

GF Gluten Free
VG Vegan
VT Vegetarian
DF Dairy Free
Gluten Free Bread Available

CONSUMING RAW OR
UNDERCOOKED MEATS,
POULTRY, SEAFOOD,
SHELLFISH OR EGGS MAY
INCREASE YOUR RISK OF
FOODBORNE ILLNESS



SOUP OF THE DAY
7.95

LOADED SOUP
8.95



BREAKFAST

24 HOUR OATMEAL [GF, DF]

Overnight Oats, Strawberry Jam, Seasonal Fruits, Caramelized Walnuts, Pumpkin Seeds, Flax + Hemp + Chia Seeds, Honey, Cashew Butter

10.95

STARRY NIGHT AÇAÍ BOWL [VG, GF, DF]

Banana, Apple, Coconut Chips, Bee Pollen, Chia Seeds, Star Fruit, Dragon Fruit, Golden Berry, White Chocolate

15.95

BREAKFAST SANDWICH

Bacon Jam, Lettuce, Tomato, Avocado, Scrambled Eggs, Semolina Roll

11.95

THE MANHASSET

Spinach, Tomato, Halloumi Cheese, Scrambled Eggs, Roasted Peppers, Basil + Paprika Mayo, Semolina Roll

11.95

AVOCADO CRUSH [VT, DF]

Avocado, Dukka Spice, Shave Asparagus, Poached Eggs, Hollandaise Sauce, Country Batard

16.95

KOULOURI + POACHED EGGS [VT]

Sesame Bread, Greek Yogurt, Poached Eggs, Cherry Tomatoes, Chive Oil, Miso Green Sauce

17.95

AVODAISE EGGS BENEDICT BLT

Watercress, Tomato, Maple Harissa Bacon, Poached Eggs, Avocado Sauce, Brioche Bun

17.95

SALMON PASTRAMI

Pumpernickel Bread, Mascarpone Spread, Cucumber, Salmon, Micro Greens, Salmon Roe

18.95

BANANA PUDDING PANCAKES

Banana Pancakes, Vanilla Custard, Whipped Cream Ice Cream, Caramelized Bananas, Toasted Pecans

17.95

OKONOMIYAKI

Shrimp, Bacon, Cabbage, Nagaimo, Dashi, Dry Bonito Flakes, Scallion, Okonomiyaki Sauce

17.95

SPINACH + LEEK EGG WHITE FRITTATA [VT]

Spinach, Leek, Cream Cheese, Egg White

17.95

LUNCH

ALMOND CHICKEN SALAD

Frisse, Cherry Tomatoes, Shredded Chicken, Toasted Almonds, Grapes, Poached Egg, Parsley Vinaigrette

16.95

TUNA POKE [DF, GF]

Baby Spinach, Cucumber, Edamame, Wakame, Ahi Tuna, Avocado, Glazed Japanese Eggplant, Seaweed Flakes, Carrot Ginger + Sriracha Dressing

17.95

KOREAN CHICKEN BAO BUNS

Marinated Chicken, Pickled Carrots, Cabbage, Cucumber

16.95

LONG ISLAND STREET CORN SALAD [GF, VT]

Smoked Corn, Avocado, Red Peppers, Radish, Cilantro, Arugula, Cotija Cheese, Tortilla Chips, Creamy Lime Dressing

16.95

DOLSOT BIBIMBAP [VT, GF, DF]

Baby Spinach, Brussels Sprouts, Zucchini, Glazed Shiitake, Brown Rice, Scrambled Egg, Gochujang Sauce (Sub Cauliflower Rice)

18.95

CHICKEN BANH-MI

Marinated Chicken Thighs, Cucumber, Carrots, Purple Cabbage, Sriracha + Cilantro Mayo, Italian Bread

16.95

CHICKPEA SALAD SANDWICH [DF, VG]

Smashed Chickpea, Celery, Red Onion, Avocado Spread, Cucumber, Tomato, Alfalfa Sprouts, Tahini Miso Mayo, Seven Grain

17.95

WILD MUSHROOM RAMEN

Enoki, Hens of The Woods Mushroom, Jammy Egg, Bamboo Shots, Spicy Sauce, Seaweed Flakes

15.95

CHIMICHURRI STEAK SANDWICH

Skirt Steak, Jicama, Jicama Remoulade, Arugula, Chimichurri, Caramelized Onions

17.95

TUNA SANDWICH

Tuna, Cranberries, Mayo, Celery, Green Olives, Arugula, Baguette

15.95