### CHICKEN APPLE SAUSAGE +9

#### PRIME STEAK +28

#### TOAST +8

*choice of sourdough, seeded whole wheat, charcoal sourdough*

#### BAGEL & CREAM CHEESE +9

*choice of everything bagel or plain bagel*

### MORNING PASTRIES

*served with jam & butter*

#### DATE & CARDAMOM LOAF 10 gf df n

#### GLUTEN FREE MUFFIN 10 vg gf

#### RAW SUPERFOOD GRANOLA BAR 12 v n

#### BUTTER CROISSANT 8 vg

### WELLNESS JUICES

#### SUNSHINE 18

Orange, Apple, Aloe Vera, Turmeric, Lemon, Black Pepper  
*Supports immune & digestive health*

#### MORNING GREENS 18

Cucumber, Celery, Spinach, Lemon, Kale, Parsley  
*immune system reboot & boosts energy*

#### BEETLE 18

Apple, Lemon, Ginger, Beet  
*powerful anti-inflammatory & supports immune system*

### FRESH SMOOTHIES

BLEND WITH YOUR CHOICE OF PLANT-BASED ORGANIC MILK  
ALMOND, COCONUT, OAT

#### PACIFIC BLUE 20 v gf

*Bright Energy*

Blue Spirulina, Young Coconut, Dates, Pineapple, Blueberries, Banana

#### SUPER GREENS 20 v gf

*Daily Balance*

Spinach, Bloom Nutrition Greens & Superfood, Young Coconut, Killa  
Vanilla Ice Cream, Dates, Vanilla Protein Powder

#### MUSCLE BEACH 20 v gf n

*Strength & Recovery*

Form Nutrition Chocolate Peanut Vegan Protein, Maca, Banana, Cacao Nibs, Young Coconut, Cinnamon, Royal Jelly Powder

#### AMAZON BERRY 20 v gf n

*Rich in Antioxidants*

Açaï, Banana, Bee Pollen, Young Coconut, Raw Honey, Beet Root

#### STRAWBERRY GLOW 20 v gf

*Radiance & Hydration*

Moon Juice Vegan Collagen Powder, Strawberry, Young Coconut, Banana, Dates, Beet Root

### FUNCTIONAL ADD-INS

#### BALANCE

##### COWBOY COLOSTRUM VANILLA COLD FOAM +5 gf

*enhances immune response, reduces inflammation, repairs gut lining*

##### AMAZING GRASS GREENS BLEND SUPERFOOD +4 v gf

*supports digestive health & immunity, source of vitamins, fiber & antioxidants*

#### ENERGY

##### FORM VANILLA VEGAN PROTEIN POWDER +6 v gf

*plant-based vegan protein & curcumin aids in muscle growth and recovery*

##### NAVITAS MACA SUPERFOOD +6 v gf

*increases stamina & energy, regulates mood, sleep & metabolism*

#### RADIANCE

##### MOON JUICE COLLAGEN POWDER +6 v gf

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

For parties of 6 or more guests, Santa Monica Proper adds a 20% service charge that goes directly to its colleagues. Warning: certain foods and beverages sold or served here can expose you to chemicals including Acrylamide in many fried or baked foods, and Mercury in fish, which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to [www.p65warnings.ca.gov/restaurant](http://www.p65warnings.ca.gov/restaurant). Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.



## BEVERAGE MENU

### 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 15

*Pre-work, Focus*

Brahmi, Dandy Blend, Superfood Creamer

#### WHOLE BODY ENERGY LATTE 15

*Pre-Workout*

Cordyceps Ashwaganda, Kapikacchu, Dandy Blend, Superfood Creamer

#### MIGHTY TURMERIC LATTE 15

*Recovery, Inflammation*

Tumeric, Ginger, Astragalus, Tulsi, Pepper

#### HEALING HOT CHOCOLATE 15

*Cognitive Function*

Cacao, Cinnamon, Chaga, Cordyceps, Lion's Mane, Maitake

### SIGNATURE TEAS

#### SMART MATCHA LATTE BY **autonomy**<sup>®</sup> 10

AWAKEN YOUR MIND WITH SUSTAINED CLARITY AND ENERGY. AN ADAPTOGENIC LATTE FOR LASTING VITALITY, CRAFTED BY MICHELIN-TRAINED CHEF, PATRICK DRAKE

Organic Matcha, Lion's Mane, Reishi Cordyceps, Madagascar Vanilla, Macadamia Cashew, Almond

#### AYURVEDIC DETOX BY MOUNTAIN ROSE HERBS 14

Cumin Seed, Coriander Seed, Fennel Seed

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

### CAFÈ

*FROM OUR FRIENDS AT COUNTER CULTURE*

*SERVED WITH YOUR CHOICE OF MILK*

ESPRESSO 7

AMERICANO 7

CAPPUCCINO 8

LATTE 8

MOCHA 8

COLD BREW 9

HOT CHOCOLATE 8

### TEAS

ENGLISH BREAKFAST 7

LONG LIVE GREEN 7

EARL GREY WITH LAVENDER 7

PEPPERMINT 7

CHAMOMILE 7

MONSOON CHAI 7

LONG LIVE OOLONG 7