



good morning

morning glory \$7 (gf/vg)
granola, fruit, choice of milk
sub paleo granola +\$1.5

sunrise bowl \$9.5 (gf/vg) organic
yogurt, fruit, granola, citrus honey
sub paleo granola +\$1.5

porridge \$9.5 (gf/v)
amaranth, millet, buckwheat, coconut
milk, coconut sugar, fruit compote,
pecans

frittata \$12 (gf/vg)
organic egg, kale, fennel, tomato,
pecorino, coconut milk,
pumpkin seeds, garlic, basil

egg white frittata \$12 (gf/vg)
organic egg whites, kabocha squash,
coconut milk, onion confit, dandelion
greens, spinach, garlic

pier panini \$11 (vg)
organic egg, fontina cheese, avocado,
tomato, garlic aioli on whole grain
bread with seasonal fruit

toast (vg)
almond butter, maple,
banana & cinnamon \$8.5
ghee & honey \$6

sprouted wheat bagel
cream cheese \$4 (vg)
cashew cheese & avocado \$10 (v)
cream cheese, pesto, tomato \$9

smoked salmon bagel \$16
goat cheese, avocado

7am-7pm daily
509 pier avenue hermosa beach
310-318-1600

(gf) gluten-free (p) paleo
(v) vegan (vg) vegetarian

edible garden

chef amber caudle

health-inspired, chef-driven,
nourishing the mind, body & soul

we're proud to be 100% GMO free,
using organic & locally sourced ingredients

salads

quinoa bowl \$12 (gf/v)
walnut crema, kale & pesto, radish,
fermented veggies, avocado, almond
+ 6 minute organic egg +\$2

farro \$11 (vg)
zucchini, fennel, bell pepper, spinach,
red onion, baby tomato, feta, lemon,
red wine vinaigrette

kale \$11 (gf/v)
Caramelized garbanzo beans with
garlic and onion, fennel, roasted
tomato, raw almonds and lemon
vinaigrette

farmer's greens \$10 (gf/v)
market vegetables, garden herbs,
lemon vinaigrette
+ feta \$2 + turkey \$4

chicken salad \$12 (gf/p)
pecan pesto, celery, scallion, currant,
toasted pecan, greens

toasts

avocado \$13 (v)
cashew cream, radish, parsley, flax oil,
sumac, whole grain bread

smoked salmon \$16 (gf/p)
arugula, sauce gribiche, paleo flax
bread

white anchovy \$11.5
egg, sundried tomato aioli, parsley
verde, baguette

walnut pesto \$10 (vg)
burrata, citrus honey, baguette

curry egg salad \$11 (vg/p)
nut aioli, sunflower seed, paleo flax
bread

yam \$11 (gf/v)
turmeric hummus, pesto, radish,
flax oil served on toasted yams

bone broths

bone broth \$8
grass fed beef & organic chicken
topped with freshly grated turmeric
and ginger

green bone broth \$11
bone broth blended with spinach,
dandelion greens, parsley, cilantro &
coconut oil
add matcha, lemon & ginger +\$3

paninis & wraps

served with mixed greens

paleo chicken panini \$12 (gf/p)
chicken salad, pesto aioli, paleo flax
bread, arugula salad

veggie panini \$11 (v)
grilled seasonal vegetables, spinach,
red pepper cashew cream

turkey panini \$11
fontina, tomato, avocado, spinach,
vegan garlic aioli

tuna panini \$11
fontina, onion confit, dandelion
greens, basil aioli, multigrain bread

spicy veggie wrap \$10 (gf/v)
spicy black bean hummus, avocado,
spinach, cucumber, tomato, red onion,
tahini ginger sauce, gluten free wrap

turkey wrap \$10.5 (gf)
green garbanzo bean & hemp seed
hummus, dandelion greens, arugula,
avocado, sundried tomato, feta, gluten
free wrap

kale chicken caesar wrap
\$12.5 (gf)
kale, avocado, parmesan, house made
caesar dressing, gluten free wrap

drinkable garden

smoothies (gf)

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#theartofnourishment

popeye's acai \$11.50 (v)
coconut water, acai, blueberry,
spinach, date, g/f granola

bananza \$10 (v)
coconut milk, banana, almond
butter, date, maca, chia seed, sea salt

cacao almond buttercup \$10 (v)
almond milk, almond butter, raw
cacao, date, stevia, sea salt
add cold brew +\$2

super power \$10 (v)
kale, cucumber, celery, avocado,
parsley verde, cayenne, lemon, lime

berry powerful \$11 (v)
almond milk, coconut water, protein,
chlorella, banana, blueberry,
hemp seed

refueler \$12
roasted yam, coconut water,
raw protein, pecans, collagen,
cinnamon, MCT oil

coconut dream \$10.5 (v)
coconut milk, coconut oil, avocado,
maca, date, nibs, coconut, sea salt

mighty mint \$11.5 (v)
coconut milk, tocos, raw cacao nib,
avocado, mesquite, maca, lucuma,
date, mint, chlorella

elixirs (v/gf)

turmeric tonic
8oz \$5 | 16oz \$10 | gal \$60
turmeric, lemon, ginger, apple cider
vinegar, cayenne, cinnamon, stevia

sunshine on the water \$6
sparkling spring water with lemon,
orange & grapefruit essential oil

BrainOn 1.75 oz \$4.75
live blue-green algae

juices (v/gf)

orange 8oz \$4 | 16oz \$7
fresh squeezed

glow \$10
orange, carrot, apple, spinach, ginger

beeting \$10
carrot, beet, kale, ginger, cucumber,
lemon, turmeric

grasshopper \$10
kale, spinach, cucumber, celery,
parsley, mint, lime

green party \$10
kale, spinach, parsley, cucumber,
celery, ginger, green apple, lemon

herbalist \$10
cilantro, basil, mint, fennel, green
apple, cucumber, ginger

zing \$10
green apple, cucumber, ginger,
lemon, cayenne

smoothie bowls

green \$15 (gf/v/p)
zucchini, banana, spinach,
plant protein, dates, avocado,
coconut milk, chlorella, tocos,
buckwheat groats, hemp seeds

purple \$15 (gf/v/p)
purple potato, cauliflower,
plant protein, blueberries, coconut
water, maca, lucuma, paleo granola

pink \$15 (gf/v/p)
coconut milk, cauliflower, coconut
meat, plant protein, beet, banana,
maca, lucuma, cacao nibs, mint

activated charcoal \$15
(gf/v/p)
banana, cauliflower, plant protein,
dates, almond milk, charcoal, xct oil,
cinnamon, paleo granola, cacao nibs



coffee & tea

		HOT
drip	12 16oz	\$3 \$3.25
au lait	12 16oz	\$3.5 \$3.75
hot cocoa	8 12oz	\$3.5 \$4
espresso	2oz	\$3
macchiato	3oz	\$3.25
cortado	4oz	\$3.5
americano	8 12oz	\$3 \$4
cappuccino	8oz	\$4.5
latte	12oz	\$4.75
mocha	12oz	\$5
loose leaf tea	16oz	\$3.75
chai latte	12oz	\$4.5
matcha latte	12oz	\$5
turmeric latte	12oz	\$7.5
house almond milk, coconut oil, turmeric, honey, cinnamon, black pepper oil		
mind opener	16oz	\$8.5
drip, organic grass-fed butter, mct oil, cinnamon		
spicy coconut		
mind opener	12oz	\$7.5
cold brew, coconut milk, coconut oil, mct oil, coconut nectar, cayenne pepper		

		COLD
cold brew	16oz	\$5
cold brew latte	16oz	\$5.5
latte	16oz	\$5.25
mocha	16oz	\$5.5
americano	16oz	\$4
looseleaf tea	16oz	\$3.75
chai latte	16oz	\$5
matcha latte	16oz	\$5.5
tri nut latte	16oz	\$7.5

ADD SYRUP

house vanilla 75¢
organic vanilla bean

house mocha 75¢
organic raw cacao

ADD MILK

almond 50¢
coconut 50¢

house almond \$2.5
house tri-nut \$3
Organic brazil nut,
cashew, almond