

Bowls



Acai bol 11.50

Grade A Acai scooped, fresh seasonal berries, homemade granola, honey, micro mint +Peanut Butter \$1

CocoChia Pudding 10.50

Chia seeds, coconut, passionfruit yoghurt, house-made granola, seasonal fruit (V, GF)



Blue Horizon 12.50

Palmys moothie base, E3 live blue algae, seasonal fruit, chia seeds, shredded coconut, hemp seeds, house-made granola (GF)

NFA Fruit Bowl 10

Fresh seasonal fruit



Toast



Simple 5

Butter, gams jam

Not your standard Avocado Toast 11

Sliced avocados, watermelon radish, pickled fresno chili, pepita seeds, chili oil, sea salt (V)

Egg & Cheese is Everything 12.50

Sliced avocado, egg, cheddar cheese, everything seasoning, Olive oil +Bacon \$2



Prosciutto 12

Olive oil, arugula, balsamic glaze, sea salt

Peaches n Cream 11

Ricotta, stone-fruit, blackberries, honey, bee pollen

PB Toast 10

Peanut butter, banana, honey, hemp seeds, cacao dust (V available)

Lox Bagel 12

Scallion cream cheese, cured lox, tomato, onion, sprouts, capers (*Cream cheese, vegan cream cheese, peanut butter or almond butter available)

BREAKFAST

Served all day!



Favorites

Surfers Breakfast 14.50

Eggs, Bacon or Soyriso, tater tots, roast tomato and maitake mushrooms, goat cheese w/grilled sourdough



Lil Gordo 12

Martin's Bun, fried egg, bacon, cheddar cheese, aioli and tater tots

Breakfast Sando 13

Fried egg, bacon, tomato, avocado, cheddar cheese, sriracha aioli

Superfreak Bowl 14

Fried egg, quinoa, arugula, hen of the wood, goat cheese, crispy shallots, pepita's, house-made hummus, zaatar, chili oil

Beet Pancakes 15

Maple avocado, fresh berries or stone fruit, house-made granola



Breaky Burrito 11.50

Soft scrambled eggs, bacon or soyriso, avocado, caramelized onion, tater tots

Espresso and Teas

Americano.....8oz 3.50 / 12oz 4

Espresso.....Single 3 / Double 3.50

Flatwhite.....4.75

Capuccino.....8oz 4.25 / 12oz 4.75

Brew Coffee.....3.25

Cold Brew.....4.75

Piccolo.....3.50

Chagaccino.....8oz 6.50 / 12oz 7

Mexican Mocha.....8oz 5 / 12oz 5.50

Babyccino.....2

Hot Chocolate.....8oz 3.50 / 12oz 4

Macchiato.....Single 3.25 / Double 3.5

Latte.....8oz 4.50 / 12oz 5

Lavender Latte...8oz 4.75 / 12oz 5.25

Horchata Latte...8oz 5 / 12oz 5.50

Chai.....4

Chai Latte.....8oz 4.50 / 12oz 5

Matcha Latte.....8oz 5 / 12oz 5.50

Tumeric Latte.....8oz 4.75 / 12oz 5.25

Mocha Latte.....8oz 4.75 / 12oz 5.25

*Signature Latte

or Latte of the month

Make it Iced + \$1

Alternative milks: Homemade Coconut milk, Almond, Oat.

Functional Teas: *Traditional Medicinals: Throat Coat, Breath Easy

Art of Tea Selection:

Coconut (also Iced)

Black (also Iced)

English Breakfast

Mint

Passionfruit (also Iced)

Chamomile

Earl Grey

Smoothies

Mint chip 11

almond milk, avocado, spinach, kale, dates, vanilla, mint oil, coffee beans, cacao nibs



El Salvadoran Lifesaver 9.50

Mango, pineapple, passionfruit, orange juice, coconut water



Blue moon 11

Cashews, coconut cream, dates, vanilla extract, Himalayan salt, blue green algae, almond milk

Inflammation 9.50

Carrot, pineapple, turmeric, ginger, orange juice, lime juice



Berries & Cream 11

Strawberry, blueberry, raspberry, coconut cream, chia seeds, coconut milk



PB Local 9.50

Peanut butter, cacao, banana, activated charcoal, maple syrup, almond milk

Natural Sodas

Lemon Lime

Passionfruit

**Simple Syrup



Palmys

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