

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

## good morning

morning glory \$6 (gf/vg)

granola, fruit, choice of milk  
sub paleo granola +\$1.5

sunrise bowl \$9.5 (gf/vg)

greek yogurt, fruit, granola, raw honey  
sub paleo granola +\$1.5

seasonal frittata \$10.5 (gf/vg)

egg white frittata \$12 (gf/vg)

pier panini \$9.5 (vg)

organic egg, fontina cheese, avocado,  
tomato, garlic aioli, with seasonal fruit

toast (vg)

almond butter, maple,  
banana & cinnamon \$8.5  
ghee & honey \$6

sprouted wheat bagel (vg)

cream cheese \$4  
cashew cheese & avocado \$8  
cream cheese, pesto, tomato \$9

smoked salmon bagel \$16

goat cheese, avocado

don't forget our  
(v) (gf) (p)  
delicious baked goods  
superfood treats  
& seasonal specials

7am-7pm daily

509 pier avenue  
hermosa beach, ca  
310-318-1600

## salads

quinoa bowl \$11 (gf/v)

walnut crema, kale & pesto, radish,  
fermented veggies, avocado, almond  
+ 6 minute organic egg +\$2

farro \$11 (vg)

zucchini, fennel, red peppers, red  
onion, tomato, spinach, feta

kale \$10.5 (gf/v)

garbanzo bean, roasted fennel,  
roasted sweet onion, roasted tomato,  
almonds, olive oil, sea salt

farmer's greens \$9 (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 \$10.5 (v)

cashew cream, radish, parsley, flax oil,  
sumac, whole grain bread

smoked salmon \$16 (gf/p)

arugula, sauce gribiche, paleo flax  
bread

white anchovy \$10.5

egg, sundried tomato aioli, parsley  
verde, baguette

walnut pesto \$9.5 (vg)

burrata, citrus honey, baguette

curry egg salad \$9 (vg/p)

nut aioli, sunflower seed, paleo flax  
bread

## soups & broths

soup of the day \$9.5

vegan soup of the day \$8.5

bone broth \$6

grass fed beef & organic chicken  
topped with parsley and freshly  
grated turmeric and ginger

green bone broth \$9

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, paleo flax bread, arugula  
salad

veggie panini \$10

grilled eggplant and zucchini, spinach,  
red pepper cashew cheese

turkey panini \$10.5

fontina, tomato, avocado, spinach,  
vegan garlic aioli

spicy veggie wrap \$9.5 (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

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

# drinkable garden

thesourcecafehb.com  
@thesourcecafehb  
#theartofnourishment

the  
**SOURCE**  
**CAFE** at the beach

## smoothies (gf)

popeye's acai \$10 (v)  
coconut water, acai, blueberry,  
spinach, date, granola, sea salt

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, fig, date, stevia, sea salt  
add cold brew +\$2

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

berry powerful \$10 (v)  
almond milk, coconut water, raw  
protein, ormus greens, banana,  
blueberry, hemp seed

refueler \$11.5  
roasted yam, coconut water, raw  
protein, brazil nut, collagen powder,  
cinnamon, MCT oil

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

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

## add-ons

\$2.5  
acai | protein | matcha | mct oil  
\$2  
espresso | turmeric | ormus greens  
almond butter | collagen

\$1.5  
coconut oil | chia seeds | dates  
raw cacao | avocado | tocos  
\$1.25

ginger | greens | banana | berries  
lucuma | mesquite | hemp seed

## juices & elixirs (gf/v)

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

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

heartbeet \$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

royal root \$10  
watermelon, beet, lemon, mint

healing refresher \$10  
pineapple, grapefruit, turmeric,  
fennel, ginger, dandelion, lime,  
cilantro, cucumber

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

sunshine on the water \$4  
sparkling spring water with lemon,  
orange & grapefruit essential oil

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

BrainOn 1.75 oz \$4.75  
live blue-green algae

## 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	
latte	12oz	\$4.5	
mocha	12oz	\$5	
loose leaf tea	16oz	\$3.75	
chai latte	12oz	\$3.5	
matcha latte	12oz	\$4.5	
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	\$4	
cold brew latte	16oz	\$5	
latte	16oz	\$4.5	
mocha	16oz	\$5	
americano	16oz	\$3.75	
looseleaf tea	16oz	\$3.75	
chai latte	16oz	\$4	
matcha latte	16oz	\$4.5	

## ADD SYRUP

house vanilla 50¢  
organic vanilla bean  
house mocha 50¢  
organic raw cacao

## ADD MILK

almond 50¢  
coconut 50¢  
house almond \$2.5  
house tri-nut \$3  
organic cashew,  
almond, hazlenut

all beverage prices include tax

Find more juices, smoothies, elixirs, and shots in the cold case!