

Sides

4-5

Steamed Quinoa
Steamed Brown Rice
Saffron Basmati
Multi-Seed Crackers
Steamed Greens
Lentils

6

BBQ Tempeh
Sauerkraut
Teff Flatbread

8

House Salad with Tahini Lemon
Roasted Potato Wedges & Ketchup



Something Simple

Karma Bowl 17

choice of two: *steamed greens, lentils,*

BBQ tempeh, sauerkraut

choice of sauce: *tahini lemon, miso ginger, or*
olive oil and lemon

choice of grain: *brown rice, quinoa or*
saffron basmati

Sauces

sm 3 | lg 5

**all food items are gluten free, vegan
and made from scratch with love**

*A 20% gratuity will be added to your bill
if your party is 6 or more*

Summer

Menu

Soup & Salads

soup and salads served with a multi-seed cracker

House Soup cup 7
ever-changing bowl 11

Farmer's Market 19
young greens | daikon | fennel root | sauerkraut
cucumber | cherry tomato | sprouts | hemp hearts
*choice of dressing: tahini lemon,
miso ginger, or lemon & olive oil*

Fattoush 21
spring greens | cherry tomato | cucumber
snap peas | roasted garlic hummus | dukkah
herbs | sumac vinaigrette | z'atar teff khubz chips
sprouts | preserved lemon

Sunomono 20
cucumber | miso fermented carrot | vermicelli
simmered kombu kelp | ponzu vinaigrette | furikake
spring greens

Starters & Shares

Jenga 12
puffed tofu fries | miso ginger dip
sesame seeds | dulce | spicy mayo | scallions

Warm Olives 11
herbs | citrus peel | wine

Springtide Roll 13
nori | brown rice | cucumber | spicy mayo | ponzu
shoots | shittakes | furikake

Mezze 21
za'atar spiced flatbread | marinated olives | chutney
cashew cream cheese | caramelized onions
rotating ferments | fresh veggies

Handhelds

Doner Kebabwich 21
sunflower mushroom doner | teff flatbread
garlic hummus | tomato | red onion | pickles
greens | tahini lemon
served with soup, salad, or wedges

Pesto Melt 21
multi-grain bun | sautéed mushrooms | pesto
melty cashew cheese | caramelized onion | greens
hickory sticks
served with soup, salad, or wedges

Banh Mi Tacos *two: 15 three: 20*
puff tofu | hoisin sauce | pickled carrot & daikon
MaiiZ Nixtamal corn tortilla | greens | spicy mayo
cilantro

Bowls

Mac 22
brown rice macaroni | red onion | braising greens
coconut cashew cheese sauce | seasonal vegetable
broccoli | walnut & herb parmesan

Green 22.5
dark greens | bok choy | broccoli | cabbage
red onion | coconut green thai curry | brown rice
seasonal vegetable | cilantro | scallions
toasted cashews

Matar Saag 21
green peas & leafy greens curry | chutney
saffron basmati | raita | cilantro
preserved lemon | snap peas | shoots
multi-seed cracker

Tantan 23
rice ramen | sesame oat milk broth
cabbage & bok choy | shittakes | furikake
crushed peanuts | rayu | scallion
sweet & spicy soy crumble