

◆ BRUNCH ◆

TRUFFLE EGG TOAST | 14

Sliced artisan bread with egg-in-a-hole topped with truffle shavings, served with green salad

CORNFLAKE CRUSTED FRENCH TOAST | 14

House-made challah french toast topped with roasted apples & warm maple syrup

TGB CAESAR | 14

Shaved cauliflower & brussels salad topped with parmesan rosemary granola, tossed with lemon anchovy caesar dressing

BAGEL, LOX, & CREAM CHEESE | 18

Open face sesame seed bagel with cream cheese, red onion, heirloom tomato, smoked salmon & capers

DUTCH BABY PANCAKE | 12

Souffle pancake topped with fresh berries & whipped mascarpone, served with maple syrup

CRISPY CHICKEN SANDWICH | 14

Crispy marinated chicken breast served on bun with pickles & TGB sauce slaw

SMASH BURGER | 16

Pat LaFrieda beef burger served with TGB sauce, cheddar cheese, lettuce, tomato & pickles on bun

HUEVOS RANCHEROS | 15

Two soft eggs, pork carnitas, cotija cheese, spiced black beans, macha salsa served on crispy tortillas with pickled onion & pico de gallo

HASH BROWNS & CAVIAR | 72

Bowl of mini hash browns served with 2oz of caviar or trout roe & sour cream

(serves 4)

Side Of Fries | 8

Served with truffle aioli

(add truffle parmesan or hot oil +2)

◆ COCKTAILS ◆



THE DAILY | 15

Teremana blanco, passionfruit,
orange juice, lime, prosecco



BELLINI | 14

White peach, blackberry, blood peach



THE WHITE LOTUS | 14

Cucumber vodka, basil,
lemon, lime, bubbles



BLOODY MARY | 14

Ketel One with
house bloody mary mix



PALOMA | 14

Teremana silver tequila,
grapefruit, lime, agave, salt



MIMOSA | 14

Blood orange, tangerine orange



THE DOROTHY | 16

Teremana reposado, hibiscus,
cointreau, jalapeño, lime, honey



BLOODY MARIA | 14

Teremana blanco with
house bloody mary mix



ESPRESSO MARTINI | 14
Vanilla vodka, espresso, kahlua, demerara



◆ COFFEE and Tea ◆

DRIP COFFEE	2 ⁵⁰ /3 ⁰⁰
ICED COFFEE	3 ⁰⁰ /3 ⁵⁰
CORTADO	3 ⁷⁵
LATTE	4 ⁰⁰ /4 ⁵⁰
CAPPUCCINO	4 ⁰⁰ /4 ⁵⁰
AMERICANO	3 ⁰⁰ /3 ⁵⁰

LEMONADE	2 ²⁵ /2 ⁷⁵
HOT GINGER TEA	2 ⁵⁰ /3 ⁰⁰
RED WHITE & BLUEBERRIES	3 ⁵⁰ /4 ⁰⁰
HOT TEA	2 ⁰⁰ /2 ⁵⁰
ICED TEA	2 ⁵⁰ /3 ⁰⁰

Lattes

CHAI LATTE	4 ⁵⁰ /5 ⁰⁰
MATCHA LATTE	4 ⁷⁵ /5 ²⁵
(contains dairy)	
MOCHA LATTE	4 ⁵⁰ /5 ⁰⁰
TURKISH LATTE	4 ⁷⁵ /5 ²⁵
NUTELLA LATTE	4 ⁷⁵ /5 ²⁵
TURMERIC LATTE	4 ⁷⁵ /5 ²⁵

SMOOTHIES

THE SHREK | 9

Kale, spinach, banana, apple,
almond butter, almond milk
(add avocado & blueberries +2)

THE GOOD DATE | 9

Dates, banana, cinnamon,
almond butter, almond milk
(add espresso +2)

THE MOUNTAIN | 11

Chocolate whey protein powder,
banana, almond butter, almond milk
(add espresso +2)

POWER MATCHA | 11

Vanilla whey protein powder,
banana, coconut oil, almond milk

VERY BERRY | 9

Strawberry, banana, honey,
greek yogurt, milk

ACAI | 10

Organic açai, banana,
blueberry, almond milk,
topped with cinnamon granola

FROZEN HOT CHOCOLATE | 8

Topped with whipped cream
& marshmallows

Add-Ons

ESPRESSO 2	•	CHIA OR FLAX .50	•	VANILLA WHEY PROTEIN 3
CHOCOLATE WHEY PROTEIN 3	•	UNFLAVORED PEA PROTEIN 3		

◆ ALL DAY EGGS ◆

*Substitute Gluten Free
OR Paleo Flax Bread +2*

EGG SCRAMBLE | 9

Three eggs scrambled
with two toppings

BREAKFAST BURRITO | 11

Scrambled eggs, quinoa, black beans,
avocado, american cheese, salsa in a
grilled whole wheat wrap

(add pork carnitas +2)

THE DANA | 10

Egg whites, spinach, avocado, turkey
bacon in a whole wheat wrap

(add sweet potato & hot sauce +2)

THE HEISENBERG | 12

Scrambled eggs, sausage, bacon,
cheddar cheese, hot sauce in
a grilled whole wheat wrap

BREAKFAST SANDWICH | 6

Bacon, egg & cheese on a brioche bun

(sub sausage +2 or pork carnitas +2)

THE STANDARD | 10

Three eggs any style with
bacon or sausage served
with toast or greens

(add smoked salmon +12)

GRANOLA *And* PARFAITS

YOGURT PARFAIT | 9

Greek, cashew (vegan) (+2),
coconut yogurt (vegan) (+1)
or froyo with three toppings

GRANOLA BOWL | 8

Choice of granola and milk
with two toppings

CRUNCHY ELVIS | 11

Parfait with vanilla almond granola,
almond butter, honey, banana

AFTERNOON DELIGHT | 11

Parfait with vanilla almond
granola, dark chocolate chunks,
wild blueberry jam

OVERNIGHT OATS | 8

Overnight oats made with dates and coconut milk with two toppings

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

◆ SALADS & BOWLS ◆

THE NAUGHTY COBB | 16

Mixed greens, chicken, hard boiled egg, feta, tomato, cucumber, maple-bacon granola, fig balsamic

BRUSSELS & KALE | 14

Shaved brussels and kale with quinoa, sesame almond, dried cranberries with maple mustard vinaigrette

MACRO BOWL | 14

Roasted cauliflower, beet hummus, sweet potato, goat cheese, walnuts, over sautéed kale with tahini vinaigrette

BUDDHA BOWL | 14

Sautéed spinach, avocado, portobello mushrooms, tomato, soft egg on warm quinoa
(add baked salmon +8)

TACO BOWL | 16

Pork carnitas, avocado, sweet potato, spiced black beans, pickled onion, salsa, parm jalapeño sauce over roasted cauliflower

VEGAN CHILI VERDE | 14

Impossible meat, non-dairy our cream & green onions

Dressings

CITRUS VINAIGRETTE • MAPLE MUSTARD • CAESAR
GREEN GODDESS • FIG BALSAMIC • TAHINI VINAIGRETTE

All dressings are gluten-free

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BUILD YOUR OWN BOWL

CHOOSE A BASE | 10

MIXED GREENS • SPINACH • KALE • QUINOA

ADD 4 TOPPINGS

Protein and premium toppings are extra

PROTEIN

Bacon | 5
Chicken | 7
Hard Boiled Egg | 3
Soft Egg | 3
Baked Salmon | 10
Sausage | 6
Pork Carnitas | 6
Turkey | 6
Turkey Bacon | 5
Buffalo Chicken | 8

VEGGIES

Avocado | 3
Black Beans
Carrots
Buffalo Cauliflower | 3
Roasted Cauliflower
Cucumber
Portobellos
Pickled Onions
Red Onion
Scallions
Sweet Potatoes
Tomatoes
Roasted Beet Hummus

CHEESE

American
Cheddar
Feta
Goat
Parmesan
Swiss

FRUIT

Apples
Cranberries
Grapes
Strawberries

Toss On Crunchies

Almonds | 1 Chia seeds
Walnuts | 1 Coconut flakes
Ground flax

Throw On Sauce

Parm jalapeño sauce | 1
Charred chipotle salsa

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AVOCADO TOAST

Sub for Gluten Free or Paleo Flax Bread +2

AVOCADO TOAST | 9

Served on toasted multi-grain bread

AVOCADO GRILLED CHEESE | 11

Served on grilled multi-grain with cheddar

Add-Ons

Hard boiled egg | 3

Bacon & heirloom tomato | 4⁵⁰

Soft boiled egg | 3

Pork carnitas | 6

Buffalo cauliflower | 4

Turkey & TGB sauce | 6

Apple, goat cheese & honey | 4

Buffalo chicken | 7

Bacon & parm jalapeño sauce | 4

Spinach, sweet potato & hot sauce | 4

Feta & red pepper flakes | 2

Smoked salmon | 12

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SANDWICHES

Sub for Gluten Free or Paleo Flax Bread +2

THE 203 | 13

Chicken, bacon, cheddar cheese, mixed greens, heirloom tomato, green goddess on a brioche bun

PALEO TURKEY CLUB | 14

Roasted turkey, bacon, mixed greens, heirloom tomato, avocado, maple mustard aioli, served open faced on paleo-flax bread

BLACKENED SALMON | 16

Blackened salmon, warm quinoa, balsamic onion jam, avocado, green goddess in a whole wheat wrap

BUFFALO CHICKEN | 13

Chicken, cheddar cheese, parm jalapeño sauce, hot sauce, mixed greens & heirloom tomato in a whole wheat wrap

(Sub buffalo cauliflower)

ALMOND CHICKEN SALAD | 13

Chicken salad with maple bacon granola, grapes, mixed greens, heirloom tomato in a whole wheat wrap

THE RACHEL | 13

Grilled turkey and swiss with coleslaw and *TGB Sauce* on marbled rye

SANDWICHES ARE ALL SERVED WITH A SIDE SALAD

Sub for Fries +4

Sub for Truffle Fries +6

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WINE

Wines are listed from crisp/acidic to luscious/full bodied.
Bottles are 750mL unless otherwise indicated.

Sparkling Wine



DOMAINE COLLIN

12

40

Crémant de Limoux Brut NV - Languedoc, France

Chardonnay, Chenin Blanc, Pinot Noir

MONGARDA, PROSECCO

14

50

Extra Dry '20

Glera, Perera, Bianchetta

White Wine



BRISA SUAVE

10

40

Vinho Verde NV - Minho, Portugal

Loureiro, Arinto, Trajadura

PEDRALONGA

13

47

Albariño Serea '20 - Rias Baixas, Spain

Albariño

VINEMIND

14

50

Riesling '19 - Clare Valley, Australia

Riesling

CHANNING DAUGHTERS

14

50

Pinot Grigio '19 - Long Island, New York

Pinot Grigio

SCOTT BASE

14

52

Sauvignon Blanc '21 - Marlborough, New Zealand

Sauvignon Blanc

ASLINA

16

58

Chardonnay '21 - Western Cape, South Africa

Chardonnay

Rosé and Skin Contact Wine



PIERRE ET PAPA Pays d'Hérault Rosé '20 - Languedoc, France <i>Cinsault</i>	10	35
MAS DE CADENET Sainte-Victoire Provence Rosé '20 - Côtes de Provence, France <i>Grenache, Cinsault, Syrah</i>	14	48
KTIMA BRINTZIKIS Abelon "Esperos" '20 - Ilia, Greece <i>Assyrtiko</i>	17	56

Red Wine



BLACK ESTATE, Home Pinot Noir '18 - North Canterbury, New Zealand <i>Pinot Noir</i>	18	66
LE PASSAGE Côtes-du-Rhône '16 - Rhône Valley, France <i>Grenache, Syrah</i>	14	50
MARY TAYLOR / MARINE DESCOMBES Beaujolais-Villages '20 - Beaujolais, France <i>Gamay</i>	15	54
VIÑA ZORZAL Garnacha '20 - Navarra, Spain <i>Garnacha</i>	10	37
SOLAR DEL ALMA Malbec '20 - Mendoza, Argentina <i>Malbec</i>	14	48
CASTEL PUJOL Folklore Tinto '20 - Rivera, Uruguay <i>Tannat, Petit Manseng</i>	15	58