

COFFEE

ETHICALLY & RELATIONALLY SOURCED

ESPRESSO DRINKS

ESPRESSO (DOUBLE SHOT)

MACCHIATO

CORTADO

UNDERTOW

CAPPUCCINO

AMERICANO

LATTE

+housemade syrups:

lavender | vanilla | cocoa | brown sugar
| organic maple |
local honey | seasonal

HOUSE BREW

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CAFE AU LAIT

POUR OVER

COLD BREW

FRENCH PRESS

BULLETPROOF

OTHER DRINKS

CHAI LATTE

MATCHA LATTE
(sweetened or unsweetened)

ORGANIC TEA by RISHI

KOMBUCHA

LEMONADE

STEAMER



SALADS

BBQ CHICKEN SALAD 13.00

spring mix | bbq chicken | quinoa | avocado | carrots
roasted bell peppers | ranch

THE BURGER SALAD 13.00

spring mix | grass fed beef | raw shredded cheddar
pickle | tomato | journey sauce

CHICKEN CAESAR SALAD 13.00

romaine lettuce | grilled chicken | parmesan | croutons
Caesar dressing [**upgrade to crispy chicken +1**]

SIDE CAESAR SALAD 3.00

LITTLE JOURNERS

LITTLE BREAKFAST PLATE 6.00

scrambled eggs | crispy bacon | raw shredded cheddar
buttered sourdough toast

CRISPY CHICKEN STRIPS 7.00

fried chicken strips (gluten & dairy friendly) | fries
ketchup

GOLDEN GRILLED CHEESE 5.50

sourdough | cheddar cheese | mayo | fries

SMOOTHIES

EPIC JOURNEY 7.50

peanut butter | cocoa powder | cacao powder |
chocolate plant protein* | maple syrup* | almond milk

GREEN SUN 7.50

spinach* | banana | orange juice* | pineapple juice* |
vanilla plant protein* | greens+ | agave*

TROPICAL SUNRISE 7.50

mango* | banana | pineapple juice* | coconut milk |
vanilla plant protein* | agave*

SMOOTHIE ADD-ONS & SUBS

MILKS: almond | oat | organic | coconut

PLANT PROTEINS: chocolate* | vanilla*

PRODUCE: spinach* | banana | mango*

POWDERS: (un)sweetened matcha* | greens+

BUTTERS: almond | PB | grass-fed butter

EXTRAS: honey* | vital proteins collagen* | MCT | coconut*

*ORGANIC

SWEET TREATS

AFFOGATO 5.00

ICE CREAM SCOOP 4.00

COFFEE MILKSHAKE 7.00

**DAIRY FREE VANILLA AVAILABLE +\$1

MENU YOU MATTER

BREAKFAST

SAUSAGE & EGG SAMMIE 9.50

ciabatta | sausage patty | fried egg | gouda | onion aioli

BREAKFAST BOWL 9.75

spring mix | quinoa | scrambled eggs | shredded cheddar | diced tomato | green onion | green chili aioli [suggested add-on: avocado]

FULL FLIGHT WRAP 9.75

spinach wrap | scrambled eggs | crispy bacon | cheddar cheese | avocado | diced tomato | green chili aioli

BREAKFAST TACO TRIO 8.50

corn tortillas | scrambled eggs | crispy bacon | raw cheddar | diced tomato | green onion | green chili aioli

BREAKFAST SCRAMBLE 9.50

scrambled eggs | mushroom + onion | artichoke | diced tomato | green onion | sun-dried tomato aioli | side of buttered sourdough toast

THE SHOWTIME SAMMIE 9.75

toasted sourdough | scrambled eggs | crispy bacon | sliced cheddar cheese | tomato | avocado | 'everything but the bagel' seasoning | onion aioli

DOWNTOWN BREAKFAST WRAP 8.50

spinach wrap | scrambled eggs | crispy bacon | sliced cheddar | tomato | green chili aioli

BREAKFAST PLATE 8.50

freshly scrambled eggs | crispy bacon | side of sourdough toast

CINNAMON OAT PANCAKES 9.00

gluten & dairy friendly pancakes | candied pecans | organic maple syrup

FRENCH TOAST 8.00

classic french toast | cinnamon + sugar | whipped cream | side of maple syrup

CHEF'S SPECIAL FRENCH TOAST 9.25

ask for our current flavor!

AVOCADO TOAST 8.50

extra thick-sliced sourdough toast | avocado | 'everything but the bagel seasoning' | spring mix | diced tomato | housemade balsamic glaze [poached egg +2]

LUNCH

CHICKEN PANINI 9.50

ciabatta | chicken | gouda | hummus | spring mix | roasted bell pepper | "everything but the bagel" seasoning

VEGGIE WRAP 9.00

spinach wrap | quinoa | hummus | raw cheddar | tomato | roasted red peppers | shredded carrot | spring mix | sun-dried tomato aioli

CAPRESE PANINI 8.75

ciabatta | fresh mozzarella | tomato | pesto | suggested add-on: grilled chicken

CRISPY CHICKEN STRIPS 12.00

four chicken strips (gluten & dairy friendly) | french fries | journey sauce [add two chicken strips +4]

DOWNTOWN BLTA 10.50

thick-sliced sourdough toast | thick-cut bacon | romaine | tomato | seasoned avocado | sliced cheddar cheese | onion aioli

GREEN CHILI CHICKEN WRAP 9.50

spinach wrap | grilled chicken | sliced cheddar | romaine | tomato | green chili aioli

SUPREME GRILLED CHEESE 8.50

gouda | bacon | tomato | onion aioli | fries

BURGERS & FRIES

[all burgers served with a third pound grass fed beef patty from five mile ranch + french fries]

CALIFORNIA BURGER 17.00

beef patty | gouda | avocado | tomato | sun-dried tomato aioli | brioche bun

BBQ BURGER 15.50

beef patty | cheddar cheese | crispy onion | bbq sauce | brioche bun

THE JOURNEY BURGER 15.50

brioche bun | beef patty | cheddar cheese | pickle | romaine | tomato | journey sauce

FRENCH FRIES [side | plate]

REGULAR [4.00 | 7.00]

LEMON PEPPER [4.50 | 7.50]

GARLIC & PARMESAN [5.00 | 8.00]

DISCLAIMER: Consuming raw or undercooked meat or food items may cause illness. Our kitchen serves gluten and dairy friendly items. These items may come in contact with allergens.