DAYS & HOURS

MONDAY - FRIDAY 7AM - 4PM SATURDAY - SUNDAY 9AM - 2PM



DELIVERY

CALL 415-237-3318

PICKUP

4104 MacArthur Blvd, Oakland, California 94619

BREAKFAST

Avaliable all-day unless marked otherwise

Breakfast Salad

\$14

Little Gems lettuce, baby kale, sweet potatoes, avocado, crispy bacon, hard-boiled egg in a house made maple citrus vinaigrette.

Egg Toast

\$11

Soft scrambled farm fresh eggs and local artisan bread or fresh avocados finished with micro mixed herbs. Served with a side salad.

Avocado Tartine

\$11

Slice avocado on local artisan bread finished with pickled radishes, red pepper flakes, black sesame seeds, bouquet garni herbs and micro greens. Served with a side salad.

The Breakfast Sandwich

\$12

Buttery house made biscuit, and aged cheddar cheese with fried over easy egg.

Chioce Meat: Bacon, Ham, Turkey Sausage.

Add - On: Avocado \$2

QUICHES - \$12

Served with house salad

Quiche Lorraine: Bacon, Gruyère cheese

and Green onion.

-OR-

Seasonal Market: Fresh in season vegetables.

DRINKS	
Coffee	\$2.75
Tea	\$2.75
Mexican Hot Chocolate	\$4
Cold Drinks	\$4
Lemonade	\$4
Sweet Tea	\$4
Jamaican Carrot Juice	\$4

LUNCH

Avaliable from 11 am to 3 pm

Soup of the day

\$6 / \$10

INDIVIDUAL POT PIES - \$15

Chicken Pot Pie Served with house salad

Sautéed onions, celery, carrots, with fresh garden herbs and tender pieces of chicken breast in a tasty veloute sauce. Topped with our homemade flaky crust.

Veggie Pot Pie Served with house salad

Roasted sweet potato, mushrooms, kale, onions, celery, peas & carrots married in a creamy curry sauce. Topped with our homemade flaky crust.

SANDWICHES - \$17

Served with house salad

Tuna Melt

Local tuna with mayo, shallots, capers and herbs with cheddar.

Ham & Fig

Caramelized fig jam with mozzarella cheese Sandwich.

Turkey & Apple

Roasted carved turkey & apple, with brie cheese on soft sweet roll bread.

Garden Goddess

Marinated portobello mushroom, roasted squash and roasted red bell peppers housemade basil.with mozzarella cheese.

SALADS - \$14

Roasted Beet Salad

Multi-colored beets with pistachio + orange, mixed greens. House Vinaigrette.

Kale Caesar Salad

Baby kale & romain, garlic croutons, Parmesan cheese, and house citrus Caesar dressing.

Toasted Farro Salad

With herbs and maple roasted glazed sweet potatoes and apples.

Add Protein: Chicken / Tuna \$2

Prices may vary based on ingredients availability and cost. All menu items are produced in a facility that uses wheat and nuts, which could contain potential allergens.



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