

WELCOME!

Ember-Grilled Mud Creek Grapefruit
7

San Marcos Avocado Honey, Bee Pollen

Sourdough Brioche Beignets
6

Toasted Sourdough Brioche
w/Berries 6
Sweet Butter, Yoghurt

Bacon-Wrapped Coachella Dates 6
Smoked Almonds

Crème Fraîché Pancakes
9

Meyer Lemon Curd, Ember Grilled Berry
Compote

Market Green Salad 7
Seasonal Lettuces, Carrots, Celery, Arame
Seaweed, Raspberry Ginger Tamari
Vinaigrette

EGGS

Eggs on Eggs on Eggs
16

Santa Barbara Sea Urchin, Soft Scramble
Farm Egg, Smoked Caviar

Oven-Baked Farm Eggs with Kimchi
11
Bonito, Garlic-rubbed Grilled Bread

Oak-Baked Farm Eggs with Chorizo
12
Garlic-rubbed Grilled Bread

Oak-Baked Farm Eggs with Kale 11
Vegetarian: Garlic, Chili, Bread Crumbs

Eggs in Hell
17

5 Eggs roasted in the Wood-Oven, spicy
Tomato Sauce, Onion, Chili, Herbs, Grana
Cheese, Levain Bread

Flatbread Din 10

FULL of LIFE FLATBREAD



COLD PRESSED MARKET JUICE

Apple Beet Carrot Ginger
8

Braggs Apple Vinegar, Sparkling Water

Cucumber Ginger Honey
8

Mint, Sparkling Water

Blood Orange Juice
6

Zhena's Organic Tea (Ojai)
3

Earl Grey Black Tea
Jasmine Dragon Green Tea
Chamomile Rose Caffeine Free

Green Star Organic Coffee (Santa
Barbara) 3

Organic Coffee French Press (Santa
Barbara) 10
10-Cup Press

Soft Drinks
3

Unsweetened Rooibos Iced Tea
3

Beer and Wine by the glass and
bottle

FLATBREAD PIZZAS

Dancing Heart Bread 5 / 8
Extra Virgin Olive and Grapeseed Oil,
Flax, Grana

Shaman's Bread 7 /
13
Pistachio, Rosemary, Red Onion, Flax,
Garlic, Grana, EVOO

Cheese and Herb 8 / 15
Mozzarella, Grana, Extra Virgin Olive and
Grapeseed Oil

Cauldron Tomato Sauce
8.50 / 15.50
Organic Tomatoes, Mozzarella, Grana,
Herbs

Avocado Flatbread Pizza
10 / 19.50
Flax and Pumpkin Seeds, Garlic, EVOO,
Radish, Lemon, Esplette

Fire-Roasted Tomato Salsa
11 / 19
Organic Tomatoes, Garlic, Black Beans,
Jalapeño and Chipolte Peppers, Roasted
Corn, Mozzarella, Cilantro

Mushroom and Onions 11 /
19
Cauldron Tomato Sauce, Mushrooms,
Carmelized Onion, Mozzarella, Grana

Kalamata Olive and Feta Cheese
11 / 19
Red Onions, Oven-Roasted Sweet Peppers,
Rosemary

Pepperoni and Peppers
12 / 21
Organic Tomato Sauce, Nitrate-Free
Pepperoni, Poblano Peppers, Red Onions

Central Coast Sausage
12 / 21
Pork Sausage
Prosciutto and Egg Flatbread Pizza

FULL *of* LIFE
FLATBREAD

EAT GOOD FOOD
CALIFORNIA

EST.
2003