



BREAKFAST & BRUNCH 4

Coconut Chia & Overnight Oats with Fresh Berries

Coconut Chia & Overnight Oats, Fresh Mixed Seasonal Berries, Maple Granola (maple, almonds, pumpkin seeds, sunflower seeds, cassava flour, almond flour, coconut sugar, sea salt, cinnamon) (v, gf, sf, cn)

Breakfast Burrito or Bowl

Scrambled organic tofu, black beans, heirloom brown rice, kale, mild vegan cheddar, soy crema, organic whole wheat tortilla, chipotle sauce (v, gfo)

Breakfast Enchilada

Scrambled organic tofu, smoky tempeh bacon & avocado in a gluten-free tortilla, with spicy chipotle sauce, black beans, mild vegan cheddar, red onion, cilantro & soy crema (v, gf)

Breakfast Sandwich

Eggless Vegan Frittata (chickpea flour, ground turmeric, carrots, zucchini, spinach, red bell pepper, onions) served with Tempeh Bacon, tomatoes, jalapeno aioli, Sesame Vegan Brioche bun

DELI SALADS AND SOUPS 6

Signature Deli Salads

(Selections may vary)

Seasonal Deli Salads

Ask about our seasonal selection!

Premium Protein Salads

(Selections may vary)

Deli Case Combos

Organic Miso Soup

Seasonal garnishes (v, gf)

Soup of the Season

Daily selection

ENTRÉE SALADS 3

The M Chopped

organic romaine, kale, & mesclun blend, avocado, cucumbers, chickpeas, herb-baked organic tofu, umeboshi pickled radishes, carrots, roasted beets, tamari roasted almonds, crumbled tempeh bacon & tofu-peppercorn ranch dressing (v, gf, sfo, cn)

Green Goddess Salad

organic chopped kale, romaine, roasted sweet potatoes, watermelon radish, sunflower seeds, house made avocado green goddess tahini dressing (V,GF,SFO)

Seared Albacore Sashimi Salad

Seared Albacore Tuna, Romaine, Hijiki Brown Sushi Rice, edamame, house yuzu pickled lotus root, red onion, kaiware sprouts, crispy shallots, sesame seeds, jalapeno, spicy gochujang sauce (GF)

WHOLE GRAIN BOWLS 4

Macro Bowl

Heirloom brown rice, seasonal vegetables, kale, red beans, braised hijiki, house-made pickles, pea shoots, carrot-ginger sauce (v, gf, sfo)

Teriyaki Bowl

Heirloom brown rice, choice of plant protein or sustainable seafood, seasonal vegetables, pickled carrot & daikon, shiso leaf, teriyaki sauce, sesame (vo, gf)

Burrito Bowl

Steamed quinoa, charred corn, black beans, pico de gallo, avocado, shredded cabbage, cilantro, soy crema, chipotle sauce, lime (v, gf, sfo)

New Lazy Sushi Bowl

Hijiki Brown sushi rice, ahi tuna poke and sustainable salmon or red beet poke and cherry tomatoes, house-made pickles, avocado, romaine, daikon sprouts, red onion, crispy shallots (vo, gf)

NOODLE BOWLS 3

Yellow Coconut Curry Udon

Thick wheat noodles, seasonal vegetables, yellow coconut curry, roasted cashews, frizzled onions, thai herbs, lime (v, gfo, sf, cn)

Vegan Bolognese

Gluten free pasta (brown rice), bolognese sauce, tempeh, garlic, red pepper, cashew cheese, nutritional yeast, parsely (v, gf)

Vegan Alfredo Pesto Pasta

Gluten Free Pasta, Cashew Cream, Spinach, Pesto and White Shimeji Mushrooms (v, gf, sf)

BURGERS & SANDWICHES 6

The ORIGINAL Big Macro

Whole grain & vegetable meatless patty, vegan provolone, special sauce, lettuce, tomato, red onion, pickles, alfalfa sprouts, sesame brioche bun (v, sfo)

Grilled Tuna Burger

Ahi tuna patty , teriyaki glaze, avocado, shiso leaf, pickled red onion, daikon sprouts, spicy yuzu mayo, sesame brioche bun (vo, gfo)

Crispy Fish Sandwich

Cornflake-crusted pacific rockfish, probiotic slaw, vegan mayo, dill pickles, sesame brioche bun (vo, gfo)

Crispy Tempeh Sandwich

Corn flake-crusted tumeric marinated crispy tempeh, probiotic slaw, vegan mayo, dill pickles, sesame brioche bun (v, gf)

The California Club

Smoky tempeh bacon, avocado, alfalfa sprouts, lettuce, tomato, carrot curls, vegan mayo, toasted multigrain bread (v, gfo)

Lunchbox Sandwich

Choice of line-caught albacore tuna salad, egg-less salad or curried chickpea salad, toasted multigrain bread , lettuce, tomato, vegan mayo, house giardiniera (vo, gfo, sfo)

ORGANIC FRIES & VEGETABLES 4

Thin Cut Organic Yukon Gold Fries

Nori, shiso & sea salt with macro ketchup (v, gf, sf)

Organic Sweet Potato Fries

Chili, sea salt, lime, spicy yuzu mayonnaise (v, gf, sfo)

Truckstop Fries

Black beans, chipotle sauce, pico de gallo, soy crema (v, gf, sfo)

Crispy Brussels Sprouts

Pomogranate, chili like sea salt (v, gf, sf)