

the coffee

100% ARABICA BEANS

We only serve amazing arabica coffee sourced and roasted for us by the most passionate and talented.

Thru a loving, caring and handmade process we get complex flavours, unique blends and rare single origins micro-lots for you to enjoy daily.

Truly, plant to cup and with much love. Ask your barista about your coffee.

drip bar

choose your beans

LA AMISTAD, COSTA RICA
BOURBON, EL SALVADOR



DAILY BREW (1 refill on us)

A CLEAN, BALANCED CUP. TASTE THE COFFEE'S NATURAL SWEETNESS AND COMPLEXITY

4



FRENCH PRESS

A FULL-BODIED, RICH BREW WITH A VELVET MOUTHFEEL. DEEP, ROUNDED FLAVORS

7



V-60

EXPECT A CLEAN, VIBRANT CUP WITH DELICATE AROMAS, BRIGHT ACIDITY, AND CHARACTER.

7

espresso bar

DECAF ALSO AVAILABLE

DOUBLE ESPRESSO 4.5

AMERICANO 4.5

CORTADO 4.5

FLAT WHITE 5.75

MACCHIATO 4.5

LATTE 5.5 / 6.5

ADD HOMEMADE SYRUPS +1
HAZELNUT, CARAMEL, VANILLA, SUGAR FREE VANILLA

CAPUCCINO 5.75

MOCHA 6 / 7

MADE WITH 100% PURE CACAO

Coffee Beans
100% Arabica



Take it home!

iced coffee

ALL FRUIT PUREES & SYRUPS ARE MADE IN HOUSE, WITH NATURAL, REAL INGREDIENTS

ICED LATTE 6.75

ADD HOMEMADE SYRUPS +1
HAZELNUT, CARAMEL, VANILLA, SUGAR FREE VANILLA

COLD BREW 6.50

Mom's TIRAMISU LATTE 9.50

HOMEMADE SECRET RECIPE, CREAMY AND DELICIOUS

BANANA BREAD ICED LATTE 8.50

100% NATURAL, HOMEMADE CARAMELIZED BANANAS WITH DATES. TOPPED WITH HONEY WHIPPED CREAM



+2 ADD OUR CACAO DATE SHOT

MAPLE SEA SALT CARAMEL LATTE 8

SWEET, SALTY & DREAMY! TOPPED WITH HONEY WHIPPED CREAM.

OLD DAYS
FARM TO TABLE
SINCE 2014

Homemade Syrups

Organic Bourbon Vanilla

Natural Caramel

Organic Hazelnuts

Sugar Free Organic Vanilla Bourbon (Allulose)

100% Natural

cacao date

100% PURE CACAO
SWEETENED WITH DATES

HOT CACAO DATE 5 / 6.50

PURE CACAO, DATES + MILK

CACAO DATE ICED LATTE 7.50

PURE CACAO + DATES + REGULAR MILK, TOPPED WITH HONEY WHIPPED CREAM.

+2 ADD ESPRESSO SHOT



BANANA SPLIT AFFAIR

8

PURE CACAO + HOMEMADE CARAMELIZED BANANAS WITH DATES, FRESH STRAWBERRY PUREE + MILK, TOPPED WITH HONEY WHIPPED CREAM.

+2 ADD ESPRESSO SHOT

the matcha

FIRST HARVEST, CEREMONIAL GRADE.

Region: Shizouka, Japan.

Always hand whisked to order :)

MATCHA "AMERICANO" 6

MATCHA LATTE 6 / 7

MATCHA ICED LATTE 7.50

THE MATCHA GLOW 8.50

100% NATURAL :) OUR VERSION OF MANGO-MATCHA WITH A PERFECT TOUCH OF OUR HOMEMADE STRAWBERRY PUREE AND OAT MILK

STRAWBERRY ICED MATCHA LATTE 8.50

100% NATURAL, HOMEMADE, THE REAL THING! SWEETENED WITH DATES, TOPPED WITH WHIPPED HONEY CREAM

BANANA BREAD ICED MATCHA LATTE 8.50

100% NATURAL, HOMEMADE CARAMELIZED BANANAS WITH DATES. TOPPED WITH HONEY WHIPPED CREAM



teas & infusions

MAKE IT ICED! +1

GINGER & CARROT 5.5

HERBAL BLEND. GINGER, TURMERIC & GALANGAL. SWEET AND SPICY.

JASMINE PEARLS 5.5

HAND ROLLED TEA LEAVES, GREEN TEA. DELICATE AND AROMATIC.

ORGANIC BERRY HIBISCUS 5.5

HIBISCUS FLOWER, ORANGE PEEL, ROOIBOS. SWEET AND AROMATIC.

CHAI TEA 5.5

ORGANIC BLACK TEA 5

VANILLA BEAN CHAI LATTE 6 / 7

MILK VARIATIONS +1

ALMOND MILK - MADE FRESH EVERY DAY!
UNSWEETENED! JUST REAL ALMONDS AND WATER :)

OAT MILK

lemonades & more

100% NATURAL, NO SUGAR ADDED

MINT & GINGER LEMONADE 6 / 11

BERRY HIBISCUS LEMONADE 7 / 12

MATCHA LEMONADE 7 / 12

CREAMY COCONUT LEMONADE 7 / 12

ORANGE JUICE - Freshly squeezed :) 7.50

cold pressed juice

11.5

100% NATURAL, NO SUGAR ADDED.
NO PRESERVATIVES, ALL FRESH :)

FRESHLY MADE IN HOUSE WITH REAL VEGGIES AND FRUITS. Slowly pressed with care to maintain freshness, nutrients and natural benefits preventing oxidation.

SUNSHINE

CARROT, ORANGE, GINGER, APPLE, LEMON.

FOREVER YOUNG

PINEAPPLE, TURMERIC, APPLE, LEMON.

TIME MACHINE

SPINACH, CUCUMBER, CELERY, APPLE, PEAR, LEMON.

RE-BOOT

BEETS, APPLE, LEMON, ORANGE, MINT.

THE SHOT

5

GINGER, PINEAPPLE AND LEMON.

Spike your Brunch

prosecco bar



PROSECCO 12 / 42

ORANGE MIMOSA 13 / 49

WITH FRESHLY SQUEEZED ORANGE JUICE

STRAWBERRY MIMOSA 13 / 49

WITH OUR REALFRESH STRAWBERRIES PUREE

FLORIST GARDEN 14

LAVENDER, BUTTERFLY PEA FLOWER EXTRACT & PROSECCO

LYCHEE ROSE 14

ROSEWATER, LYCHEE & PROSECCO

wine

WHITE WINE 12 / 38

RED WINE 14 / 42

ORANGE WINE 40

ROSE WINE 40

beer

LAGER 8

LIGHT ALE 8

IPA 8

water

LOONEN WATER (Still - 750ml) 6

ACQUA PANNA (Still - 500ml) 4

SAN PELLEGRINO (Sparkling - 500ml) 4

MAKE IT TO GO!



@oldaysusa

cheers!

all day breakfast

ALWAYS :)
ORGANIC PASTURE RAISED EGGS

- ANY STYLE EGGS 14
- SCRAMBLED, POACHED, FRIED OR OMELETTE
SERVED WITH HOUSE POTATOES, MULTIGRAIN
SOURDOUGH AND KALE SALAD.
- BACON + 4
 - (!) SMOKED SALMON + 8.5
 - AVOCADO + 4
 - VEGETABLES + 1 (each)
 - MUSHROOM + 2.5
 - CHEESE + 2

RICOTTA EGGS 14

CREAMY RICOTTA EGGS TOPPED WITH PARMESAN &
PEPPER FLAKES, SERVED WITH TOASTED SOURDOUGH.
AVOCADO +4/ BACON +4/ (!) SMOKED SALMON +8.5

SHAKSHUKA 19

HOMEMADE SHAKSHUKA RED SAUCE, POACHED EGGS,
AVOCADO AND FETA CHEESE WITH PITA BREAD

GRASS FED STEAK & EGGS 31

100% GRASS FED GRILLED STEAK WITH ORGANIC FRIED
EGGS SERVED WITH SAUTEED SPINACH, TOMATO AND
CRUMBLLED FETA CHEESE.

PERFECT BREAKFAST BURRITO 15

ORGANIC PASTURE RAISED CHEESE OMELETTE,
FRESH SPINACH, ROASTED RED PEPPER AND CRISPY
BACON CRUMBS ON WHOLE WHEAT TORTILLA.

EGG CROISSANT 15

CROISSANT FILLED WITH CHEESE OMELETTE AND FRESH
ARUGULA.
AVOCADO +4/ BACON +4/ TOMATO+1

AVOCADO TOAST 14

REAL AVOCADO FRESHLY MASHED OVER SEEDED
SOURDOUGH BREAD TOPPED WITH FRESH TOMATO,
RADISH AND MICRO CILANTRO
POACHED EGG+2.5/ BACON +4/ SMOKED SALMON +8.5

GF TOMATO BAGEL * 10

A CLASSIC! CREAM CHEESE & FRESH TOMATO ON
GLUTEN FREE BAGEL.

WAFFLES * 16

WITH MAPLE SYRUP, COCONUT CREAM AND FRESH
FRUITS.

BUTTERMILK PANCAKES 18

WITH ORANGE INFUSED SYRUP, BUTTER AND BERRIES.

BRIOCHE FRENCH TOAST 18

WITH MAPLE SYRUP, COCONUT CREAM AND FRESH
FRUITS.

CHAMP-PANCAKES * 17

GF OATS & YOGURT PANCAKE FILLED WITH MASHED
BANANAS. TOPPED WITH COCONUT FLAKES FRESH
FRUITS AND HONEY.

FRESH BREAKFAST BOWLS 16

ALL SERVED WITH HOMEMADE GRANOLA (*!)
BERRIES, COCONUT FLAKES & AGAVE.

ORGANIC ACAÍ BOWL * 11

RASPBERRY CHIA PUDDING * 14

HOMEMADE CREAMY YOGURT 14

COCONUT YOGURT * 14

ENHANCE YOUR BOWL

DARK CHOCOLATE CHIPS +1/ GOJI BERRIES+1/ ORGANIC
PEANUT BUTTER (UNSWEETENED & UNSALTED)+1/
PUMPKIN SEEDS +1/ CASHEWS +1

pastry & sweets

- CHIPA “CHEESE BREAD” * 4
- BANANA BREAD * 6
- sweetened with dates & maple syrup, no added sugar
- ALMOND DATE CAKE * 6
- sweetened with dates, no added sugars & dairy free
- COCONUT & DDL ALFAJOR * 4.5
- CHOCOLATE CHIP COOKIE 4.5
- OLD FASHIONED CINNA-BUN 5
- PLAIN CROISSANT 5



one good thing!

small plates

- TAPIOCA BITES * 10
- CHEESE BITES, OVEN BAKED TO PERFECTION. MADE
WITH TAPIOCA GRANULES AND FRESH CHEESE.
- GUACAMOLE 13
- FRESHLY MASHED AVOCADOS , TOMATO AND
ONION SERVED WITH PITA BREAD.
- HUMMUS 12
- SERVED WITH RAW VEGGIES AND PITA BREAD.
- MINI GOLDEN AREPA 10
- cachapa for our venezuelan crowd :)
SWEET CORN AREPA FILLED WITH CHEESE.
SERVED WITH A SIDE OF LIGHT SOUR CREAM.

- GROOVY ROASTED POTATOES * 10
- LEMONY AND DELICIOUS, OVER HOMEMADE WHIPPED
FETA CREAM
- SWEET BURRATA TOAST 15
- TOMATOES CHUTNEY, CREAMY BURRATA ON TOAST
- SMOKED SALMON TOAST 17
- YUMMY WHIPPED FETA, SMOKED SALMON, PICKLED
ONIONS, CAPERS AND A TOUCH OF DILL ON TOAST.

FRESH GREEK SALAD * 10

WITH FETA CHEESE AND KALAMATA OLIVES

handhelds
SANDWICHES & MORE

- CHILL CAPRESE 18
- CREAMY BURRATA, ALMOND PESTO, FRESH
TOMATO, FRESH BASIL AND EVOO ON CIABATTA.
- CHIPOTLE CHICKEN 19
- GRILLED CHICKEN, ROASTED RED PEPPERS, HOMEMADE
CHIPOTLE SAUCE AND ARUGULA ON CIABATTA BREAD.

GRASS FED STEAK SANDWICH 25

GRILLED GRASS FED STEAK, ORGANIC PASTURE RAISED
FRIED EGGS, HOMEMADE CORN MAYO, CHEESE,
LETTUCE AND TOMATO ON CIABATTA BREAD.

SHORT RIB BUN 24

SLOW COOKED SHORT RIB, PICKLED ONIONS,
ARUGULA AND OUR CILANTRO AIOLI. ON BRIOCHE
BUN. SERVED WITH HOUSE ROASTED POTATOES.

WAGYU BURGER (!) 24

HOMEMADE BURGER IN BRIOCHE BUN WITH LETTUCE,
TOMATOE, SWEET ONIONS AND CHEESE. SERVED WITH
HOUSE ROASTED POTATOES AND OUR SECRET SAUCE.
FRIED EGG + 4 / BACON +4

SAY CHEESE! 11

THE PERFECT CHEESY MELT SANDWICH: SWISS, REAL
CHEDDAR, MOZZARELLA CHEESE. ON SOURDOUGH
BREAD
AVOCADO +4 / TOMATO+1/ HAM +4/ BACON +4

WRAPS & BURRITOS

THE FUNKY CAESAR WRAP 21

GRILLED CHICKEN, PARMESAN CHEESE, HOMEMADE
CRUSHED SOURDOUGH CROUTONS, KALE & ROMAINE
AND OUR -NON ANCHOVIES!- FUNKY DRESSING.

COZY CHICKEN WRAP 21

ROASTED CHICKEN, SPINACH, ROASTED CARROTS,
SAUTEED MUSHROOMS, CARAMELIZED ONIONS,
CREAM CHEESE AND MOZZARELA.

MARY’S CHICKEN BLTA WRAP 20

CHICKEN, BACON, LETTUCE, TOMATO, AVOCADO,
ONION & MELTED CHEESE ON WHOLE WHEAT WRAP.

THE OG FALAFEL WRAP 18

HOMEMADE FALAFELS, CHICKPEAS HUMMUS, FRESH
LETTUCE, TOMATO, RED ONIONS AND CUCUMBER WITH
A SIDE OF VEGAN TZAZIKI.

QUESADILLAS RANCHERAS 18

WHOLE WHEAT TORTILLA, CHEESE, ROASTED CARROTS,
SWEET ONIONS, MASHED BLACK BEANS, & CORN +
GUAC, AND FRESH PICO DE GALLO.

SLOW COOKED SHORT RIB +12 / ROASTED CHICKEN+8

EXTRA HOMEMADE SAUCE?

CILANTRO AIOLI / HOMEMADE KETCHUP / HUMMUS DIP
VEGAN TZAZIKI / CARROT DIP / CREAMY SOY DRESSING
DILL DRESSING / FUNKY “CAESAR” DRESSING/
CHIMICHURRI - THE REAL ONE :)
+0.75

salads & bowls

- SUPER GREENS * 15
- KALE, SPINACH, ARUGULA, DILL, MINT AND CRUMBLLED
FETA WITH LEMON VINAGRETTE. ADD YOUR FAV
PROTEIN :)
- QUINOA RAINBOW * 17
- WILD QUINOA, CORN, RED ONIONS, AVOCADO,
PUMPKIN SEEDS, TOMATOES, ROASTED CARROTS,
ARUGULA AND AVOCADO ORANGE VINAGRETTE.
- BUDDHA BOWL 18
- WILD QUINOA, ADZUKI BEANS, TOMATOES, SEEDS,
SAUTEED SPINACH IN KIWI VINAGRETTE, ROASTED
CARROTS, BEET HUMMUS, GUACAMOLE, GOJI BERRIES
AND CASHEWS.

ENHANCE WITH PROTEINS

GRILLED CHICKEN BREAST +8

(All natural - Antibiotic free)

FAROE ISLAND GRILLED SALMON +14

100% GRASS FED NY STEAK +16

ORGANIC PASTURE RAISED EGG +2.5

WILD CAUGHT TUNA TATAKI (!) +10

(seared)

GRASS FED STEAK BOWL 33

GRILLED STEAK SERVED OVER FRESH ARUGULA WITH
AVOCADO, CUCUMBER, TOMATO, ROASTED CORN,
FETA CHEESE, RED ONION AND OUR SIGNATURE
CHIMICHURRI :)

FUNKY CAESAR 21

OUR VERSION OF THE CLASSIC “CAESAR SALAD”
GRILLED CHICKEN, PARMESAN CHEESE, HOMEMADE
CRUSHED SOURDOUGH CROUTONS, KALE, ROMAINE
AND OUR -NON ANCHOVIES!- FUNKY DRESSING.

TROPICAL SALMON BOWL * 31

GRILLED SALMON, MANGO, ARUGULA, QUINOA,
ROASTED CARROTS, AVOCADO, PICKLED ONIONS,
CUCUMBER, TOMATO, CABBAGE, RADISH, SESAME
SEEDS, CILANTRO AND CREAMY SOY DRESSING

PATAGONIA * (!) 23

SMOKED SALMON, GREENS, POACHED EGG,
AVOCADO, BEETS AND DILL DRESSING.

FALAFEL BOWL * 20

HOMEMADE FALAFELS WITH FRESH QUINOA
TABBOULEH, CARROT DIP, HUMMUS, CUCUMBER,
ARUGULA, AVOCADO AND VEGAN TZAZIKY.

THE HARVEST BOWL * 22

KALE SALAD WITH RADISH AND PUMPKIN SEEDS,
QUINOA, ROASTED SWEET POTATOES, AVOCADO,
ROASTED TOMATO AND YOUR CHOICE OF EGGS
(POACHED OR SCRAMBLED)

sides

- FRESH FRUIT PLATE 12
- TOASTED SOURDOUGH & BUTTER 5
- ROASTED SWEET POTATOES 6
- HOUSE ROASTED POTATOES 6
- FRESH QUINOA TABBOULEH 6
- YUMMY HEIRLOOM TOMATOES 4
- GREENS & CRUNCH SALAD 6
- BUTTERNUT SQUASH PUREE 5
- LEMON HERBS WILD RICE 5
- SCRAMBLED EGGS 6
- POACHED/HARD BOILED EGG 2.5
- FRIED EGGS (2) 4
- SMOKED SALMON 8.5
- AVOCADO 4
- BACON 4

Consuming raw or undercooked meats, poultry,
seafood, shellfish, or eggs may increase your risk of
foodborne illness, especially if you have certain
medical conditions.

VEGAN

GLUTEN FREE RECIPE

*Shared kitchen! cross contamination may occur.

We do everything to avoid cross contamination but be
advised that OUR KITCHEN USES INGREDIENTS
CONTAINING WHEAT, SESAME, TREENUTS, PEANUTS,
FISH, DAIRY, SOY AND EGGS. Let us know if you have any
food allergies or anything we should have in mind when
preparing your food.

WE GARNISH WITH MICRO GREENS, CILANTRO AND EDIBLE FLOWERS

OUR RESTAURANT IS SEED OIL FREE



GLUTEN FREE BREAD AVAILABLE



OLD DAYS

a good plate

BYO

Build your own

SEED
OIL FREE

1 PROTEINS

CHOOSE 1

GRILLED CHICKEN BREAST *	23
ALL NATURAL CHICKEN, ANTIBIOTIC FREE :)	
FAROE ISLAND GRILLED SALMON *	30
100% GRASS FED NY STEAK *	29
SLOW COOKED SHORT RIB *	34
WILD CAUGHT TUNA TATAKI (SEARED)	23
HOMEMADE FALAFELS * ①	22

ALWAYS SERVED WITH

GREENS & CRUNCH SALAD * ①
KALE, SPINACH, ARUGULA, RADISH & EVOO

2 EARTH & GRAINS

CHOOSE 2

FRESH QUINOA TABOULEH * ①
LEMON HERBS WILD RICE * ①
BUTTERNUT SQUASH PUREE *
HOMEMADE REAL MASHED POTATOES *
HOUSE ROASTED POTATOES * ①
ROASTED SWEET POTATOES * ①
YUMMY HEIRLOOM TOMATOES * ①

3 DIPS

CHOOSE 1

MADE IN HOUSE :) WITH REAL CLEAN INGREDIENTS.

CLASSIC HUMMUS * ①
BEET HUMMUS * ①
SWEET CARROTS DIP * ①
WHIPPED FETA *



Extra love

AVOCADO	+4
CASHEWS	+1
GOJI BERRIES	+1
PUMPKIN SEEDS	+1
CRUMBLLED FETA	+2
KALAMATA OLIVES	+1

ALWAYS FRESH, CLEAN, GOOD FOR YOU & THE PLANET :)



OLD DAYS a good diet

WE ARE WHAT WE EAT

Eat sun rays on a sunny morning.
Enjoy rain on a cloudy day.
Yes to: Nature in all its forms,
hugs, laughter, family, and friends.

Obsess about your body – the right way:
hug your loved ones like you mean it,
move often and appreciate every feeling your skin
gets to feel.

Be successful and proactive.
Lead the way with kindness, goodness, wisdom,
and gratitude.

Don't forget about your **calories** – **a deficit is key**:
Avoid empty souls, mean actions, mindless
scrolling, and borrowed opinions.
Consume purposefully.

Train like your life depends on it.
Train your mind to stand in someone else's shoes,
your heart to beat in the right places and your legs
to stand up tall.

Hydrate properly.
With a glass full of hope, strength, and simplicity.
Sip it slowly. Enjoy it.

Have fun.
Good old-time kind of fun.
The kind that leaves your cheeks sore from
laughing.

Stay connected – not to the Wi-Fi,
but to the people and places around you.
Look into people's eyes. Listen closely.
You never know what you might learn.

Be kind to yourself & be kind to others.

one good thing!