

BREAKFAST

Supa Dupa Burritos \$12.50

Veggie* | scrambled eggs, mushrooms, chickpeas, sliced pepper medley, onions, kale, shredded cheese

Savory* | scrambled eggs, shredded cheese, sliced pepper medley, onions, roasted potatoes, sautéed kale, choice of meat

Sweet Love Pies \$4.75

Veggie* | scrambled eggs, sautéed kale, cheese, baked in puff pastry

Sweet Potato* | sweet potatoes, corn, black beans, chipotle sauce, baked in puff pastry

Savory* | scrambled eggs, pepper medley, cheese, sautéed kale, turkey sausage, pork bacon or soy chorizo, baked in puff pastry

T.L.C. Bagels

Plain | cream cheese or butter or jam \$2.75

Savory* | egg patty, cheese, choice of meat \$6.50

Sweet | bananas, honey and chia seeds, choice of spread. \$5.50

Breakfast Bowls

Mother's Garden | greek yogurt, granola crumbles, blanched almonds, fresh fruit, drizzled with honey \$7.95

Raspberry Beret | mixed fruit, acai sorbet, banana, topped with fresh fruits, granola, and chia seeds \$9.75

Miss Thang | country potatoes, sautéed veggies, scrambled eggs, shredded cheese, choice of meat (add avocado slices). \$10.75

LUNCH

Sandwiches

all lunch sandwiches are served with house kettle chips or veggie sticks

Badu Wrap | kale, red onions, ancient grains, sweet potatoes. \$12.75

The Maverick | grilled chicken breast, mixed greens, homemade avocado mix, sliced tomato, sliced tomato, sliced red onion, cheese, served on sourdough bread \$13.75

U.N.I.T.Y. | grilled chicken breast, chipotle mayo, red onion, mild gruyere cheese served on sourdough bread \$13.75

Motown B.A.L.T | bacon, homemade avocado mix, Arcadian blend, tomato served on toasted sourdough bread \$12.75

The Hilman Melt | house tuna salad, provolone cheese, served on sourdough bread \$10.75

Lunch Bowls

Base Options: Arcadian Blend, Ancient Grain, Sweet Potato

Two Fridas | corn, black beans, red onion, cilantro, lime juice, sliced avocado & chipotle sauce. \$12.75

Acoustic Soul | kale, red onions, avocado, garlic sesame seeds, house teriyaki honey sauce \$10.75

Zion | cherry tomatoes, feta crumbles, cucumber, grilled chicken, olives & greek vinaigrette. . \$12.75

*contains dairy, soy, or egg

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a certain medical condition

BEVERAGES

Coffee (10oz, 12oz, 16oz)

<i>Baldwin</i> espresso and hot water	\$4.75
<i>Nina Simone</i> espresso, dark chocolate, whipped cream, chocolate sauce	\$5.75
<i>bell hooks</i> espresso, brown sugar, maple syrup and cinnamon.	\$6.75
<i>MC Lyte</i> espresso, steamed milk, cinnamon, foam	\$5.50
<i>Electric Lady</i> espresso, caramel sauce, steamed milk, foam	\$5.95
<i>Giovanni</i> steamed milk, espresso	\$5.95
<i>Black Star</i> house drip coffee dark roast	\$4.00
<i>Full Moon</i> house drip coffee medium roast.	\$4.00
<i>Assata</i> espresso	\$3.75
<i>Audre Lorde</i> cold brew, vanilla extract, cinnamon, honey cubes	\$6.75

Smoothies

<i>Purple Haze</i> bananas, strawberries, blueberries, oatmilk	\$6.50
<i>Raspberry Beret</i> berry fruit medley, acai sorbet, bananas, topped with fresh fruits, granola, flax seeds.	\$7.50
<i>Bluest Eye</i> blueberries, bananas, mango, oat milk	\$7.50

House Teas

<i>Octavia Butler</i> Masala Chai.	\$5.75
<i>Marley</i> hot water, lemon juice, cayenne pepper, ginger, honey	\$6.00

Dairy Alternatives: Almond +\$0.50 | Oat +\$0.75