

THE LAYOVER MENU

100% NON-GMO SHAREABLES

+

100% ORGANIC REFRESHMENTS

+

100% ORGANIC SMOOTHIES



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wellness guide

*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness. items with asterisk contain raw or undercooked ingredients.

gluten free • **GF** | **gf available** • **GFA** strictly excludes gluten proteins found in wheat + related grains **vegan** • **V** | **vegan available** • **VA** strictly no food that comes from animals

paleo • **P** | **paleo available** • **PA** eating real, whole, unprocessed foods **keto friendly** • **KF** | **kf available** • **KFA** packed with healthy fat, high in protein, low in carbs and sugar, no refined or processed sugars or carbs

contains nuts • **N** may contain tree nuts and/or peanuts **low glycemic** • **🌱** zero to minimal impact on blood sugar, lowers inflammation, reduce hunger and stay satiated longer, reduced blood cholesterol levels

brunch layover

dip trilogy • **14** • **GF / VA / PA / KF** • **sub keto siete chips +5** • **N**

keto pimento dip • smashed avocado • salsa roja • crispy corn chips or pork chicharrones

chili + queso loaded nachos • **11** • **GF / VA** • **add organic chicken +2**

queso fresco • cilantro • salsa roja • verde creme fraîche • red pepper • jalapeño • guacamole

buffalo cauliflower lettuce wraps • **12** • **GF / V / N**

artisan romaine leaf • pickled veggies • sprouts • chimichurri • bang bang

truffle fries • **7** • **GF / VA**

white truffle oil • herbed grana padano • rosemary aioli

organic cold pressed juices

awakening apple • beet • ginger • lemon • **5**

form celery • cucumber • ginger • lemon • **5**

basics orange -or- grapefruit -or- pineapple • **4**

wheatgrass shot hand-pressed wheatgrass • **4** 🌱

wellness shot turmeric • ginger • lemon • cayenne • **5** 🌱

100% organic refreshments

organic inca tea • iced black or mango • **4** 🌱

organic switchel • apple cider vin • maple • ginger • lemon • **4**

organic ginger turmeric lemonade • with stevia • 0g added sugar • **4** 🌱

prebiotic berry lemonade • lemon • stevia • coconut water • **5**

organic superfood smoothies

leg day • **8** • **VA / P / N**

blueberry • banana • flax • collagen protein • mct oil • maca • nut milk

keto powerhouse • **10** • **KF / N / 🌱**

avocado • peanut butter • mct oil • collagen • bhb ketones • cacao • chia • hemp

green dream • **8** • **V / N / 🌱**

kale • cucumber • avocado • banana • ginger • matcha • hemp • pistachio • nut milk • oj

acai bowl • **8** • **VA / N**

cacao • coconut • granola • mixed berry • **add peanut -or- almond butter .75**

house shakes • **8** • **N**

peanut butter honey graham -or- cold brew nutella

keto pudding bowl • **10** • **VA / N**

avocado • cacao • coconut milk • protein • mct oil • monk fruit • mixed toppings

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