



BREAKFAST (8am to 3pm)

TARA ACAI (GF, V, VE) \$16
ACAI BLEND, CHIA PUDDING, PEANUT BUTTER, COCONUT FLAKES,
OASES AYURVEDIC GRANOLA, SEASONAL ASSORTED FRUITS & ORGANIC HONEY

SHANGRI LA PARFAIT (GF, V, VE) \$14
ORGANIC GREEK COCONUT YOGURT, OASES AYURVEDIC GRANOLA,
SEASONAL ASSORTED FRUITS & ORGANIC HONEY

OASES ORGANIC OMELETTE (V) \$18
GOAT CHEESE, MESCLUN SALAD, BELL PEPPER PURÉE & ORANGE TARRAGON VINAIGRETTE
*CHOICE OF EGG WHITE

HALDI AVOCADO (V) \$18
TURMERIC RICOTTA SCRAMBLE, AVOCADO, POMEGRANATE, CARAMELIZED ONION
& AYURVEDIC CHILI OIL

SMOKED SALMON \$22
LOX, DILL CAPER CREAM CHEESE, ARUGULA, CARAMELIZED ONION & DILL

HIMALAYAN SHAKSHUKA (V) \$22
ORGANIC FREE-RANGE EGGS, GOAT CHEESE, HIMALAYAN TOMATO SAUCE & BELL PEPPER

UBE PANCAKE (*UBE GANACHE*) (V) \$22 | **BUTTERMILK PANCAKE** (V) \$18
SEASONAL FRUITS & CHANTILLY CRÈME

BRIOCHE FRENCH TOAST w/ GLAZED PECANS (V) \$22
CANDIED ORANGE, CHANTILLY CRÈME & VERMONT MAPLE SYRUP

OASES CREPE (GF) \$22
ORGANIC FREE-RANGE EGGS, *PROSCIUTTO, MOZZARELLA, CHERRY TOMATO, FRISEE,
ALOO DUM (*SEASONED POTATO*) & HIMALAYAN TOMATO CHUTNEY

POWER BREAKFAST SET (4 FOOD ITEMS) \$24
1.CHOICE OF PASTRY 2.DRINK (*DRIP COFFEE or JUICE*) 3.EGGS 4.ACAI BOWL OR PARFAIT

BREAKFAST WRAP (V) \$16.50 + \$2.50 *add* **BACON**
ORGANIC EGGS, ALOO DUM (*SEASONED POTATO*), ONION,
TOMATO, AVOCADO, CREME FRAICHE & WRAP

BOWL (11am to 4pm)

BASE = choice of Tri Color Quinoa (marinated in herbs)
or Basmati Rice on all Bowls (*except for CRISPY TOFU BOWL)

CHELSEA CURRY (GF, V, VE) \$18.50
HIMALAYAN TOMATO CHICKPEA COCONUT CURRY, MUSHROOM, CUCUMBER
BRUSSELS SPROUTS, TURMERIC, KALE & CRISPY ONION
-served w/ HERB VINAIGRETTE

SALMON UMAMI (GF, V) \$24
GLAZED SALMON, MUSHROOM, EDAMAME, CUCUMBER, AVOCADO, KALE,
PICKLED VEGGIES, FURIKAKE, WAKAME, CRISPY ONION & ALMOND
-served w/ SOY MIRIN SRIRACHA AIOLI

CRISPY TOFU (GF, V, VE) \$18.50
TOFU, RED CABBAGE, EDAMAME, CUCUMBER, AVOCADO, BRUSSELS SPROUTS,
PICKLED VEGGIES, FURIKAKE, WAKAME, CRISPY ONION & ALMOND
-served w/ THAI ALMOND DRESSING

CHICKEN HARVEST (GF) \$19.50
ORGANIC ROASTED CHICKEN, RANCH, SWEET POTATO, CUCUMBER, AVOCADO,
BRUSSELS SPROUTS, KALE, PICKLED VEGGIES & CRISPY ONION
-served w/ HERB VINAIGRETTE

POKE DELIGHT (GF) \$22
TUNA, EDAMAME, CUCUMBER, AVOCADO, CARROT, KALE, PICKLED VEGGIES,
FURIKAKE, CRISPY ONION & ALMOND
-served w/ SPICY SOY MIRIN SRIRACHA AIOLI

SALAD

EMERALD CAESAR (V, VE*) \$18
LITTLE GEM, PARMESAN CHEESE, CROUTONS, PINE NUTS, TOMATO & CUCUMBER

CHICKEN SALAD \$20
GRILLED HERBED CHICKEN, SPRING MIX, TOMATO, CUCUMBER, GRILLED PEACH,
RED ONION, GOAT CHEESE & DRIED CRANBERRY

FARMER'S MARKET SALAD (GF, V, VE) \$18
MIXED GREENS, SEASONAL FRUITS, CRANBERRY, CANDIED NUTS & HERB VINAIGRETTE

SOUP

AYURVEDIC HEALING CHICKEN SOUP 8oz / 12oz - \$8 / \$12
ORGANIC CHICKEN, TRI COLOR QUINOA, CARROT, CELERY, ONION, TURMERIC & GINGER

WRAP & SANDWICH

VEGGIE CRUNCH WRAP (GF, V, VE) \$16
LETTUCE, CARROT, CUCUMBER, AVOCADO, CILANTRO, ALMOND BUTTER SESAME, MUSHROOM,
GREEN APPLE, PONZU, TERIYAKI TOFU & RICE PAPER WRAP
-served w/ THAI ALMOND DRESSING

KALE CHICKEN CAESAR WRAP \$18
ORGANIC ROASTED CHICKEN, CILANTRO LIME DRESSING, KALE & ROMAINE,
TOASTED PIGNOLI, PARMESAN & SPINACH WRAP

CAPRESE SANDWICH (GF, V, VE) \$16
TOASTED FOCACCIA w/ EVOO, INDIAN MINT PESTO, BEEFSTEAK TOMATO, AVOCADO,
MOZZARELLA, BASIL, BALSAMIC GLAZE

TUNA SANDWICH \$18
TOASTED FOCACCIA w/ GHEE, TUNA, MINT RANCH DRESSING,
INDIAN MINT PESTO, HEIRLOOM TOMATO & ROMAINE LETTUCE

ORGANIC CHICKEN SANDWICH \$20
TOASTED FOCACCIA w/ GHEE, GRILLED CHICKEN, MINT RANCH DRESSING,
INDIAN MINT PESTO, HEIRLOOM TOMATO & ROMAINE LETTUCE

VEGGIE BURGER (V) \$20
VEGGIE PATTY, SMASH AVOCADO, MESCLUN, CUCUMBER TARTAR, & FRIED ONIONS

OASES CHEESE BURGER \$25
8oz BRISKET BLEND, BRIOCHE BUN, SWISS CHEESE, OASES BURGER SAUCE, MESCLUN,
BEEFSTEAK TOMATOES, BACON, PICKLES & SEASONED FRIES

*Please note, we are unable to accommodate Menu modifications during peak hours. Please inform our team
of any allergies or dietary needs before placing an order, as changes cannot be made once the dish has been served
*A 25% gratuity will be added for parties of 6 or more
*Table time limited to 90 minutes during peak hours

SHARED PLATE (11am to 9pm)

CRISPY RICE W/ SPICY TUNA \$20
SPICY AIOLI, TUNA, AVOCADO & CRISPY RICE CRACKER

CHARCUTERIE BOARD \$24
SEASONAL SELECTION OF 2 CHEESES, 2 MEATS, FRUITS, NUTS, OLIVES, JAM & BREAD

GOLDEN CALAMARI \$20
YUZU JALAPENO AIOLI, CILANTRO & CAYENNE PEPPER

CRISPY CHICKEN BITES \$18
SAUCES : SPICY SRIRACHA AIOLI & BBQ SAUCE

MOMO (Himalayan Wheat Dumpling)
- **MUSHROOM** (STEAM / CRISPY) 5pcs \$12 / 8pcs \$16
- **CHICKEN** (STEAM / CRISPY) 5pcs \$12 / 8pcs \$16
- **SHRIMP** (STEAM / CRISPY) 5pcs \$14 / 8pcs \$18
- **BEEF** (STEAM / CRISPY) 5pcs \$14 / 8pcs \$18

FLATBREAD

MARGHERITA (V) \$19
MARINARA, MOZZARELLA, BASIL & TOMATO & PESTO OIL

PROSCIUTTO \$22
GOAT CHEESE, CONFIT TOMATO, BALSAMIC GLAZE, ROMESCO,
PROSCIUTTO & ARUGULA

MAINS

BOLOGNESE \$24
BOLOGNESE SAUCE, BUCATINI, BASIL & PARMIGIANO

SPICY VODKA PASTA (V) \$21 + *add* **BURRATA** \$5
TOMATO, RIGATONI, GARLIC, CHEESE & CHILI FLAKES

GRILLED CAULIFLOWER STEAK (GF, V, *VE) \$22
ROASTED GARLIC HUMMUS, PESTO, PUMPKIN SEED ROMESCO,
PARMESAN & CRISPY CHICKPEA

SEARED BLACK BASS \$34
ASPARAGUS CREAM SAUCE w/ GRILLED ASPARAGUS

FAROE ISLAND CORIANDER SEARED SALMON \$36
CITRUS HERB SAUCE, CONFIT TOMATOES & CRISPY MUSHROOMS

CHICKEN L'ORANGE \$32
PAN-SEARED CHICKEN BREAST, L'ORANGE, GRILLED BROCCOLINI,
DILL & WINE SOAKED GOLDEN RAISIN

SMOKED BRAISED SHORT RIB \$37
POTATO PUREE, BRAISED SHORTRIB, AU JU & SMOKED SALT

STEAK FRITES \$39
NEW YORK STRIP LOIN, AU POIVRE SAUCE, ASPARAGUS & SEASONED FRIES

SIDES

SCRAMBLED EGGS \$5
AVOCADO \$4
SALMON \$10
CHICKEN \$8
TOAST \$2
FRIES \$8
TRUFFLE HERB FRIES \$10

AYURVEDIC HOT SAUCE \$2
ALOO DUM (*SEASONED POTATO*) \$5
CRISPY BRUSSEL SPROUTS \$12
ASPARAGUS \$12
BROCCOLINI \$12
SAUCES (*BOWLS*) \$1.50

Coffee

ESPRESSO \$4.5
AMERICANO \$5
COLD BREW \$6
CORTADO \$5
DRIP \$4.5
FLAT WHITE \$6
MACCHIATO \$6
MOCHA \$6.5
LATTE \$6
CAPPUCCINO \$5.5

TRADITIONAL CEREMONIAL MATCHA \$6
MATCHA LATTE \$6.5
- LAVENDER, STRAWBERRY, BLUEBERRY \$.65c

MASALA CHAI LATTE \$6
PUMPKIN SPICE LATTE \$6
HOT CHOCOLATE served w/ CHANTILLY CREME \$6
LONDON FOG \$6

ADD - ONS
- OAT, ALMOND, COCONUT +\$1
- VANILLA, LAVENDER, HAZELNUT, PISTACHIO +\$.65c

Tea

per CUP \$4.50 / per TEA POT \$9

GENMAI CHA - delicate green tea combined with roasted rice

PEPPERMINT - peppermint leaves, natural, caffeine free & refreshing

MOONLIGHT EARL GRAY - vanilla & creamy taste combined to soften the citrus notes of a traditional earl gray tea

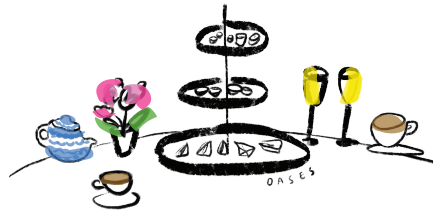
GEMINI - blend of white tea, rose hip & peachy tropical fruit overtones

OASES WELLNESS - ginger, honey, lemon, tumeric & cinnamon

PASTRIES

FRESHLY BAKED PASTRIES AVAILABLE

*GF OPTIONS AVAILABLE



BEVERAGE MENU HAPPY HOUR 4pm - 7pm

Juice

16 oz (freshly squeezed in house)

EVERGREEN \$12
kale, celery, spinach, granny apple, parsley, mint, lemon & ginger

CITRUS GLOW \$12
turmeric, ginger, carrot, orange, lemon & pineapple

IMMUNITY WELLNESS SHOT \$5
orange, tumeric, black pepper, ginger, lemon, honey & cayenne pepper

Smoothie

\$15

STRAWBERRY BLUSH
strawberry, banana, milk, coconut yogurt, agave, strawberry puree, sea moss & vital collagen

BERRY BOOST
blueberry, acai, banana, coconut milk, coconut yogurt & blue spirulina

GLOWTOX
mango, coconut milk, coconut yogurt, agave, sea moss & cardamom

RESET
kale, green apple, pineapple, spinach, ginger, lemon, coconut water, coconut yogurt & chlorophyll

ADD - ONS
- SEA MOSS, VITAL COLLAGEN +\$3.50
- CHLOROPHYLL DROPS, PEANUT BUTTER, MCT OIL +\$1.50

COFFEE BEAN : SPECIALITY COFFEE & ETHICALLY SOURCED
MATCHA TEA : TRADITIONAL CEREMONIAL MATCHA FROM UJI, JAPAN

BRUNCH GLOW (MIMOSA) - \$14
sparkling wine, turmeric, ginger, carrot, orange, lemon & pineapple

BLOODY MARY - \$14
vodka, tomato juice, cayenne pepper, yondu vegetable umami, salt & lemon

APEROL SPRITZ - \$16
prosecco, aperol & soda water

LIMONCELLO SPRITZ - \$16
limoncello, prosecco & club soda

CUCUMBER SPRITZ - \$16
absente, lime, mint & club soda

WILD STRAWBERRY SPRITZ - \$16
vodka, strawberry tea, lemon & soda water

LAVENDER SPRITZ - \$16
gin, lavender, lemon & soda water

Wine

RED
JEAN FRANCOIS MERIEAU GAMAY 2021 - \$15
DOMAINE FRANCOIS VILLARD, SYRAH L'APPEL SEREINES (2021) - \$17
TERRES DOREES PINOR NOIR BOURGOGNE 2021 - \$18

WHITE
9TH HEAVEN PINOT GRIGIO 2022 - \$15
LUIGI BAUDANA, LANGHE DRAGON BIANCO 2022 = \$17
HONDARRABI ZURI, CAMINO ROCA A. G. TXAKOLINA 2023 - \$18

ORANGE
KIKI & JUAN, UTIEL-REQUENA ORANGE 2023 - \$18

ROSE
STOLPMAN VINEYARDS, LOVE YOU BUNCHES ROSE 2023 - \$15

SPARKLING
LA GIOIOSA, PROSECCO & TREVISO - \$14

BEER :
ESTRELLA GALICIA LAGER - \$12
DUVEL - \$12
POST SHIFT - \$12
HIITACHINO WHITE ALE - \$14
GOOD TIME (NA) - \$9
ESTRELLA (NA) - \$9