

WELLNESS BOWLS

THE VEGGIE (V) (GF) 15

blanched broccolini, heirloom carrots, ornamental kale, cherry tomatoes, served with beluga lentils, romesco sauce & borage blossom

PALMINI LINGUINE (GF) 13

raw carrots, lightly pickled cucumber and beet, jalapeño, scallions, toasted pine nuts, sesame seeds, served with peanut tamari sauce & Micro Marigold

ROOT & RICE (V) (GF) 11

roasted beet, Okinaway yam, fennel, turnip, pomegranate seed, toasted pumpkin seed served with steamed forbidden rice, house ketchup and garlic flower

ORZO & BEYOND 14

vegan chorizo, feta, sun dried tomatoes, kalamata olives, roasted sweet pepper, red onion, smoked paprika served with orzo pasta, vinaigrette and micro oregano

ROASTED CAULIFLOWER (V) (GF) 10

curry spiced, browned garlic, capers, lemon, micro hearts on fire

ADD ON

pan seared market fish +7
 grilled flat iron steak +6
 grilled Jidori chicken breast +5
 BBQ tempeh +4

SANDWICHES

CLASSIC TURKEY CLUB 12

tomato, roasted Butterball turkey, butter lettuce, roam tomatoes, applewood bacon, manchego cheese, mayonnaise on pullman country bread

THE BIRD 2.0 14

jidori chicken breast, roasted piquillo pepper, caramelized onion, romesco sauce, roma tomatoes, mayonnaise on ciabatta bread

ABOUT

Our new bowl and smoothie menu is based on the need for a renewed focus on health and wellness.

The Wellness Bowls, created by Chef Miro, feature ingredients that are local, sustainably grown, and feature organic vegetables and fruits that are sourced from high quality farms like: Finley Family Farms, Garcia Organic Farms, Mud Creek Ranch, and J.F. Organics. Our focus is nutritional integrity for health and unique blends of freshness and flavors of the highest quality. The proteins are pasture raised; grass fed or are from wild caught sources wherever possible. All our sauces are house made from scratch. We cook with unrefined, non-industrialized oils and avoid adding refined sugar. All bowls are gluten free, vegetarian, or vegan with the option to add protein. Bowls are served in 100% compostable packaging and are designed with takeout service in mind and store well in the refrigerator.

Our Head Bartender, Brandon Ravare, created our new Smoothie or Cocktail menu in collaboration with Chef Miro. All fruit and ingredients are sourced with the same philosophy as the bowl menu, certified organic whenever possible. Each smoothie can become a perfectly balanced blended craft cocktail with our spirit add-on. If ordering as takeout, we can serve a frozen version that is well suited for consumption at home.

MONDAY-FRIDAY
 FOOD SERVICE / 11AM -6PM
 BEVERAGE / 11AM-7PM

20% SERVICE CHARGE + SALES TAX



BEVERAGE

SMOOTHIES OR COCKTAILS

BANANA FOSTER (PROTEIN) 10

frozen banana, almond butter, rolled oats, flaxseed,
grade a maple, cinnamon, oat milk

MAKE IT A COCKTAIL +5

+meyers dark rum, giffard banane du brezil

TRANSFUSION (ANTIOXIDANT) 10

frozen raspberries, blueberries, pressed fuji apple juice,
pressed pineapple juice, beetroot juice, spinach and
parsley juice, agave nectar

MAKE IT A COCKTAIL +5

+brokers london dry gin, giffard blackberry mure

EYE OPENER (IMMUNITY BOOSTER) 10

frozen mango, ginger, carrot juice, celery juice,
lime juice, agave nectar

MAKE IT A COCKTAIL +5

+ los vecinos mezcal, giffard ginger of the west indies

COFFEE & TEA

COFFEE BY LA COLOMBE 3

Regular or Decaf

CAPPUCCINO 4

LATTE 4.50

DRAFT LATTE (can) 4.50

THE ART OF TEA 4.50

Egyptian Chamomile, English Breakfast
Earl Grey, Sencha Green, Tali's Masala Chai
Italian Blood Orange

REFRESHMENTS

LAAC BOTTLED WATER 3

LA CROIX 3

COCONUT WATER 100% ORGANIC 4

WINE (CAN)

SPARKLING 12
Vinny, Finger Lakes, New York

ROSÉ 12
Una Lou Rose, Scribe Winery, Sonoma, California

CHARDONNAY 14
Spellbound, Napa, California

PINOT NOIR 15
Head High, Sonoma, California

MALBEC 14
Bodini, Mendoza, Argentina

BEER

MAYBERRY IPA (DRAFT) 8
El Segundo Brewing

ICE PILSNER (DRAFT) 7
Modern Times Brewery

GOLDEN ROAD (CAN) 6
Bavarian Style, Hefeweizen, Los Angeles, CA.

STRAND BREWING CO. (CAN) 8
Beach House, Amber Ale, Torrance, CA.

