

## coffee | latte potion

Espresso | 4/7  
Americano | 5  
Macchiato | 5  
Cappuccino | 6  
Latte | 6  
Mocha | 6  
Dirty Chai | 7  
Matcha Latte | 8  
Coconut Cold Brew | 6  
Add Coconut Oil \$2

## tea | jojo selections

Yunnan Black Gold | 5  
Masala Chai | 5  
Earl Grey | 5  
Jasmine Cloud | 5  
Moroccan Mint | 5  
Sensei | 5  
Zak's | 5  
Yunnan Mao Feng | 5

## sun time cocktails glass/pitcher

**Salutation to the Sunrise**\_ Prosecco. Blood Orange. Hibiscus-Dandelion Root. | 15/55  
**Light & Breezy**\_ Absolut Elyx Vodka. Lime. Non-Prophet Passion Fruit Kombucha. Ginger Beer. | 15/55  
**It's Always Sunny**\_ Beefeater Gin. Watermelon. Basil. Lemon. Sparkling Water. | 15/55  
**Jardín en la Playa**\_ Avion Silver Tequila. Green Chartreuse. Serrano. Lime. Cucumber. Agave. | 15/55  
**Sugarcane Kisses**\_ Don Q Cristal Rum. Sweet Green Juice. Honee Syrup. | 15/55

## beer in a can

Due South, 1 Hotel Pale Ale | 8  
Oskar Blues, Mama's Little Yella Pilsner | 8  
Cigar City, Jai Alai IPA | 8

## wine glass/bottle

### BUBBLES

**Andreola Dirupo** | 13/49  
Prosecco  
**Perrier-Jouët** | 29/125  
Champagne, Grand Brut, NV  
**Perrier-Jouët** | 505  
Champagne, Brut, Belle Époque, 2008  
**Perrier-Jouët** | 49/195  
Champagne, Brut Rosé, Blason, NV  
**Perrier-Jouët** | 850  
Champagne, Brut Rosé, Belle Époque, 2005

### WHITE

**August Kessler** | 16/61  
Riesling  
**King Estate** | 14/53  
Pinot Gris  
**Gerard Bertrand** | 13/49  
Sauvignon Blanc Perles  
**Landmark** | 15/57  
Chardonnay

### ROSE

**Font Freye** | 13/49  
Cotes du Provence

### RED

**Acrobat** | 14/53  
Pinot Noir  
**Castellere** | 19/73  
Chianti Classico  
**La Posta Paulucci** | 15/57  
Malbec

### SWEET

**Chateau Pajzos** | 19/72  
Tokaji  
5 Puttonyos, 2006

**plnthouse**  
the good kitchen

# all day smoothies | bowls

**One Açai\_** Açai, Banana, Blueberry, Strawberry, & Camu | 12

**Tropical Pitaya\_** Mango, Banana, Strawberry & MCT Oil | 12

**Tropical Thai\_** Mango, Pineapple, Spinach, Coconut Meat, Jalapeño & Spirulina | 12

**Green Smoothie\_** Strawberry, Spinach, Avocado, Banana, Ginger & Spirulina | 12

**Cacao Nut\_** Banana, Avocado, Cashew Butter, Cacao Nibs & Maca | 13

**Cacao Green\_** Banana, Avocado, Dates, Cashew Butter, Spinach, Cacao Nibs, Maca, Tocos, Moringa, Vitamineral Greens, Hemp Powder, MCT OIL & Anandamide | 20

**Golden One\_** Mango, Pineapple, Coconut Meat, Turmeric, Aloe Vera, MCT OIL, Camu Camu, Tocos, Cinnamon & Pine Pollen | 20

**Turn Your Smoothie Into A Bowl | 4**

**Choice of\_** Spirulina Granola, Cacao Granola, Muesli (GF)

## ONE UP YOUR SMOOTHIE | 3

Reishi Mushroom  
Anandamide  
Hemp Protein Concentrate  
Moringa  
MCT Oil  
Maca  
Vitamineral Greens

Spirulina  
Mucuna Pruriens  
Pine Pollen  
Camu Concentrate  
Tocotrienols

Please note that some items may contain traces of nuts, nut oils or may have been made alongside other products containing nuts.

## STARTER

**Toasted Muesli Bowl\_** Coconut Yogurt, Berries\_ GF | 15

**Avocado Toast\_** Shaved Vegetables, Herbs, Chili Oil | 14

**Sprouted Garbanzo Hummus\_** Harissa, Za'atar Lavash\_ NF | 12

**French Lentil Pate\_** Cashew-Dill Sour Cream, Rice Crisps\_ GF | 12

**Heart of Palm Ceviche\_** Radishes, Leche de Tigre, Cilantro, Red Chili Oil\_ GF\_NF | 16

## SALADS

**One Salad\_** Shaved Vegetables, Hemp Seeds, Sunflower Sprouts, Spicy Macadamia Nuts, Avocado, Chili-Lime Vinaigrette\_ GF | 15 Can be made NF.

**Golden Tomato + Avocado\_** Mixed Greens, Watermelon Radish, Daikon Sprouts, Candied Ginger, Yuzu Miso Dressing\_ GF\_NF | 14

**Sunflower Caesar Salad\_** Romaine, Arugula, Capers, Sunflower Seeds + Sprouts | 15

## PLNT SPECIALTIES

**Brazilian Quinoa Bowl\_** Brazil Nut Milk, Strawberries, Bananas, Almond Butter, Granola\_ GF | 16

**One Bowl\_** Brown Rice, Sprouted Lentils, Roasted Broccoli Crowns, Massaged Kale, Sprouts, Turmeric Dressing\_ GF | 15

**Zucchini Noodle Bowl\_** Pistachio Pesto, Cashew, Ricotta, Slow Roasted Tomato\_ GF | 15

**Chickpea Curry\_** Kaffir Lime Leave Cream, Warm Flatbread\_ NF | 18

**Green Herb Tacos\_** Roasted Chayote Squash, King Oysters Barbacoa, Pepita Cream, Guacamole puree, Salsa\_ NF | 23

**Beet and Mushroom Burger\_** Sesame Buns, Carrot + Beet Ketchup, Dill Pickles, Sunflower Cheddar | 13

## WRAPS | SANDWICHES

**Thai Paper Wraps\_** Red Pepper, Mango, Red Cabbage, Chili Almond Butter, Carrots, Herbs, Tamarind Dipping Sauce\_ GF | 12

**Roasted Tomato\_** Turmeric Sunflower Cheddar, Herb Aioli, Arugula, Sourdough, Avocado\_ NF | 14

**Reuben\_** Smoked Mushroom, Mustard Seed Kraut, Sun-Dried Tomato Dressing, Arugula, Rye | 16

**Bahn Mi Wrap\_** Ginger Roasted Eggplant, Lentil Pate, Smoked Jalapeño Cream, Pickled Veggies, Herbs, Collard Greens | 13

## sweet

**Pineapple/Cardamom Parfait\_** Coconut Cream, Ginger Almond Crunch\_ GF | 12

**Gianduja Cake\_** Hazelnut Chocolate Cake, Ganache Frosting, Vanilla Sorbet | 14

**Banana Cream Pie\_** Macadamia Crush, Coconut Cream\_ GF | 14

## beverage

### JUICE

**Clean Green\_** Kale, Celery, Cucumber, Mint, Lemon | 13

**Sweet Green\_** Green Apple, Pineapple, Fennel, Kale, Ginger, Cilantro, Lemon, Lime | 13

**Mixed Up\_** Carrot, Beet, Kale, Celery, Cucumber, Lime, Ginger | 13

**Cold Killer\_** Grapefruit, Orange, Apple, Lemon, Ginger | 13

**Ginger + Turmeric Shot\_** Lemon, Black Pepper, Cayenne Pepper | 6.50

## LOCAL & UNIQUE

**Non-Prophet Passionfruit Kombucha\_** Draft | 6

**Non-Prophet Ginger Beer\_** Draft | 6

**Green Lemonade | 8**

**Coconut Water | 6**

NF: Nut Free | GF: Gluten Free