

PLUNGE CAFE MENU

BAGEL & FRESH HERB CREAM CHEESE 4

PASTRIES

PLAIN CROISSANT 4
MORNING GLORY MUFFIN^(V) 4
CHOCOLATE CROISSANT 4.50

SALAD + BOWLS

FRUIT SALAD 8
 ROSE WATER, SEASONAL FRUIT

CAESAR SALAD 10
 BABY ROMAINE, PARMIGIANO - REGGIANO CHEESE

KALE STRAWBERRY SALAD 10
 FETA CHEESE, CITRUS DRESSING

TUNA SALAD 12
 TORTILLA CHIPS, SRIRACHA AIOLI

QUINOA BOWL 14
 PURPLE CABBAGE, CUCUMBER, ROMA TOMATO PICKLED SHALLOTS, ROASTED BELL PEPPER, LIME DRESSING

HOUSE HUMMUS & CHIPS 10

HARD BOILED EGG 7
 ASSORTED CHEESE, MIXED NUTS

ADD ON
 GRILLED CHICKEN +6
 SMOKED SCOTTISH SALMON +7
 GRILLED SHRIMP +8

KIDS MENU

(10 YRS. AND UNDER)

GRILLED CHEESE 7.50
ALMOND BUTTER AND JELLY 8

SMOOTHIES OR COCKTAILS

BANANA FOSTER (PROTEIN) 11
 FROZEN BANANA, ALMOND BUTTER, ROLLED OATS, FLAXSEED, GRADE A MAPLE, CINNAMON, OAT MILK

MAKE IT A COCKTAIL +5
 + MEYERS DARK RUM, GIFFARD BANANE DU BREZIL

TRANSFUSION (ANTIOXIDANT) 11
 FROZEN RASPBERRIES, BLUEBERRIES, PRESSED FUJI APPLE JUICE, PRESSED PINEAPPLE JUICE, BEETROOT JUICE, SPINACH AND PARSLEY JUICE, AGAVE NECTAR

MAKE IT A COCKTAIL +5
 + BROKERS LONDON DRY GIN, GIFFARD BLACKBERRY MURE

EYE OPENER (IMMUNITY BOOSTER) 11
 FROZEN MANGO, GINGER, CARROT JUICE, CELERY JUICE, LIME JUICE, AGAVE NECTAR

MAKE IT A COCKTAIL +5
 + LOS VECINOS MEZCAL, GIFFARD GINGER OF THE WEST INDIES

SMOOTHIES

GREEN HONEY BUNCH 11
 ALMOND MILK, SPINACH, KALE, CELERY, BANANA, HOUSEMADE GRANOLA, HONEY, DATES, ALMOND BUTTER

REFRESH 11
 COCONUT WATER, STRAWBERRY, PINEAPPLE, BANANA, KALE

PROTINI 11
 ALMOND MILK, ACAI, BANANA, BLUEBERRY, KALE, ALMOND BUTTER

BANANA 11
 ALMOND MILK, BANANA, DATES, HOUSEMADE GRANOLA

ADD ON
 WHEY PROTEIN ENHANCER +2.50
 PLANT BASE PROTEIN +3

MON - SUN / 7AM - 3PM
 Plus Tax and 20% Service charge.



COFFEE & TEA

PLUNGE MORNING SPECIAL (MON-SUN/7AM-9AM)	
REGULAR OR DECAF COFFEE	2.50
COFFEE	3.50
ESPRESSO	3.50
AMERICANO	3.50
MACCHIATO	4
CORTADO	4
CAPPUCCINO	4.50
LATTE	5
VANILLA LATTE	5.25
SALTED CARAMEL LATTE	5.25
ICED LATTE	5
ICED VANILLA LATTE	5.25
ICED SALTED CARAMEL LATTE	5.25
MOCHA	6
ICED MOCHA	6
HOT CHOCOLATE	5
COLD BREW	5
DRAFT LATTE (CAN)	4.50

RED EYES WHITE LIPS	5.50
DOUBLE ESPRESSO, BREWED COFFEE, STEAMED MILK	

THE ART OF TEA	4.50
CHAMOMILE, ENGLISH BREAKFAST, EARL GRAY, SENCHA GREEN, CHAI, ITALIAN BLOOD ORANGE	

REFRESHMENTS

PATH WATER	5
LA CROIX	3
GATORADE	3.50
COCONUT WATER 100% ORGANIC	4.50
MILK	2.50
OAT MILK	3.50
ALMOND MILK	3.00

JUICES

GREEN	9
CUCUMBER, SPINACH, KALE, CELERY, PINEAPPLE, GINGER, LEMON	
CARROT - ORANGE	9
CARROT, ORANGE, GINGER, LEMON	
PURPLE	9
BEET, APPLE, CARROT, LEMON	
ORANGE	8
FRESH SQUEEZED ORANGE JUICE	

WINE

CHARDONNAY	15.50
SPELLBOUND, NAPA, CALIFORNIA	
PINOT NOIR	16
HEAD HIGH, SONOMA, CALIFORNIA	
MALBEC	15.50
BODINI, MENDOZA, ARGENTINA	

PIMM'S CUP DRAFT COCKTAIL	14
HOUSEMADE PIMM'S, GIN, ORANGE, LEMON, LIME, CUCUMBERS, MINT	

BEER

MODERN TIMES DRAFT	8
ICE PILSNER, LOS ANGELES, CALIFORNIA	

TO GO

WHOLE FRUIT	1.50
2 TO GO HARD BOILED EGGS	3
YOGURT PARFAIT	6

