

BREAKFAST

Serving Fresh, Natural, Sustainable + Organic Delectables Since 2002

Service Included

all prices include service, no gratuity is expected

Disposable Tableware + Glasses

for your safety, we will review this in the future

Early Bird Special 8-9 am 11.95

two eggs any way, hash browns, toast, coffee (substitute espresso 2)

Bubbles

Mimosa 13 *(Bottomless 30 - Saturday + Sunday Only).*

Michelada 9

Healthy Start

Fresh Squeezed Orange Juice 7.5

Large Mixed Fruit 12

Pumpkin Seed Granola 17

low fat yoghurt, strawberries, banana, toasted almonds

The Benedicts 18

*two poached eggs, english muffin, hollandaise, roasted potatoes or salad
choice of: smoked salmon, canadian bacon, ham or spinach / tomato*

Solid Goods

Classic Breakfast 15

2 eggs any style, toast, choice of hash browns, fruit or salad

Omelettes 18

three options, toast, choice of hash browns, fruit or salad. egg whites +2

Power Breakfast 21

2 eggs, chicken breast, avocado, roast tomatoes, arugula, lemon, toast

Huevos Rancheros 19

2 eggs, black beans, avocado, queso fresco, jalapeno lime aioli, soft or fried tortillas

Steak n Eggs 21

sliced flank steak, roast tomatoes, spinach, potatoes, toast

Avocado Toast 15

tomato, chives, balsamic dressing on focaccia. add feta or bacon 3

Smoked Salmon Toast 17

tomato, chives, creme fraiche on focaccia

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Burritos Or Bowls (Your Choice)

Bacon Hash 17

peppers, onions, russet potato, cheddar, fried egg

Workout Reward 17

2 eggs, tater tots, avocado, caramelized onions, mushrooms, arugula

Chilaquiles 17

2 eggs, carnitas, black beans, cilantro, radish, sour cream, pico de gallo

El Sancho 17

2 eggs, tater tots, chorizo, pico de gallo, queso, jalapeno lime aioli

Morning Bird 17

2 eggs, chicken breast, roast potato, feta, kale, pesto

From The Flat Top

comes with butter, maple syrup and choice of preserve

Flapjacks 11

Cereal Killers 14 *cornflake crusted french toast with syrup, butter + grape jelly 12*

French Toast 12

Sandwiches

Stud Muffins 17

egg, cheddar, sausage patty, kale, jalapeno lime aioli, english muffin

SK8 17

sourdough, bacon, cheddar, egg, lemon herb aioli, arugula

PBJ 11

grape jelly, peanut butter, sourdough

Sides

hash browns, tater tots, roast red bliss potatoes 6

sausage, bacon, turkey bacon or sausage, canadian bacon 7

Beverages

Coffee, Espresso 4.5 (Dbl 5.5)

Latte, Cappucino, Mocha 5.5

English Breakfast, Earl Grey, Fresh Mint, White Tip Jasmine

Chamomile, Hot Chocolate 5

Passion Fruit Iced Tea, Sodas, Cranberry Juice 4

Freshly Squeezed Orange Juice 7

Fresh Lemonade, Arnold Palmer 4.5

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LUNCH + DINNER

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Appetizers

Shrimp 18

cherry tomato, chili de arbol oil, lemon, grilled focaccia

12 Piece All Natural Wings 19

tossed in buffalo, korean bbq, mango habanero, sweet chili with: ranch or blue cheese dressing

Crispy Calamari 16

jalapeno lime aioli

Grilled Artichoke 17

basil aioli

Cheesy Polenta Tots 14

marinara sauce

Carrot Tostado 3

carrot aioli, queso fresco, cilantro

Arugula Tostado 3

avocado, sweet onion, crema, queso seco

Radish Tostado 3

rosemary crema, lime pickled radish

Tomato Tostado 3

charred heirloom tomato jam, queso fresco, sweet onion

Soups *served with sourdough toast*

Organic Vegan Lentil Soup 12

Organic Chicken and Vegetable Soup 12

Roasted Tomato Soup *basil + olive oil* 12

Corn Chowder *chive + bacon* 12

Broccoli White Cheddar Soup 12

Chunky Beef + Potato Soup 12

Salads

add chicken breast 6 salmon or shrimp 9 add avocado 5

Grilled Veggie Chop 19

mixed greens, tomato, grilled zucchini, mushrooms, mozzarella, provolone, chickpeas, olives, red wine vinaigrette

Cobb Iceberg Lettuce Wedge 20

grilled chicken, tomatoes, blue cheese crumbles, bacon, chives, egg, blue cheese dressing.

Chinese Chicken 20

grilled chicken, red onion, wontons, peanuts, peas, red cabbage, carrots, sesame seeds, hoisin dressing

Pasta

gluten free penne sub

Spaghetti 14

pomodoro

Spaghetti 19

bolognese

Rigatoni 19

bolognese, ricotta

Sides

fries, mash, roast potatoes, steamed broccoli 6

sweet potato fries, 8

Arugula & Fennel 19

shaved parmesan, pine nuts, lemon dressing

Cheebo Chop 20

mixed greens, tomatoes, mozzarella, provolone, grilled chicken, salami, chickpeas, olives, red wine vinaigrette

Roast Beet + Quinoa 14

pears, arugula, feta, red wine vinaigrette

Caesar 16

romaine spears, shaved parmesan, croutons, caesar dressing

Bucatini 17

mushroom, spinach, roasted garlic cream, basil

Spaghetti 19

spicy shrimp, red pepper flakes, chicken broth, tomato

Gnocchi 19

goat cheese, forest mushrooms, chili flake, browned sage butter, parmesan

mac n cheese, sautéed spinach, mixed seasonal vegetables 8

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Entrées

Cedar Plank Salmon 29

mashed potato, spinach

Steak Frites 31

grilled 6oz. hanger steak, kale, cabernet demi, truffle fries

Chicken and Waffle 19

1/2 free range chicken, coated in our secret southern spices deep fried, served with a freshly toasted waffle and syrup.

Pizza

(1 ft slab)

Margherita 15

Truffle 18

mushroom, potato, provolone, mozzarella

Sausage n' Fennel 19

mozzarella, marinara, sage

Pizza Add Ons 2

pepperoni arugula spinach peppers jalapeno sausage olives bacon ham chicken shrimp mushrooms

Sandwiches

with fries or salad (sweet potato fries +2)

Cheebo Burger 19

6oz. patty, romaine, tomato, cheebo sauce, cheddar, brioche bun
(make it vegan)

Grilled Chicken Sandwich 19

cheddar, bacon, tomato, arugula, tarragon mayo

Buffalo Chicken 18

country fried, slaw, lemon-herb, pickles

Pulled Pork 18

roasted pepper, onion, provolone, whole grain mustard, brioche bun

Salmon Belly Sandwich 19

chicano rub, kimchi, pickled tomatillo, jalapeño, cilantro, lemon herb aioli

Fish & Chips 18

two pieces of our famous ale-battered pacific cod + crispy french fries
served with tartar sauce. (sweet potato fries +2)

Chicken Paillard 25

pears, fennel, arugula pear vinaigrette

Pan Roasted Chicken Breast 26

polenta, braised chicory, country mustard au jus

Pepperoni 19

Seasonal Veg 18

mixed vegetables, marinara, mozzarella

Smoked Salmon 20

cream cheese, chive, capers, lemon

The Blackstone 19

corned beef, smoked swiss, caramelized onions, sauerkraut, secret sauce,
rustic wheat

The Roxbury 19

turkey club, cheddar, bacon, tomato, arugula, lemon herb aioli, rustic sour-
dough

OG Chicken Salad Sandwich 18

organic chicken, heirloom tomato, arugula, lemon herb aioli, rustic sour-
dough/wrap

OG Tuna Salad Sandwich 18

cucumber, tomato, onion, mixed greens, lemon herb aioli, rustic sourdough/
wrap

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White + Rose Wine

Sauvignon Blanc 9 Glass 33 Bottle

la playa 2016, curico valley, chile

Pinot Grigio 10 Glass 37 Bottle

campagnola 2018, venetto, italy

Rose 13 Glass 49 Bottle

richemer 2016, languedoc, france

Chardonnay 13 Glass 49 Bottle

blanche pierre 2017, loire valley, france

Chardonnay 13 Glass 49 Bottle

true myth 2016, edna valley, california

Chardonnay 62 bottle

en route 2015, russian river valley, california

Red Wine

Malbec 10 Glass 37 Bottle

lque 2018, mendoza valley, argentina

Grenache-Syrah (ORGANIC) 14 Glass 53 Bottle

cristia ventoux 2017, rhone valley, france

Pinot Noir 14 Glass 53 Bottle

talbott kali hart 2017, monterey county, california

Cabernet Sauvignon 16 Glass 61 Bottle

eberle 2016, paso robles, california

Syrah 16 Glass 61 Bottle

morgan g17, santa lucia highlands, california

Pinot Noir 56 Bottle

j lohrr falcon perch (2018) monterey county, california

Grenache Noir 56 Bottle

les toiles fauves 2015, collioure, france

Bordeaux 68 Bottle

chateau malmaison 2008, bordeaux, france

Bordeaux 79 Bottle

rothschild chateau clarke 2012, bordeaux, france

Sparkling Wine + Champagne

Prosecco 14 Split

canella, conegliano, italy

Brut NV 11 Glass 41 Bottle

comte de ferrand, blanc de blancs, france

Champagne Brut Selection 90 Bottle

marc chauvet, rilly la montagne, france

Wine Cocktails

Red Sangria 9

fresh mixed berry, green apple, cabernet

White Sangria 9

mango, peach, chablis

Fresh Squeezed Orange Juice Mimosa 13

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Lo-Fi + Soju Cocktails 13

lo-fi amaro 20% abv - korean soju 19.5% abv

Hibiscus Margarita

Lo-Fi Hibiscus Amaro, soju, agave, fresh lime

Sojarita (Soju Margarita)

soju, fresh lime, agave

Hibiscus Spritzer

lo-fi hibiscus amaro, sparkling wine, fresh lemon

Draft Beer

Boomtown Pilsner 7

lager, los angeles, 5.6% abv

Bottled Beer

Hop Valley Citrus Mistress 8

citrus ipa, oregon, 6.2% abv

North Coast Golden Ale 8

belgian style ale, fort bragg, 7.9% abv

Sol Cerveza 8

mexican lager, mexico 4.5% abv

Peroni 8

lager, italy, 5.1% abv

Blue Moon 8

belgian style wheat ale, colorado, 5.4% abv

Firestone 805 8

american blonde ale, paso robles, 4.7% abv

Non Alcoholic Beverages

freshly-squeezed lemonade 4

san pellegrino sparkling water 5

panna spring water 5

sodas 3.5

bundaberg ginger beer 8

freshly squeezed orange juice 7

Arnold palmer 4

filter coffee 4

espresso 4 (dbl 5)

Grapefruit Paloma

lo-fi Amaro, thomas henry pink grapefruit soda

Sojudriver

soju, fresh squeezed orange juice

Moscow Sojule

soju, fresh lime, bundaberg ginger beer

Lagunitas IPA 8

ipa, petaluma, 6.2% abv

Deschutes Obsidian Stout 8

stout, oregon, 6.4% abv

Glutenberg 9

gluten-free blonde ale, canada, 4.5%

Clausthaler 8

non-alcoholic ale, germany

Ace Cider 8

blood orange cider, sonoma, 6.2% abv

Truly Hard Seltzer 8

rosé or wild berry, boston, 5% abv

latte 5

cappuccino 5

mocha 5

hot chocolate 5

passion fruit iced tea 3.5

english breakfast 4

earl grey 4

jasmine green 4