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)* — 4
A CLEAN, BALANCED CUP. TASTE THE COFFEE'S NATURAL SWEETNESS AND COMPLEXITY

FRENCH PRESS — 7
A FULL-BODIED, RICH BREW WITH A VELVETY MOUTHFEEL. DEEP, ROUNDED FLAVORS

V-60 — 7
EXPECT A CLEAN, VIBRANT CUP WITH DELICATE AROMAS, BRIGHT ACIDITY, AND CHARACTER.

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	
12 + HOURS COLD BREW	6.50
CARDAMOM COLD BREW	8
HOMEMADE CARDAMOM SYRUP AND HONEY WHIPPED CREAM TOP	
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.	

MAKE IT TO GO!

OL'DAYS FARM TO TABLE

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 CHAI CACAO	6 / 7
PURE CACAO, DATES + HOMEMADE CHAI & MILK	
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	
ICED NUTTY BANANA	8
PURE CACAO + HOMEMADE CARAMELIZED BANANAS WITH DATES, HOMEMADE HAZELNUT SYRUP +ALMOND 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
CARDAMOM FIG MATCHA	8.50
100% NATURAL :) HOMEMADE AND DELICIOUS CARDAMOM SYRUP, FIG BUTTER WITH A TOUCH OF HONEY CREAM BASE.	
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 :)
ORGANIC COCONUT MILK
UNSWEETENED!
OAT MILK

@oldaysusa

lemonades & more

100% NATURAL, NO SUGAR ADDED

MINT & GINGER LEMONADE	6 / 11
BERRY HIBISCUS LEMONADE	7 / 12
MATCHA LEMONADE	7 / 12
COCONUT LEMONADE	7 / 12
ORANGE JUICE - Freshly squeezed :)	7.50
STRAWBERRY CAYENNE	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	
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

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 20
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 CRUMBLED 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 16
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.

APPLE PIE FRENCH TOAST 19
WITH APPLE COMPOTE, CARDAMOM GREEK YOGURT, CINNAMON CRUMBLE AND MAPLE SYRUP.

CHAMP-PANCAKES ✱ 17
GF OATS & YOGURT PANCAKE FILLED WITH MASHED BANANAS. TOPPED WITH COCONUT FLAKES FRESH FRUITS AND HONEY.

FRESH BREAKFAST BOWLS

GREEK YOGURT ✱/ COCONUT YOGURT ✱ Ⓥ 14
WITH HOMEMADE APPLE COMPOTE & GRANOLA

ORGANIC ACAÍ BOWL ✱ Ⓥ UNSWEETENED :) 16
WITH GRANOLA, BERRIES, COCONUT & AGAVE.

RASPBERRY CHIA PUDDING Ⓥ ✱ 12
WITH GRANOLA, BERRIES, COCONUT & AGAVE.

ENHANCE YOUR BOWL
DARK CHOCOLATE CHIPS +1/ GOJI BERRIES+1/ ORGANIC PEANUT BUTTER (UNSWEETENED & UNSALTED)+1/ PUMPKIN SEEDS +1/ CASHEWS +1/ COCONUT YOGURT SCOOP +1/ GREEK YOGURT SCOOP +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 5.5



one good thing!

small plates

TAPIOCA BITES ✱ 10
CHEESE BITES, OVEN BAKED TO PERFECTION. MADE WITH TAPIOCA GRANULES AND FRESH CHEESE.

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 16
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.

ROASTY TOASTY TOMATO SOUP 13
ROASTED GOODNESS WITH BUTTERNUT SQUASH.
SERVED WITH GRILLED CHEESE SANDWICH FOR DIPPING!

SOULFUL CHICKEN SOUP 13
TASTES LIKE HOME! SERVED WITH SEEDED SOURDOUGH

handhelds

SANDWICHES & MORE

MY VEGGIE CRUSH 19
ROASTED ZUCCHINIS, MUSHROOMS, RED PEPPERS, AND CARROTS LAYERED WITH CHEESE AND FRESH ALFALFA SPROUTS ON CIABATTA BREAD WITH A TOUCH OF HOMEMADE HONEY MUSTARD.

CHIPOTLE CHICKEN 20
GRILLED CHICKEN, ROASTED RED PEPPERS, HOMEMADE CHIPOTLE SAUCE AND ARUGULA ON CIABATTA BREAD.

GRASS FED STEAK SANDWICH 26
GRILLED GRASS FED STEAK, ORGANIC PASTURE RAISED FRIED EGGS, HOMEMADE CORN MAYO, CHEESE, LETTUCE AND TOMATO ON CIABATTA BREAD.

THE HOLY MELT 27
SLOW COOKED SHORT RIB, CARAMELIZED ONIONS, BRIE, MOZZARELLA, FIG BUTTER, ALFALFA SPROUTS AND OUR HOMEMADE HONEY MUSTARD ON SOURDOUGH.

WAGYU BURGER (!) 25
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
FUNKY "CAESAR" DRESSING/ CHIPOTLE SAUCE
HOMEMADE HONEY MUSTARD
+0.75

OUR RESTAURANT IS SEED OIL FREE

salads & bowls

SUPER GREENS ✱ 15
KALE, SPINACH, ARUGULA, DILL, MINT AND CRUMBLED 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 (All natural - Antibiotic free)	+8
FAROE ISLAND GRILLED SALMON	+14
100% GRASS FED NY STEAK	+16
ORGANIC PASTURE RAISED EGG	+2.5
WILD CAUGHT TUNA TATAKI (!) (seared)	+10

STEAK ME UP! WINTER BOWL 34
GRASS-FED STEAK SERVED WITH WILD RICE, ROASTED MUSHROOMS, CORN, RED PEPPERS, ARUGULA, ALFALFA SPROUTS, FRESH PARSLEY AND WHIPPED FETA WITH A TOUCH OF RED PEPPER FLAKES.

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

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	7
POACHED/HARD BOILED EGG	2.5
FRIED EGGS (2)	5
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

GLUTEN FREE BREAD AVAILABLE