



CAFÉ

BREAKFAST

SERVED ALL DAY

DAILY KETO FRITTATA 7.5

ask for daily ingredients
add Bacon 3

PROTEIN PANCAKES 10

3 high protein pancakes - plain, chocolate
chip or mixed berry
maple syrup or apple almond butter

BREAKFAST BOWL 8.5

scrambled eggs, roasted sweet
potatoes, bacon, goat cheese,
salsa.

AVOCADO TOAST 5.5

avocado, salt, tahini dressing, GF bread
Add 2 eggs or bacon 3.0.

LUNCH

CUBAN PORK BOWL 13

slow-cooked pork tenderloin,
jasmine rice, black beans, salsa,
guacamole

NAMASTE BOWL (V) 12

quinoa, black beans, roasted sweet
potatoes, avocado, sautéed kale,
pepitas, tahini side
add grilled lime chicken 4

GRASS-FED BEEF SPAGHETTI 13

Grass-fed beef marinara served over
spaghetti squash with herbed goat
cheese

TURKEY BURGER 12.5

turkey burger patty, sweet potato
chips, guacamole, spicy ketchup
LOW CARB OPTION AVAILABLE

BBQ CHICKEN SWEET POTATO 12.5

slow-cooked BBQ chicken stuffed into
a baked sweet potato topped with
bell peppers, salsa, fresh jalapenos,
and sriracha crème

VEGAN MEXICAN BOWL 10.50

jasmine rice, herbed roasted sweet
potatoes, black beans, tomatoes,
jalapenos, guacamole



SIDES

BACON 4

ROASTED SWEET POTATOES

3

AVOCADO OR GUACAMOLE 3

FRESH GREENS SALAD W/
DRESSING 4

SWEET POTATO CHIPS
WITH GUACAMOLE 5

DRINKS

VELO DRIP COFFEE 2.5
bring your own thermos and you get
.50 off

COCONUT H2O 3

GTs GINGERADE

KOMBUCHA 3.75

SPINDRIFT 1.25

SMART H2O 2.25

S. PELLEGRINO 2

O2 RECOVERY 3.5
Caffeinated or Decaf

FILTERED H2O .50
Bring your own cold thermos and its
free!!