

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
413 . 39 . 33 . 14 . 9 . 281

INFLAMMATION BERRY GF . V
blueberry, mango, pineapple, banana, coconut milk,
turmeric, pomegranate juice, vanilla plant protein
365 . 41 . 17 . 11 . 9 . 36

CHOCOLATE PEANUT BUTTER & BANANA GF . V
chocolate plant protein, almond milk
320 . 40 . 23 . 9 . 11 . 414

THE GREEN BEAST GF . V
spinach, baby kale, mango, coconut milk, apple juice,
vanilla plant protein
300 . 46 . 6 . 7 . 7 . 70

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, ashwagandha**

FUNCTIONAL JUICES 12 oz \$10

VEGAS RECOVERY GF . V
beets, apple, ginger, orange, pomegranate, green tea, kale
161 . 38 . 2 . tr . 1 . 41

THE INFLAMMATION FIGHTER GF . V
cherry juice, ginger, pineapple, apple, orange, turmeric
black pepper
187 . 44 . 2 . tr . 1 . 10

GREEN MACHINE GF . V
cucumber, celery, kale, apple, turmeric, black pepper, ginger
140 . 32 . 3 . 1 . 3 . 58

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

WELLNESS SHOT \$4.5 GF . V
ginger, turmeric, cayenne, lemon, pineapple juice, black pepper
21 . 5 . tr . tr . tr . 1

REFRESHING LEMONADE

STRAWBERRY | BLUEBERRY BASIL \$8 GF . V
organic freshly made lemonade
77 . 20 . tr . tr . 1 . 8

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 brulée, toasted hazelnut, mocha
lavender vanilla, cinnamon brown sugar

MUSHROOM BOOST \$3

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

HIGH NOON NATURALLY FLAVORED SELTZERS \$8

HUDL LAGER \$8

HUDL HAZY IPA \$8

VEGAN WINE

SPARKLING	GLASS	BOTTLE
La Marca Prosecco Italy	\$14	\$42
Santa Margherita Rosé Italy	\$15	\$28 (375 ml)
Champagne Canard France		\$48 (375 ml)
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)
The Prisoner Blend Napa Valley		\$32 (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



See over 500 recipes on
our **Nourish** blog.

PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

*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.

ARTISAN HOUSE-BAKED BREADS \$6

BANANA BREAD V
165 . 25 . 2 . 7 . 2 . 155

BLUEBERRY MUFFIN V
213 . 35 . 4 . 7 . 1 . 227

COFFEE CAKE MUFFIN V
191 . 24 . 2 . 10 . 2 . 150

BAGELS \$6

WHEAT V
EVERYTHING V
PLAIN V

BREAKFAST - ALL DAY

LIGHT & FRUITY

OVERNIGHT COCONUT CHIA OATS \$16 V
mixed berries, toasted coconut
155 . 21 . 3 . 7 . 3 . 9

ORGANIC OATMEAL \$14 GF . V
blueberries, toasted walnuts, maple syrup
168 . 20 . 5 . 8 . 4 . 4

ORGANIC STRAWBERRY & CASHEW BUTTER TOAST \$18 V
grilled banana, maple syrup, candied cashews
179 . 22 . 5 . 8 . 3 . 54

COCONUT YOGURT WITH MELONS \$16 GF . V
house-made granola, berries, cinnamon
125 . 21 . 2 . 4 . 3 . 34

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
314 . 47 . 14 . 10 . 12 . 336

EDAMAME HUMMUS & AVOCADO TOAST \$20 V
avocado spread, blistered cherry tomatoes, micro basil, balsamic caviar
315 . 44 . 13 . 11 . 7 . 279

SMOKED SALMON AVOCADO TOAST* \$22
roasted cherry tomatoes, lemon caper sour cream, micro radish
454 . 40 . 32 . 20 . 9 . 592

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 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
463 . 55 . 30 . 14 . 5 . 517

BREAKFAST EGG TACOS \$19 GF . V
JUST Egg, cheddar cheese, vegan breakfast sausage, pico de gallo,
chipotle aioli, cilantro-lime slaw, corn tortillas, black beans, house salad
502 . 55 . 29 . 21 . 12 . 533

CHILAQUILES* \$20 GF
smoky three-chili sauce, corn tortillas, queso fresco, lime crema,
two eggs any style
464 . 36 . 22 . 25 . 5 . 510

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 V
500 . 54 . 29 . 20 . 13 . 680

Chicken chorizo: with two organic eggs and breakfast potatoes
496 . 45 . 32 . 20 . 5 . 721

LUNCH - 11AM-2PM

APPETIZERS

CHICKEN BAO BUNS \$15 V
vegan chicken, hoisin sauce, crisp vegetables, sriracha aioli
(grilled chicken breast also available)
410 . 47 . 15 . 18 . 8 . 884

CAPRESE FLATBREAD \$16 V
roasted cherry tomatoes, pesto, vegan mozzarella, balsamic vinegar
289 . 33 . 4 . 17 . 2 . 571

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
354 . 50 . 11 . 16 . 10 . 465

QUINOA BOWL \$15 GF . V
mixed greens, cucumbers, roasted sweet potato, roasted
garbanzos, avocado, green goddess dressing, harissa lime aioli
310 . 40 . 9 . 14 . 9 . 324

AVOCADO CHIPOTLE SALAD \$15 GF
black beans, corn, red onion, cucumber, queso fresco
cabbage slaw, romaine, chipotle dressing
318 . 31 . 11 . 19 . 9 . 307

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
471 . 54 . 30 . 17 . 15 . 775

TURKEY AVOCADO SMOKED GOUDA PANINI \$21
sourdough bread, avocado mayo, red onion, arugula
556 . 62 . 40 . 16 . 7 . 819

CHEESEBURGER YOUR WAY* \$22
lettuce, heirloom tomato, red onion, cheddar cheese, special sauce
whole-wheat bun
choice of burger: classic beef or vegan V
500 . 67 . 21 . 18 . 8 . 828

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
492 . 60 . 29 . 20 . 16 . 441
- vegan chimichurri chicken GF . V
449 . 58 . 30 . 12 . 14 . 762
- Cajun shrimp GF **+\$2**
453 . 54 . 43 . 11 . 10 . 478
- 3 chili-braised chicken GF
467 . 55 . 34 . 15 . 11 . 715
- chicken chorizo GF
498 . 53 . 33 . 19 . 10 . 576
- grilled chicken breast GF
510 . 52 . 42 . 16 . 10 . 398

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

NUTRIENT ANALYSIS
CALORIES . CARB GRAMS . PROTEIN GRAMS . FAT GRAMS . FIBER GRAMS . SODIUM MG
GF = Gluten-Free (no wheat, rye, or barley)
V = Vegan (contains no animal product. May contain honey.)

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