

START YOUR DAY Artisan Toast or GF Sunflower • Flax 1.95 Add Irish butter .95 Add local honey .95 Add raw almond butter or raw cashew butter 3.95 **Avocado Toast (v)** – wheat toast, avocado, sea salt, pepper 7.95 Avocado Toast & Eggs - wheat toast, avocado, eggs, sea salt, pepper 10.95 Bagel – cream cheese or butter 3.95 Breakfast Croissant – croissant, havarti cheese, eggs, sea salt, pepper 8.95 Breakfast Sandwich - wheat toast, cream cheese, eggs, sea salt, pepper 7.95 Protein Plate – avocado, eggs, heirloom tomato, sea salt, pepper 8.95 **BOWLS** Acai acai, granola, coconut, banana, seasonal berries, goji berry mix, local honey 8.95 Matcha matcha, granola, coconut, banana, seasonal berries, goji berry mix, local honey 8.95 Granola granola, greek yogurt, banana, seasonal berries, goji berry mix, local honey 6.95 Oatmeal (v) oats, banana, seasonal berries, goji berry mix, brown sugar 6.95 **SANDWICHES** Baba wheat toast, hummus, avocado, havarti cheese, heirloom tomato 8.95 dijon mustard, sea salt, pepper wheat toast, bacon, butter lettuce, heirloom tomato, avocado, mayo, sea salt, pepper 8.95 Lox Bagel $bagel,\,cream\,cheese,\,smoked\,salmon,\,heirloom\,tomato,\,red\,onion,\,dill,\,capers$ 9.95 Lox California gf toast, avocado, smoked salmon, heirloom tomato, red onion, dill, capers 10.95 Lox Mediterranean wheat toast, hummus, smoked salmon, heirloom tomato, red onion, dill, capers 10.95 **Nut Butter** wheat toast, cashew or almond butter, banana, local honey 7.95 **Turkey Bake** wheat toast, roasted turkey breast, avocado, silly dilly kraut, havarti cheese, dijon mustard, sea salt, pepper, baked in oven 9.95 **Turkey Kraut** wheat toast, roasted turkey breast, silly dilly kraut, havarti cheese, mayo, sea salt, pepper, dijon mustard 8.95 **Bread Choices** sourdough wheat, GF sunflower-flax, croissant, plain bagel, everything bagel, jalapeno cheese bagel

• gf bread

• croissant

HEALTHY PLATES

HEALIHY PLATES	
Cheese & Olive Plate	
Artigiano Vino Rosso & Aged Balsamic cheeses, wheat toast,	
kalamata and green olives, goji berry mix, raw nuts	10.95
$oxed{Hummus}$ ($oldsymbol{v}$) – carrot, cucumber, hummus, olive oil, paprika, wheat toast	8.95
Quiche – gf, spinach/mushroom or ham/cheese	5.95
SALADS	
Garden (v)	
butter lettuce, avocado, cucumber, carrot, heirloom tomato, olive oil,	
lemon juice sea salt, pepper	8.95
Fruit (v) – avocado, banana, orange, berries, lemon juice	6.95
SMOOTHIES	
Acai (\mathbf{v}) – acai, almond milk, banana, strawberry	8.95
Banana – milk, banana, local honey	5.95
$Matcha\left(v ight)$ – matcha, almond milk, banana, strawberry	8.95
ADD PROTEIN	
bacon	2.25
cheese - havarti	1.25
cheese - Artigiano Vino Rosso & Aged Balsamic	3.45
cream cheese	1.25
eggs - scrambled or poached	3.50
hummus	2.95
raw almond or cashew butter	3.95
roasted turkey breast	3.95
salmon	4.95
ADD OTHERS	
avocado	2.95
carrots	1.75
cucumber	1.75
goji berry mix	1.95
heirloom tomato	1.95
raw mixed nuts	1.95
olives	2.00

Food served all day.

.95

1.95

Please let us know if you have any food allergies so we can keep you safe.

At Baba we offer the freshest coffee beans, pastries and foods, buying local to help support our nearby community. Our coffee beans are roasted twice each week by Pannikin Coffee and Tea, donuts from VG Donut & Bakery, pastries by B&C Gourmet Artisan, bread from Prager Brothers, Johann's Bakery and Top Of The Bagel, avocados from Carlsbad Ranch market, heirloom tomatoes and strawberries from Valdivia Farms, raw nut-butters from Artisana Organics and the list goes on.

It takes time to make each item from scratch because we don't pre-make your food. We want the food you order to be fresh. Thank you for being patient while you wait for your meal.



COFFEE		COLD BREW TEA	
	4 oz 2.45 • 22oz 3.85	Chai/Honey/Ginger - masala chai, fresh ginger, local honey, milk	3.95
Cafe Au Lait - dark or medium roast coffee, steamed milk	2.95	Garden of Eden - black tea, tropical fruit, flowers	3.65
Baba BulletProof		Tropical Passion Fruit - green tea, tropical pineapple, mango, papaya	3.65
coffee, Bulletproof XCT oil, KerryGold butter, blended	5.25	Herbal Honey/Lemon/Ginger - fresh lemons, fresh ginger, local honey	3.95
French Press - dark or medium roast	4.95	Herbal Hibiscus Mango - hibiscus, pineapple, grape, mango, sunflower petals	3.65
Iced Coffee - when hot doesn't cut it	2.95	Cold Brew Tea Refill	1.95
Prison Break Frappe - coffee, sugar, milk, shaken 'til thick, pour	red over ice 4.95		
Coffee Refill - dark or medium roast	1.25	HOT TEA BLACK	
		Chai/Honey/Ginger - masala chai, fresh ginger, local honey , milk	3.95
COLD BREW		Earl Grey Creme - black tea, bergamot, French vanilla	3.65
Cold Brew – smooth, less acidic and made from our dark-roast	4.45	Earl Grey Darjeeling - black tea, bergamot	3.65
Almond Coconut - rich, coconut vegan cold brew	5.45	Earl Grey Lavender - black tea, bergamot, lavender flowers	3.65
Coconut Breve - creamy, coconut cold brew	5.45	English Breakfast – traditional blend of organic black tea	3.65
Hot Cold Brew Bulletproof		Garden of Eden - black tea blended, tropical fruit, flowers	3.65
cold brew, Bulletproof xct oil, KerryGold butter, blended	6.95	Masala Chai - black tea, ginger root, cinnamon, green cardamom, vanilla	3.65
Lavender Coconut - creamy, florally, vegan cold brew	5.45		
Macadamia Caramel - rich, caramel-nutty vegan cold brew	5.45	HOT TEA GREEN	
Praline Goddess - creamy, sweet-nutty cold brew	5.45	China Jasmine – green sweet-jasmine tea, light floral notes	3.65
Sweet Cream - creamy, sweet vanilla cold brew	5.45	Gunpowder – green tea, smokey flavor	3.65
Cold Brew Refill	3.25	Sencha - green tea, earthy, grassy flavor	3.65
HCDDHCCO		Sicilian Lemon Love - green tea, Sicilian lemon	3.65
ESPRESSO		Tropical Passion Fruit - green tea, tropical flavors of pineapple, mango, papay	a 3.65
Espresso – 2 long shots rich, full body	2.75	HOT THE A LIED DAY	
Americano – espresso, hot water	3.05	HOT TEA HERBAL	
Baba BulletProof Americano		Berry Harvest – hibiscus, blueberries, cherries, cranberries, strawberries, currar	
espresso, water, Bulletproof XCT oil, KerryGold butter, blended	5.95	Blood Orange - blend of citrus flavors, creamy vanilla, like a creamsicle	3.65
Cappuccino – espresso, steam milk foam	3.75	Hibiscus Mango – hibiscus, pineapple, grape, mango, sunflower petals	3.65
Cortado – espresso, equal parts steam milk	3.75	Honey/Lemon/Ginger - fresh lemons, fresh ginger, local honey	3.65
Flat White – espresso, 4 oz steam milk creamy	3.75	Peppermint - blended peppermint leaves Rooibos - sun dried branches of South African shrubs, ruby cup, mildly sweet flav	3.65
Hammerhead – espresso, coffee Macchiato Traditional – espresso, dollop of milk foam	4.95	Sweet Dreams - chamomile, eucalyptus, mint	or 3.65
Macchiato Upside-Down – steam milk, espresso	3.75 3.95	Sweet Dreams - chamonine, eucaryptus, mint	3.03
Mexican Mocha - espresso, Mexican Chocolate, whipped cream	4.95	HOT TEA OOLONG	
White Mocha - espresso, White Chocolate, whipped cream	4.95	Gaba Oolong	
** Intel Machina - espicaso, winte Chocolate, winpped cream	4.73	reduces stress, increases blood circulation and combats high blood pressure	3.65
LATTE		Reserve Milk Oolong	3.03
Latte – espresso, steam milk	3.95	creamy milk flavor enhanced by roasting to unleash its buttery profile	3.65
Coconut Breve – rich, coconut, creamy	4.95	crountly material or continuous by rounding to antonomic outloor, promo	0.00
Vanilla Breve – rich, creamy sweet vanilla	4.95	HOT TEA WHITE	
Cafe Con Miel – Spanish sweetness, local honey, cinnamon	4.95	Peachy Lemon Bliss - white leaf tea, plump lemons, ripe peaches	3.65
Chai – chai, steam milk	3.95	White Coconut Cream - white leaf tea, coconut, safflowers, cornflowers	3.65
Dirty Chai – chai, espresso, steam milk	5.95		
Golden Turmeric – anti-inflammatory sweetness	3.95	HOT TEA SPECIALTY	
Dirty Golden Turmeric – anti-inflammatory sweetness, espresso	5.95	Scottish Caramel Pu-erh - earthy pu-erh tea, golden butterscotch, almond	3.65
Matcha – matcha, steam milk	3.95	Yerba Mate – classic mate	3.65
Dirty Matcha – matcha, steam milk, espresso	5.95		
Praline Goddess – creamy, sweet-nutty	4.80	BEVERAGES	
Tea Latte – loose leaf tea, steam milk	3.95	Bottled Water	2.45
		Fresh Squeezed Orange Juice	6.95
COCOA		Kombucha	5.95
Hot Cocoa – Mexican chocolate, steam milk, whipped cream	3.45	La Croix	2.00
Hot Cocoa White – white chocolate, steam milk, whipped crean	a 3.45	Milk	1.95
BABA BLENDED		Perrier	2.35
Chai – chai, milk, whipped cream	4.95	San Pellegrino	2.35
Mocha – mocha, iced coffee, whipped cream	4.95	Yerba Mate	4.95
Pumpkin Oatmilk – chai, pumpkin, oatmilk, whipped cream	4.95		
Vanilla – vanilla, iced coffee, whipped cream	4.95	CRAFT BEER • CIDER • BOOCH • MIMOSAS • WINE	
, , , , , , , , , , , , , , , , , , , ,		We offer a rotating selection of craft beer, cider, booch and wine.	
ALTERNATIVE MILKS		Ask our staff for the latest menu offerings	
Almond, Coconut, Hemp, Macadamia , Oat, Soy	.95		
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NATURAL SYRUPS			
Local Honey, 100% Maple Syrup	.95		
MONIN SYRUPS			
Almond, Caramel, SF Caramel, Coconut, Hazelnut, Lavender,	<u>.</u> .		
Peppermint, Praline, Pumpkin, Vanilla, SF Vanilla	.65		
Caramel Sauce	.75		

