



# 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

**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 garlic chili

**mexifornia - \$12.00 •**  
spicy tuna & cuc topped with spicy avo mousse, quephaux fresco

**crunchy roll - \$12.00 ▼ •**  
spicy tuna, avo & cuc topped with crunchy tempura, teriyaki

**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 - \$8.00 •**  
zesty citrus dressing with herbal croutons  
add chicken - \$8

**crab & cucumber - \$9.00 ▼ •**  
sunomono with toasted nori, amazu

**kale - \$9.00 ▼**  
farro, pickled red onion, pastrami beet, apples, cara cara balsamic

## entrees

make. it. saucy. with hab-shallot sauce or beet ketchup - \$0.50

**biscuits & gravy - \$15.50 ▼ ♠ •**  
fresh biscuits, country gravy, fried chicken

**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, ancho chili oil

**stuffed yam - \$16.00 ♠**  
sausage, 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 •**  
"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 glace

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 • = contains soy  
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 grinds  
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

sweet n' shroomy - \$6.00  
latte with OM chaga mushroom, agave, espresso

the overachiever - \$5 / dirty + \$1.5  
latte with OM cordyceps mushroom, agave,  
molasses

the chocolate OM - \$5.5 / dirty + \$1.5  
minty sage hot cocoa with OM reishi mushroom

## non-alcoholic

kismit shrub & soda - \$6.00  
drinking vinegars made with local goods

fresh house sodas - \$3.50  
seasonal flavors

green tea soda - \$4.00

iced tea - \$3.50  
black or passion fruit

'rishì hot tea - \$3.50  
a rad variety of options

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/rose'

atrea - skid rose'  
mendocino county - saracina vinyards  
glass \$9.00 / bottle \$36.00

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

saracina "unoaked" chardonnay  
mendocino county, california  
glass \$9.00/ bottle \$36.00

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