

Our Beverages



COFFEE

Espresso	\$4
Americano Small	\$4
Americano Large	\$5
Cappuccino	\$5
Latte	\$6
Cortado	\$5
Iced Americano	\$5
Iced Latte	\$6

SIGNATURE COFFEE

Iced Tiramisu Latte	\$8
Iced Pistachio Latte	\$8

MILK, TEA & MATCHA

Matcha Latte	\$7
Golden Milk	\$6
Rose Milk	\$6
Cacao "No-Toddy"	\$6
Chai Tea Latte	\$6

SIGNATURE MATCHA

Iced Berries Matcha	\$8
Iced Rose Matcha	\$8

Choose milk alternative \$1
Organic A2 cow's milk,
pistachio milk, almond milk.

Add house-made syrup \$1
House syrup, vanilla syrup,
rose syrup, chocolate syrup.

SMOOTHIES

Green Smoothie	\$14
Cacao Protein Smoothie	\$13
Berries and Banana Smoothie	\$14
Blue Spirulina Cloud Smoothie	\$14

FUNCTIONAL

"Papelón con Limón" Ginger sparkler	\$5
Mom's Remedy Ginger, Turmeric, orange juice	\$5



All Day Breakfast

Break-The-Fast Bone Broth \$8

Regenerative bone broth, perfect to break your fast or start your meal with a nutrient-dense, gut-healing broth. Served with diced avocado on the side.

Avocado Toast \$13

Avocado mash with sauerkraut & garlic confit, herb chimichurri, everything bagel seeds, pumpkin seeds, lime zest, and microgreens. Served over sourdough bread or arepas.

Choose Protein: Salmon, prosciutto, egg or a combination.
Choose: Sourdough bread, yuca arepas or sweet plantain arepas.

Egg Salad Toast

Creamy egg salad with yogurt, capers, pickled onion, and dill. Choose:

Sourdough bread \$12

Keto bread \$14

French Toast \$15

Sourdough brioche bread soaked in spiced coconut milk, seared, and served with cooked peaches and mini butter cubes.

Nut Butter & Berries Toast \$13

Almond butter and fresh berry sauce with mint, honey and edible flowers over sourdough bread.

Breakfast Sandwich

Two pasture-raised eggs omelette, herbed goat cheese, bacon, avocado, and arugula. Served with spicy aioli. Choose:

Sourdough bun \$17

Keto bun \$19

GF Pancakes or Waffle \$17

With crème fraîche and choice of sauce: fresh berry sauce or cooked apples with cinnamon.

Pat & Phil Eggs \$10

Choose homemade pesto, turmeric, and sesame seed, or plain sunny side up eggs. **Served with yuca arepas, sweet plantain arepas or sourdough bread.**

*Add bacon and/or avocado.

Our Bowls

Protein Yogurt Bowl \$15

Greek yogurt and cottage cheese with seasonal fruit, granola with exotic dried fruits, honey, and nut butter.

Kefir Chia Pudding \$13

Kefir chia pudding, baked apples, crunchy granola with exotic dried fruits and honey.

Warm Ancient Grains Bowl \$14

Soaked and then cooked GF oats or buckwheat with raw cacao, cacao nibs, almond butter & coffee maple syrup.

Pat & Phil Açai Bowl \$17

Organic açai blended with banana, dates, coconut water. Served with seasonal fruit, granola with exotic dried fruits, almond butter, mint and bee pollen.

Our Starters

Whipped Feta \$13

Tooped with honey, bee pollen, edible flowers.
Served with sourdough bread and arepas for dipping.

Bacon-Wrapped Dates \$14

Stuffed with blue cheese and pickled jalapeño.
Served over a lettuce leaf with a touch of honey for dipping.

🌿 Mushroom & Heart of Palm Ceviche \$14

Avocado, mango, peppers, pickled jalapeño and pickled red onions. Served with crunchy plantain.

Tuna & Not-Tuna-Tartar \$16

Wild ahi tuna and watermelon “tuna” (marinated and baked watermelon). Served with avocado, edamame and crunchy cassava.

OUR SOUPS

Zucchini Soup \$9

Made with our bone broth and topped with zucchini, feta cheese and black salt.

Curry and Coconut Carrot Soup \$9

Made with our bone broth and coconut milk.
Topped with carrots, dried coconut and black salt.

Veggies & Salads

Roasted Carrots \$13

Roasted carrots over yogurt and herbed chimichurri.

Arugula Salad \$15

Arugula, beets, pickled radishes, homemade candied cashews, goat cheese and creamy dressing.

Pat & Phil Greek Salad \$16

Our version with roasted eggplant, variety of tomatoes, peppers, cucumber, olives, capers, dill, mint, feta cheese and pickled onions.

Zero Waste Cauliflower \$14

Roasted cauliflower over roasted peppers and walnut sauce.

ADD PROTEIN & MAKE IT A MEAL

SEARED WILD AHI TUNA	+\$8
GRILLED ORGANIC CHICKEN BREAST	+\$9
100% GRASS-FED ORGANIC BEEF PATTY	+\$8



Entrées



Pat & Phil Burger

6 oz grass-fed organic beef patty, cheddar cheese, caramelized onions, and arugula. Served with roasted sweet potatoes and our homemade honey mustard.

Pat & Phil Bolognese

Grass-fed organic beef, tomato-carrot marinara sauce, and pecorino cheese. Choose:

Sourdough bread \$20

Keto bread \$22

Portobello buns \$22

Spaghetti squash \$18

Rice penne \$19

Asian Bowl

House-seasoned sushi rice, microgreens, edamame, mango, avocado, pickled onions, pickled radishes, and cucumber. Served with miso dressing. Choose:

Seared wild ahi tuna \$22

Almond-breaded chicken \$22

Organic grilled chicken breast \$20

Walnut Pesto Pasta

Freshly made pesto sauce, toasted walnuts and pecorino cheese. Choose:

Spaghetti squash \$17

Rice penne \$18

*Add organic grilled chicken +\$5

Chicken Pasta Salad \$20

Creamy organic chicken salad with rice pasta, carrots, celery, dates, scallions, avocado and toasted pistachios.

Add SOME SIDES

Roasted rustic potatoes or sweet potatoes with truffle oil and pecorino.

\$8

Roasted rustic potatoes or sweet potatoes.

\$6

House-seasoned sushi rice

\$4

Arugula Salad

\$7

Greek salad

\$7

Zero-waste cauliflower

\$8

Roasted Carrots

\$7

Half avocado

\$4

Kids' Menu

Waffle, Pancakes or French Toast \$9

Choose waffle, GF pancakes or french toast.

Choose: maple syrup and butter, fresh berry sauce, cooked apples or peaches.

Chicken Fingers \$13

Almond flour & sourdough-crusted chicken tenders. Served with homemade honey mustard and roasted rustic potatoes.

Choose: regular potatoes or sweet potatoes.

Kids Egg Sandwich

Pasture-raised egg omelette, cheese and bacon.

Sourdough bun \$10

Keto bread \$12

Mini Waffle Pizza \$10

Cassava and cheese waffle pizza.

Choose: cheese, prosciutto or deli turkey.

Pasta

Rice pasta served with sauce of choice:

Pesto, tomato, ghee or pecorino* \$10

Grass-fed organic bolognese \$11

*Add organic grilled chicken +\$5

DESSERTS & BAKERY

Sweet Potato Brownie \$8

Rich and decadent cacao sweet potato brownie. Coconut sugar-sweetened dark chocolate, almond flour, maple syrup.

*Add vanilla ice cream scoop (sweetened with allulose) +\$4

Ice Cream Sandwich \$10

Almond-based chocolate cookies with local blue pea butterfly flower ice cream (sweetened with

Energy Ball Each \$3 | 3 for \$8

Dates, macadamia, pumpkin seeds, walnuts, cinnamon & chocolate.

Chocolate Chip Cookie \$5

GF, coconut sugar, almond flour.

Banana Bread from the Heart \$8

GF, coconut sugar, coconut oil, fudge bread.

*Add vanilla ice cream scoop (sweetened with allulose) +\$4

Raw Creamy Bites \$6

Chilled cashew and coconut cream over a date and nut crust. **Choose berries or seasonal fruit.**

Carrot & Nuts Cake \$7

GF, coconut sugar, coconut oil, topped with with goat cheese frosting.

Pat & Phil Pandebono \$4

Traditional cassava and cheese Colombian bread.



Real food to nurture your body & soul.

We see every ingredient as a blessing and every dish as a way to honor what we've been given. From the farmers who grow our produce to the hands that prepare each meal, our story is built on intention, on doing things with heart, with excellence, and with gratitude.

Pat & Phil





Pat & Phil

REAL FOOD, GROUNDED IN GRATITUDE & SINCERITY