



WELLNESS *your* WAY

BREAKFAST

WELLNESS *your* WAY breakfast • 41 🌱

choice of juice or smoothie

warm quinoa trail mix or vegan bircher muesli

savory chickpea pancake or spiced tofu scramble

green power smoothie • 12 🌱

banana, spinach, almond milk

tropical tsunami smoothie • 12

banana, papaya, pineapple, spinach

sophia's green juice • 12

red and green apple, celery, lemon, ginger, kale, spinach

kombucha juice • 9

strawberry or coconut

warm quinoa trail mix • 15 🌱

dried cranberries, pecans, pumpkin seeds, sunflower seeds,
flax seeds, chia seeds, maple syrup • add coconut yogurt • 2

savory chickpea pancake • 19 🌱

hummus, green garbanzo beans, cherry tomatoes,
avocado, almond pepper cream

spiced tofu scramble • 18

sweet peppers, kale, mushrooms, red onion,
fresh herbs, corn tortilla

hawaii 5-0 bowl • 18 🌱

acai, banana and strawberry puree, gluten-free granola,
hemp seeds, goji berries, local honey

vegan bircher muesli • 14 🌱

coconut yogurt, almond milk, apples, berries,
orange juice, hazelnut, gluten-free oats, agave syrup

all dishes are vegan and gluten-free / 🌱 denotes contains nuts