



BREAKFAST (8am to 3pm)

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

SHANGRI LA PARFAIT (GF, V,) \$12.50
ORGANIC GREEK YOGURT , OASES AYURVEDIC GRANOLA,
COCONUT FLAKES, SEASONAL ASSORTED FRUITS & ORGANIC HONEY
w/ ORGANIC GREEK COCONUT YOGURT (VE) \$14

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

HALDI AVOCADO TOAST (V) \$18 *(*GF TOAST Available)*
TURMERIC RICOTTA SCRAMBLE EGGS, AVOCADO, CARAMELIZED ONION
& POMEGRANATE GLAZE

SMASHED AVOCADO TOAST (V) \$14 *(*GF TOAST Available)*
AVOCADO, CHILLI FLAKES, LEMON & FURIKAKE

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

UBE PANCAKE *(UBE GANACHE)* (V) \$22
SEASONAL FRUITS & GLAZED PECANS

BUTTERMILK PANCAKE (V) \$20
SEASONAL FRUITS, BLUEBERRY JAM, GLAZED PECANS & SALTED CARAMEL VERMONT MAPLE SYRUP

BRIOCHE FRENCH TOAST w/ GLAZED PECANS (V) \$22
CANDIED ORANGE, CHANTILLY CRÈME & SALTED CARAMEL 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 BURRITO *(*GF WRAP)* (V) \$16
ORGANIC EGGS, BLACK BEANS, COTIJA CHEESE, SOUR CREAM,
TOMATO & AVOCADO *-served w/* SALSA ROJA
+ \$2.50 *add* **BACON**
+ \$5 *add* **CHICKEN SAUSAGE**

BREAKFAST PROTEIN BOWL \$18.50
FRIED EGGS, CHICKEN SAUSAGE, BLACK BEANS, PICKLED VEGGIES, AVOCADO,
BRUSSELS SPROUTS, QUINOA, FURIKAKE & PICO DE GALLO

BAGELS

CLASSIC LOX & EVERYTHING BAGEL \$16
*EVERYTHING BAGEL, LOX, DILL, CAPER, CREAM CHEESE & ONION -
SUB FOR SOUR DOUGH

EVERYTHING BAGEL \$3.50
+ \$8.50 *add* **BACON, EGG & CHEESE**
+ \$2.75 *add* **DILL & CAPER CREAM CHEESE**

SOUP (starts at 11am)

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

LENTIL SOUP 8oz / 12oz - \$7 / \$11
MIXED LENTIL, ONION, TOMATO, TUMERIC & GINGER

WRAP & SANDWICH (starts at 8am)

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

KALE CHICKEN CAESAR WRAP *(*GF WRAP available)* \$18
ORGANIC ROASTED CHICKEN, KALE & ROMAINE, CAESAR & RANCH DRESSING, PUMPKIN SEEDS,
PANKO BREADCRUMBS, PARMESAN & SPINACH WRAP

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

TUNA MELT *(*GF TOAST Available)* \$15
TUNA SALAD, TOMATO, CHEDDER CHEESE

CHICKEN SALAD SANDWICH *(*GF TOAST Available)* \$15.50
CHICKEN SALAD, YOGURT AIOLI, CELERY, ROMAINE, SEEDED SOURDOUGH BATARD

CHICKEN SANDWICH *(*GF TOAST Available)* \$20
TOASTED FOCACCIA w/ GHEE, GRILLED CHICKEN, MINT RANCH DRESSING,
INDIAN MINT PESTO, HEIRLOOM TOMATO & ROMAINE LETTUCE

VEGGIE BURGER (V) \$20 (starts at 11am)
VEGGIE PATTY, AVOCADO, LETTUCE, TOMATO, FRIED ONIONS & VEGAN MAYO

OASES CHEESE BURGER \$25 (starts at 11am)
8oz BRISKET BLEND, BRIOCHE BUN, CHEDDAR CHEESE, OASES BURGER SAUCE, LETTUCE,
TOMATO, PICKLES & SEASONED FRIES
+ BACON \$2.50

PASTA (starts at 11am)

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

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

*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 (starts at 11am)

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

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

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

SALAD

EMERALD CAESAR (V) \$18
LITTLE GEM, PARMESAN CHEESE, CROUTONS, PUMPKIN SEEDS, TOMATO & CUCUMBER

CHICKEN SALAD \$20
GRILLED HERBED CHICKEN, SPRING MIX, TOMATO, CUCUMBER, GRILLED PEAR, RED ONION,
GOAT CHEESE, DRIED CRANBERRY & CANDIED PECANS *served w/* ORANGE TARRAGON DRESSING

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

TUNA SALAD (GF) \$20
TUNA, CELERY, CARROT, CRANBERRY, ORANGE, ONION, SPRING MIX, TOMATO, FRISÉE & AVOCADO

BOWL (starts at 11am)

BASE = choice of Tri-Color Quinoa (marinated in herbs)
or Jasmine Rice on all Bowls

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

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

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

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

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

SIDES

SCRAMBLED EGGS \$5
AVOCADO \$4
SALMON \$10
CHICKEN \$8
CHICKEN SAUSAGE \$5
TOAST \$2

FRIES \$8
TRUFFLE HERB FRIES \$10
ALOO DUM *(SEASONED POTATO)* \$5
CRISPY BRUSSEL SPROUTS \$12
AYURVEDIC HOT SAUCE \$2
SAUCES *(BOWLS)* \$1.50

Coffee

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

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

HOJICHA LATTE \$6.5
- LAVENDER, STRAWBERRY, BLUEBERRY \$.65c

MASALA CHAI LATTE \$6

HOT CHOCOLATE served w/ CHANTILLY CREME \$6
LONDON FOG \$6

ADD - ONS
- OAT, ALMOND, COCONUT +\$1
- VANILLA, LAVENDER, HAZELNUT, PISTACHIO,
RED VELVET, CARAMEL +\$.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

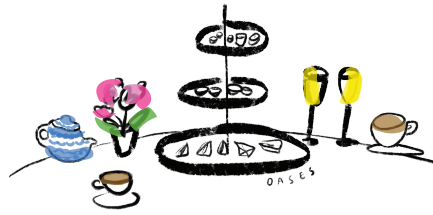
GEMINI - blend of white tea, rose hip & peachy tropical fruit overtones

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

LAVENDER ARNOLD PALMER \$7.50

WILD HIBISCUS LEMONADE \$7.50

BLACKBERRY MINT LEMONADE \$7.50



BEVERAGE MENU

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

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

WAKE & SHAKE
cold brew coffee, milk, peanut butter, dates, cacao powder, banana & chocolate puree

ADD - ONS
- SEA MOSS +\$3.50
- PEANUT BUTTER +\$1.50

Cocktails

BRUNCH GLOW - \$14
sparkling wine, freshly squeezed Citrus Glow Juice

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

STRAWBERRY MUSE - \$16
vodka, fresh strawberry juice, rhubarb, lime & basil

SPICY GUAVA MARGARITA - \$16
tequila, guava, lime & jalapeño

ESPRESSO MARTINI - \$16
vodka, espresso & vanilla

HIMALAYAN MULE - \$16
vodka, ginger beer, lime juice & himalayan pink salt

Wine

RED
9TH HEAVEN CHIANTI 2021- \$15
DOMAINE FRANCOIS VILLARD, SYRAH L'APPEL SEREINES (2022) - \$17
CLOS DU MONT OLIVER COTES-DU-RHONE VIEILLES 2022 - \$18

WHITE
GAVI DI LUGARARA LA GIUSTINIANA - \$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 : HAMPTON WATER 2024 - \$15

SPARKLING : LA GIOIOSA, PROSECCO & TREVISO - \$14

BEER :
ESTRELLA GALICIA LAGER - \$12