

# tula cafe

## Breakfast

MONDAY-FRIDAY 8AM-11AM

### BREAKFAST

#### AVOCADO TARTINE\* | 10

marinated tomatoes | pickled red onion | aged balsamic | sourdough  
*storey farm egg 2 | applewood bacon 3 | smoked salmon 6*

#### BREAKFAST BURRITO\* | 10

soft scrambled egg | home fries | chipotle aioli | cheddar | avocado | flour tortilla  
*chorizo 3 | applewood bacon 3 | storey farm sausage 3*

#### BREAKFAST TACOS\* | 10

scrambled eggs | smashed avocado | fire roasted salsa | cotija  
*chicken verde 4 | chorizo 3*

#### EGG SANDWICH\* | 8

2 farm eggs | white american | challah | applewood bacon 3 | storey farm sausage 3

#### FARM FRESH PLATE\* | 12

2 farm eggs any style | home fries | wheat toast | choice of meat | applewood bacon | storey farm sausage

#### WHIPPED RICOTTA | 14

confit tomato | cracked pepper | crushed red pepper | bee pollen | truffle honey | evoo | grilled sourdough

#### SALMON TOAST | 12

cold smoked salmon | caper dill cream cheese | vine ripe tomato | red onion | cucumber | sourdough

#### STEAK & EGGS\* | 22

skirt steak | spinach | avocado | 2 eggs any style | aged balsamic | grilled sourdough

#### SUNRISE GRANOLA BOWL | 8

organic vanilla green yogurt | seasonal fruit | raw local honey | crunchy granola | mint | chia seeds

### SMOOTHIES

#### GREEN & LEAN 9

mugwort | banana | granny smith apple | pineapple | spinach | cucumber | coconut water

#### ENERGIZER 9

cordyceps | chia seeds | banana | peanut butter | cocoa powder | cold brew | milk of choice

#### PINK ENLIGHTENED 9

lion's mane | peach | banana | strawberry | raw honey | orange juice

#### BLUEBERRY VANILLA MATCHA 9

blueberry | matcha | coconut cream | vanilla | ashwagandha | milk of choice

#### MAKE IT A MEAL

Blender Bomb +3  
Plant-Based Protein Powder +3  
Collagen + 3  
Bee Pollen + 2

### PASTRIES

#### ASSORTED CROISSANTS | 4

#### COOKIE DU JOUR | 4

#### DANISH | 4

#### MUFFIN | 3

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

## LOCAL PARTNERS

King Tide Farms | Storey Farms |  
Normandy Farms Bakery | Limehouse |  
Grow Food | Super Mushroom Bros

# Barista

## CRAFTED ESPRESSO

Pour Over	4
Espresso	3
Macchiato	3.5
Cortado	4
Cappuccino	5.5
Latte	6
Americano	5.5
Draft Cold Brew	6

## DAIRY

### ALTERNATIVES +\$1

Almond Milk  
Oat Milk

### HOUSE-MADE FLAVORS +\$1

Agave Lavender  
Vanilla Bean  
Cacao mocha  
Maple Simple Syrup  
Local Honey  
Coconut sugar S.S.

## HOLISTIC TEAS

(Hot/Iced)

### INDIAN BLACK TEA \$5

Benefits: potent in antioxidants, rich in minerals, detoxes the body

### KENYA & CHINESE GREEN TEA \$5

benefits: increases energy levels, improves cognitive functioning, protects against cell damage

### POMEGRANATE GREEN TEA \$5

benefits: promotes skin health, improves mood, highly anti-inflammatory

### TRADITIONAL CHAI TEA \$5

benefits: supports gut health, increases blood flow, improves digestion

## CANNED GOODNESS

Sophia Kombucha 7  
(assorted seasonal flavors)

CLEAN Yerba Mate 4  
(assorted flavors)

Vita Coco Coconut Water 5

# Wonderer Wellness Lattes & Drinks

\* - Add a shot of espresso (\$2)

## MATCHA LATTE 6

add turmeric & honey | \$.50

benefits: sustained jitter-free energy, boosts attention & brain function, mood booster, increases metabolism, supports immune system

## CHAI LATTE 6\*

waka chai tea, agave & milk

benefits: energy, soothes pain, detoxes, boosts immune system, lowers stress

## BEET LATTE 6.50\*

sweet beet powder & milk

benefits: stamina, caffeine-free energy, muscle recovery, blood circulation

## GOLDEN LATTE 7.50\*

turmeric, cinnamon, maple syrup, black pepper & almond milk

benefits: anti-inflammatory properties, detoxifies the liver, regulates blood sugar, strengthens cardiovascular health

## BLUE BUTTERFLY LATTE 6.50\*

blue pea flower powder, ginger, vanilla, cardamom, agave & oat milk

benefits: reduces stress, improves brain function, fights brain-related disorders, improves eyesight, anti-cancer properties

## CHITTA LATTE 8

espresso, milk, & chitta infusion: marine collagen, lion's mane, chaga, cordyceps, reishi, L-theanine

benefits: all day energy, stress reduction, gut support, immune defense, anti-aging, improves endurance, improves sleep & cognitive enhancer

## BOSWELLIA PINEAPPLE FIZZ 6.50

boswellia, pineapple juice, orange juice, agave, soda water

benefits: reduces inflammation, improves asthma, regulates skin, boosts immune system

## BLACKBERRY REFRESHER 6.50

cordyceps, blackberries, lime juice, agave, soda water

benefits: strengthens immune, speeds up recovery, improves athletic performance

## ADAPTOGENIC HOT COCOA 6\*

cocoa powder, cinnamon, cardamom, maple simple syrup, ashwagandha & milk

benefits: adaptogens help the body adapt to external and internal stressors, allowing your body to stay in a more relaxed state.

## WELLNESS ADD ONS + BENEFITS

### CHITTA LATTE INFUSION +2.50 *flavorless! great in all wellness drinks*

marine collagen, lion's mane, chaga, cordyceps, reishi, L-theanine, espresso

benefits: all day energy, stress reduction, gut support, immune defense, anti-aging, improves endurance, improves sleep, cognitive enhancer

### ASHWAGANDHA +1

best in golden latte, chai latte or matcha latte

benefits: reduces stress, helps regulate emotions, increase muscle growth, stamina and endurance

### CORDYCEPS +1 *flavorless! great in all wellness lattes*

benefits: strengthens immune, speeds up recovery, improves athletic performance

### LION'S MANE +1 *flavorless! great in all wellness lattes*

benefits: increases memory, focus and cognitive function

### MUGWORT +1 *great in matcha lattes*

benefits: aids digestion, regulates menstruation, calms nerves, stimulates lucid dreaming

### BOSWELLIA +1 *great in smoothies and teas*

benefits: soothes joint pain, reduces inflammation, provides relief of respiratory symptoms

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.