

# SMOOTHIES

\$11

+ make any smoothie a bowl (served with grainless granola, seasonal fruit, house almond butter) +2

**PINK PARADISE** strawberry, banana, fresh orange juice

**POOL SIDE** blue green algae, mango, pineapple, fresh orange juice

**BRAVO** banana, strawberry, cacao, almond butter, almond milk *contains nuts*

**DREAMY DRAGON** strawberry, banana, dragon fruit, almond butter, almond milk *contains nuts*

**GREEN ENVY** banana, plant based protein, kale, avocado, tribal green juice

ALL DAY

## superfoods+

plant based protein	2
avocado	2
chia seed	2
greens	2
ginger	2
cacao	2
espresso	2

## STARTERS

## BREAKFAST

ALL DAY

### SUPERFOOD OATMEAL 9

gluten-free oats topped with housemade grainless granola, seasonal fruit, maple syrup, and almond butter. *contains nuts*

### BISCUIT BOARD FOR TABLE 14.5

house vegan macadamia ricotta, local jam. *contains nuts, dairy, + gluten*

↳ add extra jam +2

### BREAKFAST OF CHAMPIONS 13

two sunny side up eggs, avocado, arugula, lox, cayenne, local extra virgin olive oil.

↳ add side of grainless granola +2 ↳ add walnut + mushroom "sausage" +2.5

### EXTRA AVO TOAST 9.5

avocado, sunny side up egg, feta, tomato. *contains dairy + gluten*

↳ add lox +4

### YOGURT PARFAIT 11

local vegan coconut yogurt, house grainless granola, almond butter, seasonal fruit. *contains nuts*

### POWER BOWL 13

two sunny side up eggs, brown rice, black beans, rosemary potatoes, arugula, avocado.

↳ add lox +4 ↳ add toast & jam +2 ↳ add biscuit & jam +2

### LOVE YOU LOX 14

norwegian atlantic salmon, cream cheese, pickled onion, capers, local everything bagel. *contains dairy + gluten*

↳ add avocado +2 ↳ add egg +2

### BREAKFAST BURRITO 12.5

soft scrambled eggs, brown rice, black beans, jalapeño, pico de gallo, mozzarella, avocado. *contains dairy + gluten*

↳ add walnut + mushroom "sausage" +2.5

### EGG SANDWICH 10.5

over easy egg, arugula, tomato, avocado, feta, house hot sauce. *contains dairy + gluten*

↳ add fruit +2

### BREAKFAST TACOS 10.5

**TRADITIONAL** — soft scrambled eggs, mozzarella, avocado, pico de gallo, black beans. *contains dairy + gluten*

**VEGAN** — walnut + mushroom "sausage", rosemary potatoes, avocado, house vegan jalapeño cashew cream cheese, pico de gallo. *contains nuts + gluten*

### MIGAS 11.5

brown rice, black beans, soft scrambled eggs, pico de gallo, avocado, house vegan jalapeño cashew cream cheese, grainless siete tortillas chips. *contains nuts.*

↳ add queso +2 ↳ add tortillas +1

### THE CLASSIC 11.5

soft scrambled eggs, rosemary potatoes, whole wheat toast, local jam. *contains gluten*

↳ add avocado +2 ↳ add walnut + mushroom "sausage" +2.5 ↳ sub biscuit +2 ↳ extra jam +2

## EXTRAS + SIDES

TOAST + JAM 4

BISCUIT + JAM 4

LOCAL SEASONAL JAM 2.50

EGG 2.50

BLACK BEANS 3

ROSEMARY POTATOES 3

WALNUT + MUSHROOM "SAUSAGE" 4

LOX 5

JACKFRUIT 4

SWEET POTATO WEDGES 3

VEGAN CASHEW QUESO 4

SEASONAL HUMMUS 3

MUSHROOMS 3

SIDE SALAD 4

SEASONAL FRUIT 3

FALAFEL 4

### VEGAN QUESO 11.5

↳ siete chip refill +2.5 ↳ add guac +2 *contains nuts*

### LOADED NACHOS 15

black beans, house vegan cashew queso, guacamole, pico de gallo, house pickled peppers. *contains nuts*

↳ add jackfruit +2 ↳ add walnut + mushroom "sausage" +2.5

### JCCC TOAST 8

house vegan jalapeño cashew cream cheese, cucumber, arugula, local extra virgin olive oil. *contains nuts + gluten*

↳ add lox +4

### HUMMUS PLATE 14

seasonal local hummus, crudité, falafel, local toast. *contains gluten*

## SALADS

### FARMERS FEAST 12.5

quinoa, arugula, spiced sunflower seeds, goji berries, seasonal fruit, seasonal vegetables, feta, extra virgin olive oil. *contains dairy*

↳ add avocado +2 ↳ add an egg +2

### O.G. TRIBAL 11.5

greens, carrots, radish, tomato, cucumber, local grown sprouts, avocado, spiced sunflower seeds, house tamari dressing.

↳ add lox +4 ↳ add an egg +2

### CILANTRO LIME TACO SALAD 13

walnut mushroom "sausage", greens, feta, avocado, pico de gallo, pickled jalapeños, grainless siete tortilla chips, cilantro lime dressing. *contains dairy + nuts*

↳ add jalapeño cashew cream cheese +2

### CAESAR 10.5

greens, tomato, avocado, house caesar, vegan cashew parmesan, spiced sunflower seeds. *contains nuts*

↳ add lox +4 ↳ add an egg +2

## BOWLS

### FALAFEL BOWL 13

quinoa, kale, sweet potato, seasonal hummus, pickled onions, capers, tahini.

↳ add avocado +2

### BLACK BEAN BOWL 12.5

cilantro lime brown rice, black beans, kale, avocado, pico de gallo, house jalapeño cashew cream cheese. *contains nuts*

↳ add feta +2 ↳ add an egg +2 ↳ add jackfruit +2

### NOURISH BOWL 12.5

farmers seasonal vegetables, sweet potato, golden cauliflower rice, kale, mushrooms, avocado, tahini.

↳ add lox +4 ↳ add an egg +2 ↳ add falafel +2

### KUNG PAO CAULI BOWL 13

greens, brown rice, avocado, house pickled peppers, house kung pao cauliflower.

↳ add egg +2 ↳ add mushrooms +2

## WRAPS

make it a sandwich; make it gluten-free +2,

### RAINBOW VEGGIE 9.5

seasonal hummus, avocado, greens, sprouts, cucumbers, tomato, house pickled onions. *contains gluten*

↳ add lox +4 ↳ add an egg +2 ↳ add falafel +2

### HEMP SEED PESTO 10.5

local mozzarella, hemp seed pesto, avocado, greens, tomato, sprouts. *contains dairy + gluten*

↳ add an egg +2

### SMOKED SALMON CLUB 11.5

lox, avocado, greens, cucumbers, tomato, capers, pickled onion, herb tahini. *contains gluten*

### BEAN AND RICE WRAP 11.5

black beans, brown rice, greens, avocado, pico de gallo, jalapeño cashew cream cheese. *contains gluten + nuts*

## KIDS MENU

### ALMOND BUTTER + BANANA SANDWICH 6.5

almond butter, banana. *contains nuts + gluten* ↳ add jam +2

### BEAN + CHEESE BURRITO 5

black beans, mozzarella cheese. *contains dairy + gluten*

### SCRAMBLED EGG + FRUIT 5

scrambled egg, seasonal fruit.

WIFI Tribalquest PASSWORD Juicemel