



STARTERS

Shaved Spanish Jamón (GF).....	5
Miso Eggs, Sherry, Chives, Sea Salt.....	4
Poached Eggs + 7-Grain Toasts.....	4
Sweet Chili Charred Sherry Mushrooms + Wine Peppers.....	6
Composed Board of Vegetables, Miso Eggs, Nuts, Seeds, Veggie Cream Cheese Schmeat, House Crackers.....	12
Smoked Trout Schmeat, Jalapeño, Sherry Glaze, Avocado, Crackers.....	16
Fruit + Nut Board, Whipped Sweet Cream Mozzarella, Marcona Almonds, Roast + Raw Nuts, Seasonal + Dried Fruits (GF).....	14
Selection of Cheeses: Goat, Cow, Sheep + Carbon Blue Cheese Cherry Walnut Buns.....	16

(add crudites of veggies +4)

SNACKS

BEHIND THE BAR JARS BY THE SCOOP

Kettle Potato Chips.....	1	Assorted Dry Cereal.....	2
Pretzels.....	1	Fruit + Nuts.....	3
House Crackers.....	2	Stroop Waffles.....	3

SALAD + SOUP + RAW

Barista's Raw Juice of the Day (12oz).....	7 (add bar spirit +10)
Grain + Seed Salad of Taboulé, Chia, Hemp, Sunflower Seeds, Kale, Cucumber, Avocado, Mint, Parsley, Lemon, Olive Oil (v).....	11
Avocado + Marcona Almond Salad, Radish, Cabbage, Carrot, Jalapeño, Cilantro, Citrus, Sunflower Seed, Salt + Pepper (GF) (v).....	10

FRESH BAKED BUNS

HOT POCKETS

5 EACH / BUILD A BOARD OF 3 FOR 12

SPANISH JAMÓN + MANCHEGO CHEESE SMOKED BRISKET, CREAM CHEESE, JALAPEÑO HONEY SPINACH, ARTICHOKE, CHÈVRE BEEF GREEN CHILI, CHEESE, EGG BOA-STYLE MISO PORK BELLY + JALAPEÑO RADISH SLAW BREAKFAST SAUSAGE + EGG BLUE CRAB CARBON BUN (8 EACH) (stuff any bun with a poached egg 1.5)*

MAIN PLATES

WARM CHICKEN + EGG BOWL* Charred Citrus Herb Chicken Breast, Horseradish Egg Salad, Wilted Farmer's Greens, Chèvre (GF).....	14
SEARED 7 LAYER TUNA* Smoky Mayo, Avocado, Mahón Cheese, Sherry Onions, Wine Marinated Peppers, Crisp Cracker (GF).....	16
MISO PORK BELLY + AVOCADO SALAD BOWL Radish, Cabbage, Marcona Almonds, Carrot, Jalapeño, Cilantro, Seeds, Citrus (GF).....	14
CHEF'S DAILY SPECIAL.....	MKT

SWEETS

CARBON CAKE.....	5
COOKIES.....	3 for 1
HABIT DOUGHNUTS Gluten Friendly + Vegan Pastry (GF) (V).....	MKT

(GF) - GLUTEN FRIENDLY
(V) - VEGAN

CHEF - SCOTT PARKER

* May be served raw-consuming raw or undercooked animal foods such as beef, eggs, poultry, seafood & pork may increase your risk of food-borne illness especially if you have certain medical conditions.