



feeding the evolution

for starters...

takoyaki - \$10.00 •

hush puppies, kind of, with tamari teriyaki & yum yum sauce

grilled cabbage - \$10.00 ♠

pink peppercorn creme sauce & lentil caviar

roasted cauliflower - \$10.00

spicy agave seaweed sauce, purple cabbage

elote - \$8.00

mexican street corn with quephaux fresco, yum yum, cilantro

crab cakes - \$15.00 ▼

three delightful cakes, tarragon creme & burnt herb stem slaw

caviar & potato cakes - \$12.00 ♠

lentil caviar, fresh crema, pickled red onion, preserved lemon

sushi

chronic - \$13.00 ▼

crab, spicy tuna & avocado - tempura fried, topped with spicy mayo & sweet n' spicy citrus

what the vegan - \$12.00 ▼

crab, avo & cucumber topped with wtf sauce

veggie - \$12.00

cucumber & avocado topped with charred chard, sweet n' spicy citrus and crunchy garlic chili

mexifornia - \$12.00

spicy tuna & cuc topped with spicy avo mousse, quephaux fresco

the luke - \$12.00

pickled cyclops strawberries & burnt onion chipolte tarragon avo & cucumber inside

the robin leach - "if you have to ask, it's too much" ♠ ▼

grilled asparagus & crab inside, topped with caviar, truffled garlic, and fresh crema (\$13.00)

soup & salad

cup of soup - \$5.00

it's soup, ask your server for details

caesar - \$7.00 ♠ •

zesty citrus dressing with herbal croutons

crab & cucumber salad - \$9.00 ▼

sunomono with toasted nori, amazu

farrow - \$9.00 ▼

oil & vinegar dressing with kale, pickled red onion, beets

entrees

sassy spring pesto - \$15.00 ▼

nut-less pesto, spring pickles, angel hair pasta

the crabby (un) mac - \$16.00 ▼

crab, plot cheezy sauce, charred brocc, angel hair pasta

chicken & waffles - \$16.00 ▼

served with some maple love

polenta with chorizo - \$15.00

butternut squash, coconut, ancho chili oil

stuffed yam - \$15.50 ♠

säusage, truffle cheezy sauce, bbq kale, pea shoots

meatless loaf - \$17.00

lentil & wild rice loaf, mushroom & beet demi.

navy beans & charred chard

veggie stirfry - \$16.00

agave cashew glaze, "dirty rice" tofu, yellow pickles

shepherds pie - \$17.00

meatless loaf mixed with carrots, onions, gravy and topped with mashed potato, served with brocc and demi glaze

eat simply, and let others simply eat. our mission is to feed you badass food, with plants. umlauts denote a meat-like item made with plants. made with responsibly sourced, simple ingredients, with healthful intention, and zero-waste ethos. we keep the animals in the kitchen and off your plates.

♠ = contains nuts ▼ = contains gluten • = gluten free option available

ALLERGENS: Please inform us of any allergies when ordering.

We cannot guarantee food that is safe for severe allergies, though we do our best.

dessert

dark chocolate torte - \$7.00 ♣

spiced apple pie - \$7.00 ▼

pineapple cherry upside
cake - \$7.00

espresso

featuring steady state
sweeten / creme it upon request
house milk - oat

espresso / americano - \$3.00

cortado / macchiato - \$3.75
ask your server for current flavors

somewhat dirty soda - \$4.00
espresso, agave, bubbles

latte - \$4.50

'rishì tea latte - \$4.50 / dirty + \$1.50
masala chai
turmeric ginger chai

flat white / cappuccino - \$4.25

specialty latte - \$5.00
ask your server for current flavors

non-alcoholic

fresh house sodas - \$3.50
ask your server for current flavors

green tea soda - \$4.00

iced tea - \$3.50
ask your server for current flavors

'rishì hot tea - \$3.50
ask your server for current flavors

sparkling vero water - \$2.00



beer on tap

kali kush - \$7.00
breakwater brewing, oceanside
pale ale with sage - 5.6%

treevana - \$7.50
burgeon brewing, carlsbad
west coast ipa - 7.2%

pacific passion gose - \$7.50
breakwater brewing, oceanside
belgium style, light bodied wheat - 4.9%

endo west coast ipa - \$8.00
rouleur brewing, carlsbad
american ipa - 7.2%
heavily hopped with stone fruit, citrus

beer by the can

dopeur ipa - \$8.00
rouleur brewing, carlsbad
new england style ipa - 6.6%

juice press hazy ipa - \$8.00
burgeon brewing, carlsbad
american ipa - 6.8%
fruit infused melon, pineapple

kombucha on tap

local roots (alcoholic) - \$ 8.00
vista
ask your server for current flavor - 6%

living tea - \$7.00
oceanside
ask your server for current flavor

cider by the can

san diego jam - \$8.00
bivouac brewing, blackberry cider

albright - \$8.00
bivouac brewing, pear cider

fruit infused melon, pineapple

white/rosé

maris - rose de nymphe emu
south of france - 100% organic
glass \$9.00 / bottle \$36.00

stephen ross - chardonnay
edna valley
glass only - \$11.00

morro view - 100% albarino
edna valley - field recordings
glass \$9.00/ bottle \$38.00

barter and trade -sauvignon blanc
2018 - washington
glass- only \$11.00

mâcon guillot-broux -chardonnay
2017 - france
bottle-\$68.00

flower bomb - malvasia bianca
saint k - paso robles
bottle \$65.00

dragonette - sauvignon blanc
2018- santa barbara- happy canyon
bottle \$48.00

renaudie brut- sparkling
2017 - france
bottle \$48.00

red

fableist - pinot noir
2018 - paso robles
glass \$11.00 / bottle \$42.00

fiction - red blend
2017 - paso robles
glass \$9.00 / bottle \$36.00
zinfandel, grenache, cabernet

the offering - blend
2017 - paso robles
glass only \$12.00
grenache, syrah, mourvedre

halter ranch - cabernet sauvignon
paso robles- synthesis
glass only \$15.00

groundwork - syrah
2017 - santa barbara
bottle \$50.00

alberti - malbec
2018 - argentina
bottle \$44.00

saracina valley - malbec
2016- skid row - mendocino county
bottle \$54.00