

– BREAKFAST –

Served weekdays until 11:30AM and weekends until 3PM
Substitute gluten-free bread - add \$1

Quinoa-Flaxseed Oatmeal - 7.5
maple-glazed walnuts, sliced banana
& choice of steamed milk (SF)
seasonal berries.....add \$3

Matcha Granola - 9.5
seasonal berries & choice of coconut yogurt or vanilla chia
(SF)

Avocado Crispy Toast - 6.5
crispy brown rice and quinoa, mizuna, lemon &
shichimi togarashi (NF/GF)

Breakfast Burrito - 7
scrambled organic tofu, black beans, heirloom Koda Farms
organic brown rice, kale, salsa, vegan cheese wrapped in
a gluten-free brown rice tortilla with a side of spicy
chipotle sauce (GF)

Breakfast Enchilada - 12
brown rice tortilla, scrambled organic tofu, tempeh bacon,
spicy pinto beans, avocado, vegan cheese (NF/GF)

Blueberry Multigrain Pancakes - 10
buckwheat, spelt and oat pancakes & organic maple syrup
side of tempeh bacon.....add \$1.5
seasonal berries.....add \$3
(NF)

Morning Pastries
seasonally inspired, please ask for today's selections

– COLD BEVERAGES –

Carafe of M Cafe Iced Tea - 4
iced minty green tea, barley tea, organic black tea

Organic M Lemonade - 4

Organic M Crafted Lemonade - 4.5
made with fresh seasonal produce

Organic Lucky Jack Cold-Brewed Coffee - 5

M Café Iced Mocha - 5

Cold-Brewed Super Green Tea - 6.5

Smoothies - 8.5

Coconut Water - 5

Organic Juice Shots - 3

Matcha Milk - 7

Turmeric Refresher - 7

M Crafted Juices or Cold-Pressed Juices
fresh squeezed organic fruit & vegetables juices
12 oz. 6.5 | 16 oz. 8.5

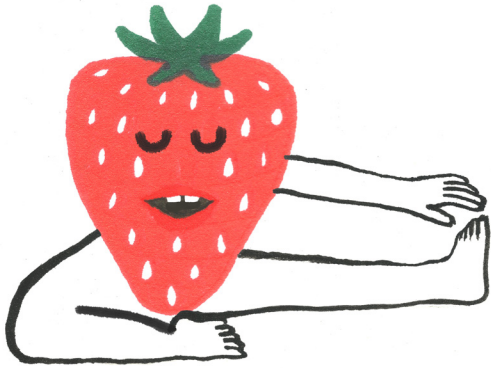
– BRUNCH –

Served Saturday, Sunday & Holidays until 3PM
Substitute gluten-free bread - add \$1

M French Toast - 13
rustic walnut-raisin bread, organic maple syrup,
cranberry relish & seasonal berries
side of tempeh bacon.....add \$1.5

M Benedict - 11.5
grilled ciabatta, scrambled organic tofu, kale,
sliced tomatoes, hollandaise & chives with tempeh bacon
substitute tempeh bacon for smoked salmon.....add \$2.5
(NF)

Japanese Breakfast Bento - 12
miso soup, grilled organic tofu, mixed grain porridge,
seasonal vegetables, hijiki seaweed & house-made pickles
substitute grilled tofu for grilled salmon.....add \$2
(NF)



– HOT BEVERAGES –

Choice of unsweetened almond, soy, and coconut milk

Organic Groundwork Coffee - 3
regular

Organic Espresso regular or decaf
single - 3 | dbl - 4.5

Latte or Cappuccino regular or decaf - 4.5

Turmeric Latte - 5

Chai or Chai Latte - 4.5

Organic Loose Leaf Teas - 4
green, black or herbal

Organic Kukicha - 4
roasted twig tea

GF - Gluten-Free NF - Nut-Free SF - Soy-Free	All of our soy is organic and non-GMO.
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All of our mixed greens and herbs are
from Scarborough Farms.

- DELI -

Sushi, Inari and Rolls
please ask for today's selection

Deli Case Combos
2 signature salad combo.....9.5
3 signature salad combo.....12
soup + 2 signature salad combo12
All deli case salads are available à la carte
by the 1/2 pint, pint, and quart

Selection of Protein
Eggless Tofu Salad
Madras Tempeh Salad
Albacore Tuna Salad
Wild Caught Salmon Salad
Baked Tofu
All protein salads are available à la carte
by the 1/2 pint, pint, and quart

- ENTRÉE SALADS -

Little Gem Grilled Salmon Caesar - 16.5
grilled king salmon, little gems,
shaved fennel, sea beans, olive tapenade,
almond parmesan & garlic croutons

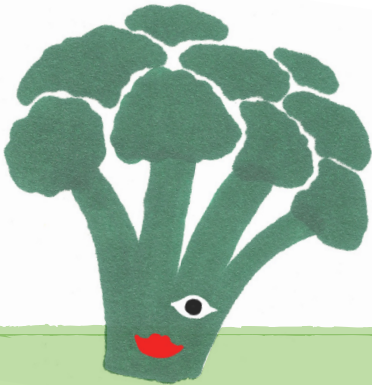
The M Chopped - 12.5
hearts of romaine, mesclun, avocado,
cucumbers, chickpeas, herb-baked organic
tofu, scallions, umeboshi pickled radishes,
carrots, roasted beets, tamari roasted
almonds, crumbled tempeh bacon &
tofu-peppercorn ranch dressing (GF)

Kelp Noodle "Pad Thai" - 13
carrots, mint, thai basil,
peanut-ginger sauce (GF)

- SOUPS -

Organic Miso Soup - 5
seasonal vegetables, tofu, shiitake,
wakame & scallions (NF/GF)

Organic Seasonal Soup - 6
please ask for today's selection



- WHOLE GRAIN BOWLS -

We use Koda Farms organic heirloom Kokuho Rose brown rice.

Lazy Sushi Bowl - 14.5
seasoned brown sushi rice, tuna poke, miso yaki salmon,
hijiki, sea beans & mizuna (NF)

M Cafe Macro Meal
heirloom brown rice with steamed seasonal vegetables, kale, adzuki
beans, hijiki seaweed, house-made pickles & carrot-ginger sauce
substitute steamed organic quinoa.....add \$1
with organic tofu.....12
with king salmon.....16.50
(NF/GF)

Teriyaki Bowl
heirloom brown rice, seasonal vegetables, teriyaki sauce
& house-made pickles
with organic tofu.....12
with king salmon.....16.50
substitute steamed organic quinoa.....add \$1
(NF/GF)

Quinoa-Barley Bibimbap - 13
house-made organic kimchee, organic seitan,
ginger-sesame dressing

- NOODLES -

Yellow Coconut Curry Udon - 13
thick wheat noodles, organic tofu,
seasonal vegetables, roasted cashews,
frizzled onions & cilantro

Vegetable and Wild Shrimp
Tempura with Organic Soba - 14
wild caught shrimp, dashi broth (NF)

Vegan Bolognese with Truffle Cream - 13
gluten-free rigatoni, French lentils,
burdock root (NF/GF)



SANDWICHES &
- BURGERS -

With choice of one signature deli salad
Substitute gluten-free bread - add \$1

M Banh Mi - 12
cha-shu-style seitan, sliced cucumbers,
pickled daikon, cilantro & thai basil

The Big Macro - 12
heirloom brown rice & mushroom burger,
special sauce, lettuce, vegan cheese, tomatoes,
sprouts, red onion, dill pickle & toasted whole
wheat bun

*Combo with small fries or green salad, iced tea
or lemonade.....add \$3.50 (NF)*

The California Club - 12.5
smoky tempeh bacon, lettuce, tomatoes,
avocado, carrots, sprouts & vegenaise (NF)

Grilled Tuna Burger - 14.5
teriyaki-glazed ahi burger, avocado, pickled
onions, daikon sprouts, shiso leaf, spicy yuzu
aioli & toasted whole wheat bun (NF)

- SIDES -

Avocado Crispy Toast - 6.5
crispy brown rice and quinoa, mizuna,
lemon & shichimi togarashi (NF/GF)

Organic House-Made Sweet Potato Fries - 6.5
chili, sea salt & lime (SF/NF/GF)

Gobo Fries - 7
organic burdock root tempura, aonori & lemon
(NF/GF)

Thin-Cut Organic Fries - 6
shiso, nori & sea salt (SF/NF/GF)

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