



170 W23rd St, New York, NY 10011

## BREAKFAST POTS

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### OVERNIGHT OATS

Gluten free oats, kefir, almond milk, apple, berries and banana

### BANANA COCO CRUNCH

Gluten free oats, almond milk, maple syrup, hazelnuts, cacao nibs and banana

### CHOCOLATE CHIA POT

Chia pudding with coconut milk, almond milk and fresh berries

### HOUSEMADE GRANOLA

Granola, honey yogurt and fresh berries

## BREAKFAST

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### GRILLED BANANA BREAD

Warm spelt flour banana bread with whipped espresso butter

### PERFECT START WRAP

Scrambled eggs, bacon, cheddar, salsa guasacaca

### MORNING BOWL

Black beans & rice, fried egg, chorizo, salsa cruda, avocado, queso fresco

### SOURDOUGH TOAST

Avocado smashed, seeds & dill  
Add smoked salmon  
Add scrambled eggs

### EINKORN PORRIDGE

Einkorn, steel cut oats, quinoa, dried fruits, almond butter, honey

### RICE PORRIDGE

Shredded free range organic chicken, rice, soft egg, epazote, cilantro

## HANDHELDS

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### DUCK BANH MI

Duck leg, pickled carrots & daikon, cilantro, aioli, jalapeno vinegar on baguette

### ROASTED CARROTS

Bulgarian feta, salsa verde on toasted multigrain

### CUBANO

Mojo roasted pork, ham, gruyere, mustard and pickles on club roll

## SALADS

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### FARMERS BOWL

Bluebird farms einkorn, English peas, pistachios, beet kraut, Bulgarian feta, mint

### SALMON POKE BOWL

Brown rice, seaweed salad, cucumbers, pickled turnips, spicy mayo

### POACHED CHICKEN SALAD

Soft lettuces, green beans, english peas, chickpeas, egg with mustard vinaigrette

## AFTER 4pm

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### SEAFOOD CEVICHE

Chilis, tomato, citrus, crispy tortilla

### BURRATA BRUSCHETTA

Blistered cherry tomatoes, burrata

### CHEESE PLATE

Local selection of cheeses, raw honey, rhubarb jam, rosemary walnut, toast

### CHARCUTERIE PLATE

Country hams, house pickles, hot grain mustard, toast

## SWEET

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### HOUSE BAKED PASTRIES

Large selection of pastried and sweet options baked in house.

including.

Cinnamon buns

Spelt flour banana bread

Blueberry muffins

Banana chocolate chip muffins

Morning glory muffins

Apricot Madeira loaf (gluten & dairy free)

Vegan baked donuts

Vegan pumpkin loaf

Sour cherry and oat cookies

Coffee, cardamom & walnut cake

Lemon polenta loaf cake