

ORGANIC SALADS + BOWLS

MANGO TANGO SALMON

arugula, salmon filet, sliced avocado, heirloom tomato, mango, pickled red onion, house blend seasoning w/ house made herb vinaigrette \$24.00

CHOPPED ITALIAN

mixed lettuce, garbanzo beans, provolone, baby cherry tomatoes, pickled red onion, black olives, cucumber, pepperoncini, salami, shredded parm w/ house made vinaigrette \$21.00

REAL + RAW HOUSE

arugula, cherry tomato, shaved parmesan w/ house made herb vinaigrette \$15.00

PEACH + AVOCADO SUMMER SALAD

arugula, avocado, peach, feta, pine nuts w/ house made honey dijon vinaigrette \$18.00

ASHLEY'S STRAWBERRY CRUNCH

mixed greens, strawberries, avocado, walnuts, crumbled feta, w/ champagne vinaigrette \$19.00

MOTHER EARTH BOWL

arugula, ancient grains, sweet potato, avocado, cucumber, hemp seed, miso vinaigrette \$19.00
pro-tip - add salmon!

ADD PROTEIN

smoked salmon filet* \$14.00

lox* \$10.00

soft boiled eggs \$5.00

chicken salad \$8.00

ORGANIC SANDWICHES + WRAPS

THE SURFING SALMON WRAP

salmon, avocado, spinach, heirloom tomatoes, sriracha, spinach wrap - served with mixed green side salad \$21.00

PEACH, PROSCIUTTO + BURRATA SANDWICH

creamy burrata, balsamic glaze, hot honey, salty prosciutto, juicy peach slices, and arugula on local organic sourdough - served with mixed green side salad \$22.00

CHICKEN SALAD WRAP

organic chicken salad, greens, herb drizzle, spinach wrap - served with mixed green side salad \$21.00

LA JOYA BUT A SANDWICH

local sourdough, avocado, cotija, tomatoes, red pepper, EVOO drizzle, boiled egg, sliced in half - served with mixed green side salad \$21.00

CHICKEN SALAD CROISSANT

organic chicken salad, lettuce, tomato on a butter croissant - served with mixed green side salad \$17.00

HAND-CUT BEEF TALLOW FRIES + REGENERATIVE FARMED GRASS FED STEAK TACO POP-UP WEEKLY!!!

CHECK THE WEBSITE OR SOCIALS FOR DATES + TIMES

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, EGGS OR UNPASTEURIZED MILK MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS. OUR STORE OFFERS PRODUCTS WITH PEANUTS, TREE NUTS, MILK, EGGS AND WHEAT. WHILE WE TAKE STEPS TO MINIMIZE THE RISK OF CROSS CONTAMINATION, WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE SAFE TO CONSUME FOR PEOPLE WITH PEANUT, TREE NUT, MILK, EGG OR WHEAT ALLERGIES. THIS PRODUCT HAS NOT BEEN PASTEURIZED AND THEREFORE MAY CONTAIN HARMFUL BACTERIA THAT CAN CAUSE SERIOUS ILLNESS IN CHILDREN, THE ELDERLY AND PERSONS WITH WEAKENED IMMUNE SYSTEMS



designed in collaboration with Atlumé 30A - your partner in all things creative



ORGANIC COFFEE + TEA

organic almond milk • organic coconut milk • organic whole milk

PURITY COFFEE

organic, mycotoxin and mold free

ESPRESSO DOUBLE	\$5.00
CORTADO	\$6.00
AMERICANO*	\$7.00
CAPPUCCINO*	\$7.00
LATTE*	\$8.00

HOT ARTISANAL TEAS \$6.00

Green Tea
Elderberry Healer Tea
Tropical Coconut Oolong Tea

ICED ARTISANAL TEAS \$6.50

Blueberry Hibiscus Tea
Summer Peach + Black Tea

COFFEE ENHANCERS — prices vary*

ESSENTIAL FATS

MCT, organic grass fed ghee,
grass fed butter, organic
coconut oil

PROTEIN ENHANCERS

colostrum, collagen peptides,
grass fed whey

VANILLA SYRUP

Real + Raw House-Made
organic vanilla, organic
coconut sugar

CARAMEL SAUCE

Real + Raw House-Made
organic coconut sugar,
organic grass fed butter,
organic heavy cream

ORGANIC BARISTA SPECIALS

THE LOCAL

purity organic espresso, almond
butter, local honey + cinnamon \$9.00

MATCHA LATTE

matchaful™ ceremonial grade
japanese matcha \$9.00

TURMERIC LATTE

turmeric, ginger cinnamon,
cardamom, black pepper \$9.00

THE PALM

purity organic espresso, MCT,
organic grass fed butter \$9.00

MASALA CHAI LATTE

ginger, cardamom, clove
\$8.00

BLUE LAVENDER LATTE

coconut, lavender, blue
spirulina \$9.00

ORGANIC SUPERFOOD SMOOTHIES

DRAGON FRUIT DREAM

dragon fruit, mango, banana, vanilla
yogurt drizzle, coconut water \$14.00
make me a smoothie bowl + \$5.00

STRAWBERRY GLAZE

banana, strawberry, avocado, dates,
maple syrup, coconut cream, vanilla
collagen, almond milk \$16.00
make me a smoothie bowl + \$5.00

GREEN MANGO

mango, banana, fresh greens,
vanilla yogurt, local honey,
coconut milk \$13.00
make me a smoothie bowl + \$5.00

ACAI PLEASE

acai, banana, mixed berry, fresh
greens, coconut cream, local
honey, coconut milk \$14.00
make me a smoothie bowl + \$5.00

MANGO COLADA

mango, pineapple, banana,
coconut water \$14.00
make me a smoothie bowl + \$5.00

BLUEBERRY BLISS

banana, spinach, wild blueberries,
vanilla collagen, cinnamon,
almond milk \$15.00
make me a smoothie bowl + \$5.00

PEANUT BUTTER LOVER

banana, peanut butter, dark
chocolate cacao, almond milk,
local honey \$14.00

ALOHA

strawberry, blueberry,
pineapple, peach, mango, cold
pressed orange juice \$14.00
make me a smoothie bowl + \$5.00

VANILLA KISS

banana, vanilla plant or grass fed
protein, almond butter, almond milk,
vanilla, shot of purity espresso
\$16.75

SMOOTHIE ENHANCERS

lions mane, reishi, ashwagandha, vanilla collagen, colostrum, grass fed whey, taylor dukes wellness bone
broth protein, matcha powder, grass fed ghee, MCT, colloidal silver, bee pollen, cacao powder, sea moss gel,
beef organ, vanilla yogurt, coconut cream

ORGANIC KIDS SMOOTHIES

STRAWBERRY + BANANA

strawberry, banana, milk of choice
\$10.00

PEANUT BUTTER BLAST

peanut butter, bananas, milk of
choice \$10.00

ORGANIC REAL + RAW REFRESHERS

MERMAID MATCHA

ceremonial grade matchaful™ matcha, blue butterfly
pea powder, house made organic vanilla syrup, topped
with almond milk over ice \$11.25

BLUE MOUNTAIN BLESSING

pineapple, coconut, blue spirulina, peach blossom,
lemon, aloe vera, coconut nectar, topped with coconut
milk over ice - a raw life favorite! \$11.25

RADIANTLY RAW

organic lemonade, peach, mango, orange, dragon
fruit, topped with coconut water over ice \$11.25

PEACHY KEEN

peach, mango, orange, house made vanilla
syrup, topped with coconut water over ice \$11.25

NOLI SOUTH LOCAL KOMBUCHA ON TAP

\$9.00

ORGANIC ACAI + SMOOTHIE BOWLS

GLOW BOWL

organic acai
topped with banana, blueberries,
strawberries, honey drizzle \$16.00

ISLAND GIRL

banana, strawberries, vanilla yogurt
topped with mango, kiwi, strawberries, coconut
flakes, honey drizzle \$16.00

UNDER THE SUN

dragonfruit, banana, vanilla yogurt
topped with mango, kiwi, pineapple, honey
drizzle, coconut flakes \$16.00

SUNKISSED + SALTY

organic acai
topped with granola, seasonal mixed berries, flax
seed, bee pollen, honey drizzle \$18.00
add almond butter + \$3.00

MANGO IN PARADISE

mango, pineapple, banana, coconut milk
topped with strawberries, pineapple, kiwi \$17.00
add almond butter + \$3.00

FRESH + FRUITY PARFAIT

organic coconut or vanilla yogurt topped with
gluten free granola, mango, pineapple,
strawberry, blueberry, banana, kiwi, honey
drizzle \$16.75

SMOOTHIE BOWL ADDITIONS

organic peanut butter, organic almond butter, organic coconut cream, organic gluten-free granola, organic
chia, organic sea salt, organic cinnamon, organic bee pollen, organic collagen, plant protein, grass fed protein

ORGANIC ALL-DAY BREAKFAST

gluten-free bread available upon request

LOX BAGEL BOARD

local organic sourdough everything bagel,
cold smoked salmon (lox), capers, pickled
red onion, preserved tomatoes \$20.00 or 2
for \$34.00

LOX ON THE BEACH BAGEL

local organic sourdough everything bagel,
smoked salmon, cream cheese, pickled red
onion, capers, dill \$18.00

BLUE MOUNTAIN BAGEL

local organic sourdough everything bagel,
smashed avocado, boiled eggs, arugula,
tomato, mozzarella, EVOO, red pepper
flakes, R+R sauce \$17.00

REAL + RAW BAGEL SANDWICH

local organic sourdough bagel, avocado,
sprouts, pickled red onion \$13.00
add egg + \$3.50

EVERYTHING BAGEL W/ ORGANIC CREAM CHEESE

\$10.00

AVO + BEET HUMMUS TOAST

local sourdough, beet hummus, sliced avocado,
local microgreens, everything seasoning \$16.75
add egg + \$3.50

GOOD MORNING 30A TOAST

local sourdough, peanut butter, banana,
strawberries, honey, flax seeds \$14.00
want almond butter instead + \$3.00

SANTA ROSA AVOCADO TOAST

local sourdough, smashed avocado, feta,
balsamic glaze, pepitas \$16.00

LA JOYA AVOCADO TOAST

local sourdough, smashed avocado,
heirloom tomato, cotija cheese, red pepper
flake, EVOO drizzle \$16.00
add egg + \$3.50

LOCAL SOURDOUGH W/ GRASS FED BUTTER

\$9.00