

PITAS



PITA WRAP TACOS!

NORTH SHORE \$11 (DF)

Ahi tuna, slaw, cucumber, avocado, crispy shallots, cilantro, OG sauce, sesame-ginger sauce

SUPER GYRO \$10

Shredded chicken, hummus, lettuce, tomato, cucumber, feta, crispy shallots, Greek dressing

BAJA BEEF \$10

Shredded beef, shredded jack, slaw, black beans, corn, pineapple, pickled red onion, cilantro, avocado-poblano dressing

BÁNH MÌ \$9.5 (DF)

Shredded chicken, slaw, cucumber, carrot, pickled red onion, jalapeño, cilantro, OG sauce

MAÑANA \$8 (V)

Slaw, avocado, pineapple, pickled red onion, jalapeño, black beans, cilantro, carrot-cumin sauce

SANDWICHES



ALL SANDWICHES SERVED ON FRENCH BREAD

SUB: MULTIGRAIN or GLUTEN-FREE BREAD!

CALIFORNIA CLUB \$10.5 (DF)

Pulled chicken, bacon, avocado, tomato, greens, cilantro, mayo

EZ BLT \$10.5 (DF)

Prosciutto, bacon, tomato, pickled red onion, greens, mayo

THE RUCKUS \$10.5 (DF)

Short rib, pickled red onion, jalapeño, avocado, greens, ssam sauce

CHICKEN + SPICE \$9.5

Pulled chicken, mozzarella, cucumber, greens, orange-chili dressing

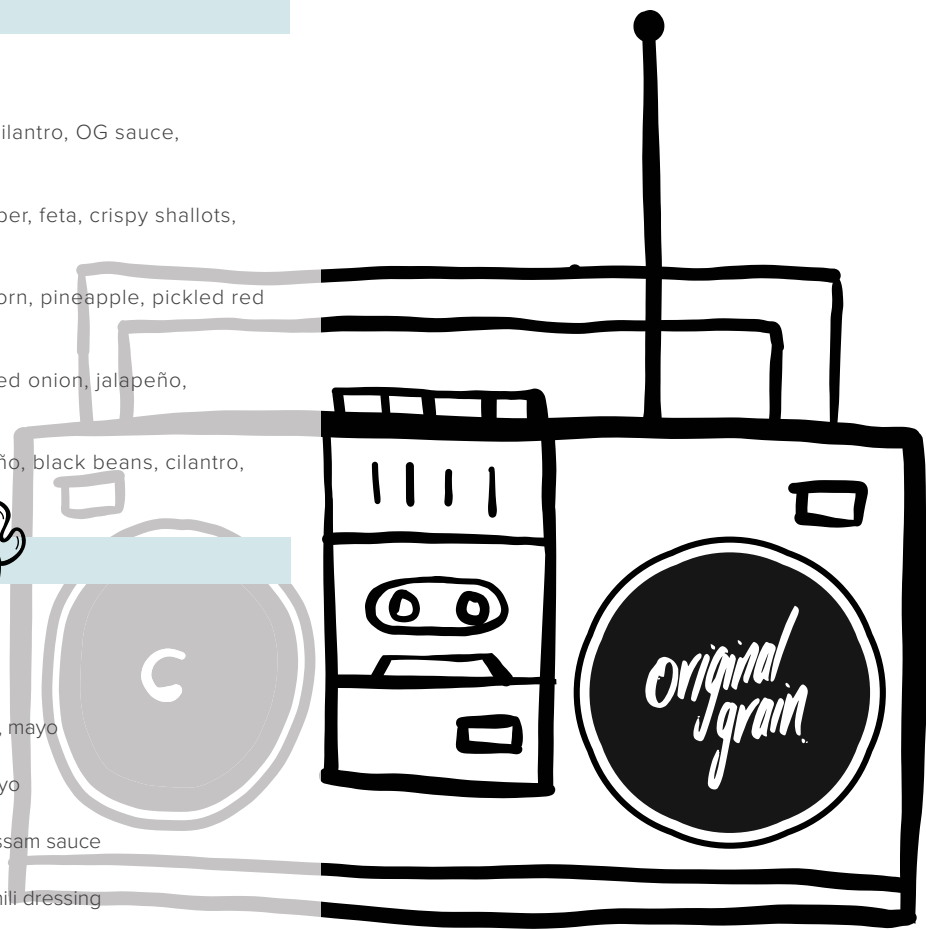
Make it Buffalo style! Add \$1.5

NY MINUTE \$9.5

Prosciutto, mozzarella, red pepper spread, greens

VEGGIE \$8.5 (V)

Avo smash, red pepper spread, carrots, cucumber, pickled red onion, jalapeños, greens, cilantro



GOOD ♡ FEELS ♡ FOOD

SCAN THE QR CODE
TO VIEW OUR
MENU ONLINE!



MONDAY-SATURDAY
7:30AM-9PM

HIP HOP BRUNCH
SAT & SUN 10AM-2PM (SYR)
SAT 10AM-2PM (ROC)

GRUBHUB

UBER
eats

DOORDASH

(GF) GLUTEN-FREE

(V) VEGAN

(VG) VEGETARIAN

(DF) DAIRY-FREE

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** Some dishes contain raw/uncooked products. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of food-borne illness.**

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SMOOTHIES



BLENDING WITH COCONUT MILK + YOGURT + AGAVE

STRENGTH IN NUMBERS \$7.5 (GF) (VG)

Pea protein, kale, apple, mango, pineapple

ANTIOXIDANT BOOST \$7.5 (GF) (VG)

Açaí, blueberry, blackberry

FOCUS \$7.5 (GF) (VG)

Matcha, kale, pineapple, mango

IMMUNE BOOST \$6.5 (GF) (VG)

Pineapple, mango, sweet potato

SWERVE \$6.5 (GF) (VG)

Maca, strawberry, blueberry

PB CHOCOLATE DELUXE \$6.5 (GF) (VG)

Banana, peanut butter, cacao powder

MOCHA RUSH \$6.5 (GF) (VG)

OG cold brew, mocha mix, banana, peanut butter

SMOOTHIE BOWLS



BLENDING WITH BANANA + COCONUT MILK + YOGURT + AGAVE

PURPLE SWAG \$10.5 (VG)

Açaí, blackberry, blueberry, granola, chia seeds, coconut flakes

THE FLASH \$10.5 (VG)

Mango, strawberry, sweet potato, granola, chia seeds, banana, coconut flakes, goji berries

PEANUT BUTTER-JELLY \$10.5 (VG)

Maca powder, strawberry, blueberry, peanut butter, granola, strawberry jam, coconut flakes, chia seeds

GREEN THUMB \$9.5 (GF) (VG)

Matcha, kale, apple, mango, pineapple, pumpkin seeds, hemp seeds, bee pollen

STAY-PUFFED \$9.5 (VG)

Cacao, peanut butter, coconut flakes, cacao nibs, Reese's Puffs

TOASTS



ADD: LOX \$4.25 // PROSCIUTTO \$3.25 // BACON \$2.25 // EGG \$1.25

SUB GLUTEN-FREE TOAST!

EGG MAN \$7.5 (GF)

Prosciutto, avo smash, egg, chia seeds, microgreens, ponzu dressing, multi-grain toast

LOX ON LOX ON LOX \$7.5

House-cured lox, ricotta cream cheese, avocado, pickled red onion, microgreens, green goddess dressing, multi-grain toast

PUFF DADDY \$7.5 (VG)

Peanut butter, banana, Reese's Puffs, honey, cacao nibs, banana bread

SMASHED AVOCADO \$6.5 (V)

Avo smash, red pepper flakes, grape tomato, scallion, carrot & cumin dressing, multi-grain toast

MILK + HONEY \$6.5 (VG)

Ricotta cream cheese, almonds, bee pollen, honey, banana bread

GRAIN BOWLS



CHOOSE FROM ORIGINAL GRAINS OR BAMBOO RICE

GREAT SWELL \$14 (GF) (GF)

Ahi tuna, cucumber, radish, avocado, carrot, edamame, cilantro, spicy sauce, sesame seeds, sesame-ginger dressing

MEXI-CALI \$13.5 (GF) (GF)

Pulled chicken, roasted corn, pineapple, black beans, radish, avocado, pickled red onion, cilantro, carrot-cumin dressing

ORANGE + GOJI \$13.5 (GF) (GF)

Short rib, killer kale blend, napa slaw, carrot, cucumber, apple, goji berries, sesame seeds, orange-chili dressing

VEGGIE POKÉ \$12.5 (GF) (GF)

Sweet potato, broccoli, carrot, avocado, scallion, spicy sauce, sesame seeds, ponzu dressing

GREEN BOWLS



CHOOSE FROM KILLER KALE BLEND OR MIXED GREENS

HAIL, MF KALE \$13.5

Pulled chicken, original grains, killer kale blend, edamame, bacon, pickled red onion, almonds, croutons, green goddess dressing

CORN-COBB \$13.5

Egg, bacon, roasted corn, tomato, radish, avocado, hemp seeds, scallions, croutons, blue cheese dressing

SOUTHWEST SMOKE \$13.5 (GF) (GF)

Short rib, sweet lipstick peppers, corn, avocado, scallion, cilantro, sesame seeds, avocado-poblano dressing

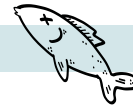
OG CAESAR \$12.5

Egg, tomato, bacon, croutons, parmesan, hemp seeds, caesar dressing

SSAM SALAD \$12.5 (GF) (V)

Cucumber, carrots, edamame, avocado, peanuts, cilantro, scallion, ssam sauce

NOODLE BOWLS



SERVED ON SESAME SOBA NOODLES

ORIGINAL POKÉ \$14 (GF)

Salmon, carrot, cucumber, edamame, avocado, scallion, cilantro, spicy sauce, sesame seeds, sesame-ginger dressing

RAD THAI \$13.5 (GF)

Pulled chicken, edamame, napa slaw, sweet lipstick peppers, scallions, cilantro, peanuts, sesame seeds, thai-peanut dressing

SOBA + KIMCHI \$13.5 (GF)

Short rib, kimchi, cucumber, carrot, edamame, apple, scallion, cilantro, sesame seeds, ssam sauce

ADD: SALMON OR TUNA \$4.25 // SHORT RIB \$3.25 // CHICKEN OR TOFU \$2.25
AVO \$2.25 // EGG \$1.25

ALL DRESSINGS ARE GLUTEN-FREE!