



# Side Table

Pre-launch Menu • Opening Fall 2026

## TOAST

|                                                                           |         |
|---------------------------------------------------------------------------|---------|
| <b>Avocado</b> (v, veg)                                                   | \$9.00  |
| <i>Avocado, lemon, sea salt, olive oil</i>                                |         |
| <b>Power Nut Butter</b> (v, veg)                                          | \$9.50  |
| <i>Almond butter, banana, hemp hearts, chia seeds, honey, Maldon salt</i> |         |
| <b>Savory Nut Butter &amp; Mirin Soft Egg</b> (v, veg)                    | \$11.00 |
| <i>Almond butter, radishes, crunchy chili oil, mirin soft egg</i>         |         |

## BREAKFAST

|                                                                               |        |
|-------------------------------------------------------------------------------|--------|
| <b>Overnight Oats</b> (v, veg)                                                | \$9.00 |
| <i>Macerated berries or seasonal compote, house-made granola, hemp hearts</i> |        |
| <b>Hot Steel Cut Oatmeal</b> (v, veg)                                         | \$9.50 |
| <i>Olive oil, seasonal fruit, nuts, honey, cinnamon</i>                       |        |
| <b>Greek Yogurt Pot</b> (veg)                                                 | \$9.50 |
| <i>Greek yogurt, honey, toasted walnuts, seasonal fruit</i>                   |        |

## SANDWICHES

|                                                                                              |         |
|----------------------------------------------------------------------------------------------|---------|
| <b>Roasted Veg &amp; Pesto Focaccia</b> (v, veg)                                             | \$14.00 |
| <i>Zucchini, bell pepper, caramelized onion, pesto, walnut-arugula spread</i>                |         |
| <b>Roasted Mushroom</b> (v, veg)                                                             | \$14.00 |
| <i>Balsamic-glazed portobello, walnut-arugula spread, pickled red onions, arugula, dijon</i> |         |
| <b>Grilled Cheese Tuna Melt</b>                                                              | \$15.00 |
| <i>Canned tuna, dijon, parsley, celery, lemon zest, cheddar, mayo, lettuce</i>               |         |
| <b>Grilled Cheese Prosciutto &amp; Fig</b>                                                   | \$16.00 |
| <i>Prosciutto, fig jam, mozzarella, provolone</i>                                            |         |

## SIDE ORDERS

|                                    |        |
|------------------------------------|--------|
| <b>Plant Based Protein Scoop</b>   | \$1.50 |
| <b>Hard Boil / Soft Mirin Eggs</b> | \$2.00 |
| <b>Half Avocado</b>                | \$2.00 |
| <b>Two Piece Bacon</b>             | \$2.50 |
| <b>Chicken Chunks</b>              | \$3.00 |

## SALADS

|                                                                                         |         |
|-----------------------------------------------------------------------------------------|---------|
| <b>Little Gem Caesar</b> (veg, gf)                                                      | \$13.00 |
| <i>Shaved parmesan, creamy dressing, GF croutons</i>                                    |         |
| <b>Farro &amp; Herb Grain Bowl</b> (v, veg)                                             | \$14.00 |
| <i>Farro, cherry tomatoes, cucumber, parsley, mint, feta, lemon-tahini vinaigrette</i>  |         |
| <b>Cobb Salad</b>                                                                       | \$16.00 |
| <i>Greens, chicken, bacon, tomatoes, avocados, hard boiled egg, blue cheese, chives</i> |         |

## KIDS MENU

|                                     |        |
|-------------------------------------|--------|
| <b>Grilled Cheese</b> (v, veg)      | \$7.00 |
| <i>Bread, mozzarella, provolone</i> |        |
| <b>Waffles &amp; Cream</b> (v, veg) | \$7.00 |
| <i>Waffles, whipped cream</i>       |        |

## SMOOTHIES & SHOTS

|                                                                           |         |
|---------------------------------------------------------------------------|---------|
| <b>Green Glow</b> (v, veg, gf)                                            | \$10.50 |
| <i>Spinach, kale, pineapple, mango, cucumber, coconut water, lime</i>     |         |
| <b>Berry Antioxidant</b> (v, veg, gf)                                     | \$10.50 |
| <i>Mixed berries, Greek yogurt, honey, chia seeds</i>                     |         |
| <b>The Recovery</b> (v, veg, gf)                                          | \$10.50 |
| <i>Banana, almond butter, oats, protein powder, almond milk, cinnamon</i> |         |
| <b>Immunity Shot</b> (v, veg, gf)                                         | \$4.50  |
| <i>Lemon, ginger, turmeric</i>                                            |         |
| <b>Tonic Shot</b> (v, veg, gf)                                            | \$4.50  |
| <i>Lemon, ginger, beet, apple</i>                                         |         |
| <b>Detox Shot</b> (v, veg, gf)                                            | \$4.50  |
| <i>Lemon, ginger, apple cider vinegar, cayenne</i>                        |         |



## PACKAGED BEVS

|                                   |        |
|-----------------------------------|--------|
| <b>Sparkling / Coconut Water</b>  | \$3.50 |
| <b>Ginger Beer</b>                | \$4.00 |
| <b>Prebiotic / Botanical Soda</b> | \$4.50 |
| <b>Kombuch</b>                    | \$5.50 |
| <b>Cold-Pressed Juice</b>         | \$8.00 |