



SAMPLE MENU...
STOP BY TO SEE
OUR ROTATING SELECTION
IN THE COOLER

BREAKFAST (ALL DAY)

BREAKFAST SANDWICH

two eggs, cheddar cheese & spicy aioli on toasted sourdough 10

EGG BITES 3 per pack (low carb)

heritage eggs, cheddar, bacon & chive 8

BAGELS & SPREAD 2.25 + spread for extra \$

plain or everything bagel choose from:
peanut butter, butter, plain cream cheese, almond butter

SOURDOUGH TOAST \$3.75

choose a spread
*peanut butter
*butter
* jam
*almond butter

OVERNIGHT OATS

grab and go:
peanut butter blueberry oats
-or-
raspberry almond butter

SANDWICHES

AVOCADO BLT

crispy bacon, avocado, tomato, romaine & mayo on toasted challah bread 13

TUNA MELT

tuna salad, tomato, cheddar cheese, pickles choose: toasted sourdough or challah bread 11

TURKEY PESTO MELT

boar's head turkey, basil almond pesto with apple & fennel. tomato and cheddar on toasted sourdough 13

CALI CHICKEN

boar's head fire roasted chicken, avocado, bacon, tomato, cheddar, romaine & mayo in a wrap 11

CHICKEN CAESAR WRAP

boar's head fire roasted chicken, tomato & romaine with caesar dressing in a wrap 10

HUMMUS & VEGGIE

seasonal hummus, red bell pepper, onions, pickles, romaine & tomato on sourdough 8.50

CAPRESE

mozzarella, tomato, almond- basil pesto & balsamic glaze on sourdough available toasted or cold 11

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THE TOAST APP

RETAIL

- EAR BUDS
- SOAP
- ORGANIC SPRAYS
- CANDLES
- CARDS
- FLOWERS
- TOOTH BRUSHES
- DEODORANT
- TOTE BAGS
- BRUSHES/COMBS
- TOOTH PASTE
- PHONE CHARGERS



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DID YOU KNOW YOU CAN SIGN UP FOR A HOUSE ACCOUNT? SIGN UP TODAY!

SMOOTHIES

BANILLA SHAKE

banana, greek yogurt, vanilla protein, almond milk
16 oz 9.5 / 24 oz 14

BEACH BABE

strawberry, mango, banana, mint, coconut, orange juice
16 oz 9 / 24 oz 13

BLUEBERRY MUFFIN

blueberry, banana, greek yogurt, oats, protein powder, almond milk
16 oz 9.5 / 24 oz 14

GINJA NINJA

banana, mango, kale, ginger, orange juice or almond milk
16 oz 9.50 / 24 oz 13.5

MORNING GREENS

banana, dates, oats, kale, cinnamon, almond milk
16 oz 9.25 / 24 oz 13.75

PEANUT BUTTER & JELLY

strawberry, raspberry, banana, peanut butter, almond milk
16 oz 9.75 / 24 oz 14

SMOOTHIES

PEANUT BUTTER COLD BREW

coffee, banana, peanut butter, protein powder, almond milk
16 oz 9.25 / 24 oz 13.5

SALTED CHOCOLATE HEMP

banana, cocoa, peanut butter, hemp seed, protein powder, salt, almond milk
16 oz 9.75 / 24 oz 14.5

STRAWBERRY BANANA

strawberry, banana, protein powder, almond milk
16 oz 9.75 / 24 oz 13

SUPERFOODS

strawberry, blueberry, banana, flax, kale, protein powder, almond milk
16 oz 9.50 / 24 oz 14

TRIPLE BERRY

strawberry, blueberry, raspberry, protein powder, oat milk
16 oz 10 / 24 oz 14

GOLDEN MILK

banana, turmeric, cinnamon, black pepper, ginger, almond milk
16 oz 8.50 / 24 oz 12.75

ADD ON'S

ALMOND MILK, COCONUT MILK, OAT MILK, PEANUT BUTTER, ALMOND BUTTER, HEMP SEEDS, FLAX SEEDS, VITAL PROTEIN COLLAGEN, WHEY, PLANT PROTEIN, CINNAMON, CHIA, KALE, MINT, OATS, DATES

SIMPLE SMOOTHIES

LIQUID SUNSHINE

strawberry, banana & oj
16 oz 7 / 24 oz 10

BAY BREEZE

mango, banana & coconut milk
16 oz 7 / 24 oz 10