SANTA MONICA, CA

# Palma

BREAKFAST MENU

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 FAVORITES

### MORNING RITUAL

38 DF

Two 7-Minute Eggs, Roasted Sweet Potato, Pickled Vegetable, Ancient Grain, Avocado, Kimchi Scallions
Served with house chicken bone broth

*Designed to Promote Microbiome Health*
**no substitutions*
480 *cal*

MARKET FRUIT 150 *cal* 22 V
*Featuring Local Santa Monica Farmers Market Partners:*
Baron Family Farms, Harry's Berries, Munak Ranch
Murray Family Farms, Terry Ranch, Weiser Farm

CHIA KEFIR PUDDING 340 *cal* 20 V GF N
Blueberries, Goji Berries, Flaxseed, Granola
Coconut, Mint

GREEK GODDESS 380 *cal* 23 GF N
YOGURT PARFAIT
Greek Yogurt, Sumac, Farmers Market Berries
Banana, Granola, Flamingo Estate Raw Honey

PROPER BREAKFAST 720 *cal* 38
Two Eggs Any Style, Sprouted Hash Brown
Avocado, Sautéed Tuscan Kale
*served with a choice of toast, Nueske's bacon or chicken apple sausage & juice or drip coffee*

POWER OMELET 380 *cal* 29
Egg Whites, Kale, Mushrooms, Goat Cheese
Market Greens
*served with a choice of toast*

MEDITERRANEAN EGGS 440 *cal* 30 DF
Shakshuka, Poached Egg, Sautéed Tuscan Kale
Seeded Country Bread

## MORNING PASTRIES

*served with jam & butter*

DATE & CARDAMOM LOAF 220 *cal* 10 GF DF N
GLUTEN FREE MUFFIN 200 *cal* 10 VG GF
RAW SUPERFOOD GRANOLA BAR 240 *cal* 12 V N
BUTTER CROISSANT 280 *cal* 8 VG

## TOASTS

ADD-ONS
*two organic eggs any style +6*
*smoked salmon +12*
*Nueske's bacon +11*

AVOCADO 420 *cal* 29 V
Radish, Salsa Macha, Cilantro
Sprouts, Country Sourdough

SMOKED SALMON 480 *cal* 30
Cucumbers, Dill, Cream Cheese
Red Onion, Capers, Everything Bagel

## CALIFORNIA CLASSICS

BREAKFAST BURRITO 680 *cal* 29
Scrambled Eggs, Chorizo, Crispy Potatoes
Queso Chihuahua, Fire-Roasted Salsa, Avocado

WHOLE GRAIN PANCAKES 620 *cal* 26 GF N
Almond Butter, Banana, Granola, Maple Syrup

## SIDES

HALF AVOCADO +8
SAUTÉED TUSCAN KALE +5
SPROUTED HASH BROWN +9
SMOKED SALMON +12
NUESKE'S BACON +11
CHICKEN APPLE SAUSAGE +10
STEAK +18
TOAST +10
*choice of sourdough or seeded whole wheat*
BAGEL & CREAM CHEESE +10
*choice of everything bagel or plain bagel*

ORGANIC CHICKEN BONE BROTH 12
45 *cal*
Steeped with Organic Aromatics, Served with Lemon and Thyme

(V) VEGAN (GF) GLUTEN FREE (VG) VEGETARIAN (DF) DAIRY FREE (RF) RAW FOOD (N) CONTAINS NUTS

*Calorie Disclaimer: Calorie counts may vary by up to 15% due to the natural variation in our organic, locally sourced ingredients. We source from local farms and purveyors, and no two harvests are identical.*

*For parties of 6 or more guests, Santa Monica Proper adds a 20% service charge that goes directly to its colleagues. Some foods and beverages served here may contain trace elements found naturally in the environment, which are known to the State of California to cause cancer or reproductive harm. Learn more at www.P65Warnings.ca.gov.*

## 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, Ashwagandha Kapikacchu, Dandy Blend, Superfood Creamer

HEALING HOT CHOCOLATE 15
*Cognitive Function* - Cacao, Cinnamon, Chaga Cordyceps, Lion's Mane, Maitake

## CAFÉ

*from our friends at Counter Culture served with your choice of milk*

| | |
|---|---|
| ESPRESSO | 8 |
| AMERICANO | 8 |
| CAPPUCCINO | 9 |
| LATTE | 9 |
| MOCHA | 9 |
| COLD BREW | 9 |
| HOT CHOCOLATE | 8 |

## TEAS

*from our friends at Tea Leaves served with your choice of milk*

| | |
|---|---|
| ENGLISH BREAKFAST | 8 |
| LONG LIVE GREEN | 8 |
| EARL GREY WITH LAVENDER | 8 |
| PEPPERMINT | 8 |
| CHAMOMILE | 8 |
| MONSOON CHAI | 8 |

## 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*

## SIGNATURE TEAS

NEKOHAMA MATCHA 12
*A single-origin, ceremonial-grade organic green tea harvested on the volcanic island of Kyushu, Japan.*

SMART MATCHA LATTE BY autonomy 10 N V
Organic Matcha, Lion's Mane, Reishi, Cordyceps
Madagascan Vanilla, Macadamia, Cashew, Almond
*Awaken Your Mind With Sustained Clarity and Energy.*
*An Adaptogenic Latte for Lasting Vitality, Crafted by Michelin-Trained Chef, Patrick Drake.*

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.*

## FRESH SMOOTHIES

*blended with your choice of plant-based organic almond, coconut, or oat milk*

PACIFIC BLUE 310 *cal* 20 V GF
*Bright Energy* - Blue Spirulina, Young Coconut, Dates Pineapple, Blueberries, Banana

SUPER GREENS 680 *cal* 20 V GF
*Daily Balance* - Spinach, Bloom Nutrition Greens & Superfood, Young Coconut, Killa Vanilla Ice Cream, Dates Vanilla Protein Powder

MUSCLE BEACH 230 *cal* 20 V GF N
*Strength & Recovery* - Form Nutrition Chocolate Peanut Vegan Protein, Maca, Banana, Cacao Nibs, Young Coconut Cinnamon, Royal Jelly Powder

AMAZON BERRY 370 *cal* 20 GF
*Rich in Antioxidants* - Açai, Banana, Mixed Berries Young Coconut, Raw Honey, Beet Root

STRAWBERRY GLOW 270 *cal* 20 GF
*Radiance & Hydration* - Moon Juice Vegan Collagen Powder Strawberry, Young Coconut, Banana, Dates, Beet Root

## FUNCTIONAL ADD-INS

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.*

Navitas Maca Superfood +6 V GF
*increases stamina & energy*
*regulates mood, sleep & metabolism.*

Form Vanilla Vegan Protein Powder +5 V GF
*plant-based vegan protein & curcumin aids in muscle growth and recovery.*

Moon Juice Collagen Powder +6 V GF
*supports muscle and bone health*
*improves skin health, hydration*
*supports natural collagen production*
*plant-based.*

Equip Protein Powder +6 GF
*a clean, grass-fed beef protein powder with 21g of protein plus collagen for gut, skin, and joint support.*

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