

At Truth & Tonic, we are committed to fresh, health-conscious dining.
Our vegan dishes are prepared with care and free from cross-contamination.

NOURISHING SMOOTHIES 16 oz \$12

REPLENISH RECOVER BLUEBERRY SMOOTHIE GF . V
oatmeal, spinach, blueberries, peanut butter, chia seeds
almond milk, vanilla protein

INFLAMMATION BERRY GF . V
blueberry, mango, pineapple, banana, coconut milk,
turmeric, pomegranate juice, vanilla plant protein

CHOCOLATE PEANUT BUTTER & BANANA GF . V
chocolate plant protein, almond milk

THE GREEN BEAST GF . V
spinach, baby kale, mango, coconut milk, apple juice,
vanilla plant protein

EXTRA BENEFITS :
PROTEIN | \$2 each
plant-based protein powder, whey protein powder
Lion's mane mushroom energy boost powder +\$2

TO PROMOTE WELLNESS, WE WILL GLADLY ADD:
**açai powder, avocado oil, chia seeds, hemp seeds, moringa
flax seeds, wheat germ, Peruvian maca powder, ashwagandh +\$.75**

FUNCTIONAL JUICES 12 oz \$10

VEGAS RECOVERY GF . V
beets, apple, ginger, orange, pomegranate, green tea, kale

THE INFLAMMATION FIGHTER GF . V
cherry juice, ginger, pineapple, apple, orange, turmeric,
black pepper

GREEN MACHINE GF . V
cucumber, celery, kale, apple, turmeric, black pepper, ginger

SELECTION OF JUICES | singles or blends 12oz \$9
orange, tangerine, pineapple, apple, carrot, greens
cranberry, ginger, turmeric

WELLNESS SHOT \$4.50 GF . V
ginger, turmeric, cayenne, lemon, pineapple juice, black pepper

REFRESHING LEMONADE

STRAWBERRY | BLUEBERRY BASIL \$8 GF . V
organic freshly made lemonade

COFFEE

DRIP COFFEE | 16oz \$7
medium-dark bizzarri house blend

SPECIALTY DRINKS | 12oz \$7 • 16oz \$8
caffe latte cappuccino caffe americano cold brew
turmeric latte chai latte matcha latte

TRADITIONAL ESPRESSO SHOT \$4

ESPRESSO MACCHIATO SHOT \$5

MILK OPTIONS
almond, soy, coconut, oat,
non-fat milk, 2% milk, half & half

HOUSE-MADE SYRUP INFUSIONS
vanilla bean, caramel, crème brûlée, toasted hazelnut, mocha
lavender vanilla, cinnamon brown sugar

MUSHROOM BOOST \$2

BRUNCHY MIMOSAS \$14 each
\$38 bottomless

PINEAPPLE CRANBERRY
pineapple juice, sweetened cranberry juice, champagne

TANGY TANGERINE
vanilla bean syrup, tangerine, champagne

THE CLASSIC
fresh pressed orange juice, champagne

LIBATIONS \$14 each

CR BLOODY MARY
signature recipe tomato juice, Tito's vodka

RUMHAVEN COCONUT MOJITO
coconut rum, pineapple juice, organic cane sugar, mint

ESPRESSO MARTINI
chocolate liqueur, espresso, vodka

CRAFT BEERS & BOOZY SELTZERS \$8

HIGH NOON NATURALLY FLAVORED SELTZERS	
HUDL LAGER	PEAR CIDER
HUDL HAZY IPA	PINEAPPLE IPA
PILSNER	MANGO IPA

VEGAN WINE

SPARKLING	GLASS	BOTTLE
La Marca Prosecco Italy	\$14	\$42
Santa Margherita Rosé Italy	\$15	\$28 (375 ml)
Tattinger Brut France	\$20	\$70
WHITE		
William Hill Chardonnay Napa Valley		\$28 (375 ml)
Whitehaven Sauvignon Blanc New Zealand		\$28 (375 ml)
RED		
Daou Cabernet Paso Robles		\$25 (375 ml)
Lange Pinot Noir Oregon		\$28(375 ml)

J'ENWEY BOUTIQUE
ORGANIC BLENDED TEA

HOT TEA | 12oz \$6 • 16oz \$7
spiced chai, matcha, black, Earl Grey, chamomile, mint
hibiscus, Japanese green, lemon ginger

ICED TEA | 16oz \$6
unsweetened Japanese green, black, herbal hibiscus

CHILLED GUAYAKI YERBA MATE TEA | \$6



Scan for menu with
nutritional information.

ARTISAN HOUSE-BAKED BREADS \$6

BANANA BREAD V

BLUEBERRY MUFFIN V

COFFEE CAKE MUFFIN V

BAGELS \$6

WHEAT V
EVERYTHING V
PLAIN V

BREAKFAST - ALL DAY

LUNCH - 11AM-2PM

LIGHT & FRUITY

OVERNIGHT COCONUT CHIA OATS \$16 V
mixed berries, toasted coconut

ORGANIC OATMEAL \$14 GF . V
blueberries, toasted walnuts, maple syrup

ORGANIC STRAWBERRY &
CASHEW BUTTER TOAST \$18 V
grilled banana, maple syrup, candied cashews

COCONUT YOGURT WITH MELONS \$16 GF .V
house-made granola, berries, cinnamon

TOASTS

served with a frisée, arugula & radicchio salad with an orange vinaigrette

WARM GREENS AVOCADO TOAST \$18 V
warm baby kale, spinach, pickled red onions

EDAMAME HUMMUS & AVOCADO TOAST \$20 V
avocado spread, blistered cherry tomatoes, micro basil
balsamic caviar

SMOKED SALMON AVOCADO TOAST* \$22
roasted cherry tomatoes, lemon caper sour cream, micro radish

MAKE IT FANCY – ADD:

- JUST EGG \$6 GF . V
- ORGANIC EGGS* \$4 GF
- SMOKED SALMON* \$8 GF

DELICIOUS, HEALTHY, BREAKFAST

ALL AMERICAN* 2 EGGS \$19 / 3 EGGS \$21
eggs any style, breakfast potatoes, choice of chicken sausage
or bacon, choice of artisanal toast with fruit preserves: wheat
sourdough, ciabatta or English muffin

3 EGG BREAKFAST SCRAMBLE* \$21
served with a side house salad and choice of toast
customize with: sweet peppers, mushrooms, onions, spinach,
tomato, mozzarella, vegan cheddar, vegan mozzarella
+\$2 chicken chorizo, soyrizo, or bacon

Organic Eggs | Organic Egg Whites | Tofu V | Nooch V | +\$2 Just Egg V

COCONUT MILK FRENCH TOAST* \$20
fresh blueberries, strawberries & sliced banana
maple syrup, shaved toasted almonds, two eggs any style

BREAKFAST EGG TACOS \$19 GF . V
JUST Egg, cheddar cheese, vegan breakfast sausage
pico de gallo, chipotle aioli, cilantro-lime cabbage slaw
corn tortillas, black beans, house salad

CHILAQUILES* \$20 GF
smoky three-chili sauce, baked black beans, corn tortillas, queso
fresco, lime crema two eggs any style

BREAKFAST BURRITO* \$20
avocado, cheddar cheese, pico de gallo, chipotle aioli
wrapped in a wheat flour tortilla, served with a side house salad

Soyrizo: with JUST egg and black beans and breakfast potatoes V

Chicken chorizo: with two organic eggs and breakfast potatoes

APPETIZERS

CHICKEN BAO BUNS \$15 V
vegan chicken, hoisin sauce, crisp vegetables, sriracha aioli
(grilled chicken breast also available)

CAPRESE FLATBREAD \$16 V
roasted cherry tomato, pesto, vegan mozzarella
balsamic vinegar

SOME REALLY NICE SALADS

VIETNAMESE SALAD \$15 GF . V
kelp noodles, napa cabbage, carrots, cucumber, edamame
sweet peppers, cilantro, mint, candied cashews, chili tahini
dressing

QUINOA BOWL \$15 GF . V
mixed greens, cucumbers, roasted sweet potato, roasted
garbanzos, avocado, green goddess dressing, harissa lime aioli

AVOCADO CHIPOTLE SALAD \$15 GF
black beans, corn, red onion, pico de gallo, queso
fresco, cabbage slaw, romaine, chipotle dressing and
crispy tortilla strips

MAKE IT FANCY – ADD:

- PLANT-BASED CHICK'N \$8 V
- ORGANIC TOFU \$10 GF . V
- ORGANIC CHICKEN \$12 GF
- SEARED SHRIMP \$15 GF

HOLDABLES

served with a frisée, arugula & radicchio salad with an orange vinaigrette

VEGAN CHICKEN AVOCADO WRAP \$19 V
vegan mozzarella, gem lettuce, heirloom tomato
avocado spread, tahini dressing

TURKEY AVOCADO SMOKED GOUDA PANINI \$21
sourdough bread, avocado mayo, red onion, arugula

CHEESEBURGER YOUR WAY* \$22
lettuce, heirloom tomato, red onion, cheddar cheese
special sauce, whole-wheat bun
choice of burger: classic beef or vegan V

HOLY TRINITY TACOS* \$19
3 corn tortillas, pico de gallo, cilantro-lime slaw, chipotle aioli
(\$3 upcharge for mix and match)

choice of protein:

- soyrizo GF . V
- 3 chili-braised chicken GF
- vegan chimichurri chicken V
- chicken chorizo GF
- Cajun shrimp GF +\$2
- grilled chicken breast GF

P L E A S E I N F O R M Y O U R S E R V E R I F Y O U H A V E A N Y F O O D A L L E R G I E S

GF = Gluten-Free (no wheat, rye, or barley)
V = Vegan (contains no animal product. May contain honey.)

*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.
We offer a variety of freshly prepared gluten-free items (no wheat, rye, or barley), however, our kitchens are not gluten-free environments.

We are very proud to be a partner with Monterey Bay Aquarium's Seafood Watch Program! Seafood Watch engages and empowers consumers and businesses to purchase seafood that is fished or farmed in ways that minimize their impact on the environment. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out seafoodwatch.org.