



for Breakfast, or whenever

The *eggs* came first.....

2 EGG OMELETTE

greens, herbs, tomato, & cheddar, wheat toast

WHITE SAND OMELETTE (3 WHITES)

egg whites, herbs, feta, avo, wheat toast

2 EGGS

scrambled, boiled, fried, wheat toast

THE EGG SAMMIE

Wheat, one egg, cheddar, local greens

ADD ONS: applewood bacon, smoked ham, turkey bacon, toms, sliced avo

BREADS: Bagel or Croissant, Ciabatta

then came the *toast*.....

AVO TOAST

wheat, avo, lemon, evoo, & pepper flakes

AVO BRUNCH

avo toast topped with egg, feta, toms & herbs

ADD ONS: applewood bacon, ham, turkey bacon, toms, feta, egg

the *salads*

THE COCOA HOUSE

spinach or local greens, watercress, basil, toasted slivered almonds, roasted beets, goat cheese & house vinaigrette

CUCUMBER AVO

cucumber avo, pesto, toms, hemp

ADD ONS: bacon, grilled chicken breast

& the *sandwiches*.....

served with basil pesto on regular or wheat baguette

GRILL CHEESE

cheddar, buffalo mozz, toms

AVO

avocado, cheddar, buffalo mozz, toms

TURKEY

turkey, buffalo mozz, toms, local greens

ROAST BEEF

roast, swiss, tiger sauce, onions, toms, local greens

TURKEY CLUB

turkey, bacon, onion, avo, buffalo mozz, toms, local greens

COCOA CLUB

grilled chicken, bacon, mozzarella, toms, onion, avocado, local greens

TIP: add jalapeno to spice up your sammie

the *Coffee & Teas*...

Caffeinated or decaf, hot or iced

DRIP COFFEE

COLD BREW

AMERICANO

LATTE OR CAPPUCINO

Vanilla, Lavender, Hazelnut, French Vanilla, Coconut, Caramel, Peppermint

ESPRESSO

MOCHA (DARK OR WHITE)

CHAI TEA LATTE

GREEN TEA MATCHA LATTE

FRAPPUCCINO

Coffee, Caramel, Mocha, Vanilla, Strawberry, Mango.

MILK OPTIONS

whole, skim (non-fat). Dairy free: almond, soy, oat, coconut

the *fresh juices*.....
all 16oz

ROOSTER POWER apples, beet, carrot, ginger, orange

BRILAND GAL ginger, spinach, celery, apple, water

FLU NO MO orange, ginger, cheyenne.

SUNSET ON BAY carrot, orange, ginger

FRESHLY SQUEEZED OJ straight orange

MIRACLE CELERY straight celery

GINGER SHOT 2oz orange, ginger, cheyenne

the *smoothies*.....
all 16oz

VACATION pineapple, coconut, banana, mango, spirulina

GREEN soy, kale, almond butter, pear, banana

BERRY Strawberry, blueberry, banana, coconut water

BANANA banana, almond, honey or not

PROTEIN 24g vanilla or choc, raw oats, banana, almond, hemp protein also available.

the *smoothie bowls*.....

CLASSIC ACAI BOWL

acai, banana, strawberry, blueberry, topped with granola, fresh fruit, chia, bee pollen, cacao, hemp

PITAYA BOWL

pitaya, banana, strawberry, mango topped with fresh fruit, granola, chia, bee pollen, cacao, hemp

ADD ONS: almond or peanut butter