

SALT + AIR | BREAKFAST | M-F 7AM-10AM

A.M. SANDWICHES | on ciabatta bread + cut fruit

cage-free egg | 4 (+v) | 590 cal.

white cheddar, organic field greens, tomato, garlic aioli

bacon, cage-free egg | 4.75 | 660 cal.

white cheddar, tomato, organic field greens,
crispy onions, garlic aioli

rotisserie chicken, cage-free egg | 4.75 | 500 cal.

organic field greens, garlic aioli

smoked salmon, cage-free egg | 5.75 | 490 cal.

kenter farms arugula, caper remoulade

A.M. BURRITOS + cut fruit | 4

cage-free egg, tater tots, cheddar, spinach, salsa

verde, whole wheat wrap + cut fruit | 920 cal.

*add | vegan soyrito, applewood smoked bacon,
sausage, or rotisserie chicken for a dollar (80-130 cal.)*

CAGE-FREE THREE EGG OMELET | + cut fruit | 4

choose your ingredients | (+v) (↓g) | 440 cal.

cheese, spinach, mushroom, tomato, bell pepper

• *add | vegan soyrito, applewood smoked bacon,
sausage, or rotisserie chicken for a dollar (80-130 cal.)*

ALA CARTE

2 cage-free eggs | 1.50 (+v) (↓g) | 130 cal.

tater tots | 1.50 (+v) | 300 cal.

breakfast potato | 1.50 (+v) | 170 cal.

bagel + cream cheese | 2.25 (+v) | 270 cal.

2 slices of toast | 1.50 (+v) | 300 cal.

bacon, sausage, soyrito | 1.50 (80-130 cal.)

steel-cut oatmeal | 3 (+vg) | 130 cal.

+ seasonal fruit compote

baja fruit salad | 2.25 (+vg) (↓g) | 100 cal.

seasonal fruit, cucumber, jicama, tajin, chamoy

COFFEE + JUICE

	12 oz.	16 oz.
SINGLE ORIGIN		
artisan-brewed coffee	1.90	2.20
pour-over coffee	2.50	3.00
ESPRESSO DRINKS		
espresso	1.90	2.20
americano	2.20	2.50
cappuccino	3.10	3.60
latte	3.10	3.60
mocha	3.55	4.05
COFFEE ALTERNATIVES		
organic loose-leaf	2.25	
chai tea	2.70	3.20
hot chocolate	2.70	3.20

ADDITIONS

soy, almond, or coconut milk	.55
flavored syrup	.45
espresso (add shot)	.95

FRESH JUICE

energy | 5 (+vg) (↓g) | 160 cal.

carrot, pineapple, ginger, orange

vitality | 5 (+vg) (↓g) | 160 cal.

ginger, kale, cucumber, pineapple,
green apple, orange, lemon

refresh | 5 (+vg) (↓g) | 150 cal.

green apple, blueberry, cucumber,
kale, beet

(+v) | vegetarian

(+vg) | vegan

(↓g) | made without gluten containing ingredients



Bread & Cie

SALT + AIR | LUNCH | M-F | 11AM-2PM

SEASONAL SALADS | + salmon 3.25 + steak 3.25 + chicken 2.25

tataki bowl | 5.75 (+vg) (↓g) | 280 cal.

quinoa, shredded cabbage, carrot, cucumber, sesame-citrus dressing

beet it | 5.75 (+v) (↓g) | 400 cal.

local marinated beets, strawberry, goat cheese, meyer lemon vinaigrette, micro basil

caesar | 4.75 (+v) | 530 cal.

hearts of romaine, focaccia croutons, asiago, caesar dressing

the wedge | 6.50 (↓g) | 380 cal.

baby gem lettuce, cherry tomatoes, crisp prosciutto, blue cheese, herbed ranch

+ protein | add 170-240 cal.

GRILL | + CHOICE OF BRIOCHE OR WHOLE WHEAT BUN

edamame burger | 6.50 (+v) | 530 cal.

edamame bean and brown rice patty, crispy onion, cabbage slaw, sriracha vegan mayo

80/20 blended burger | 6.50 | 710 cal.

all-natural turkey + mushroom patty, tomato, local arugula, white cheddar, crispy onion, garlic aioli

the old school | 6.50 | 840 cal.

all-natural ground beef, white cheddar, tomato, onion, lettuce, pickle, not-so-secret sauce

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three cheese melt | 5.75 (+v) | 640 cal.

havarti, swiss, pepper jack, arugula, on local artisan bread, tomato jam
+ bacon 1 | 130 cal.

HOUSE-MADE SOUP

soup of the day | cup 3 bowl 4.75

HAND-CRAFTED SANDWICHES

salt + air avocado toast | 4.75 (vg) | 420 cal.

avocado, cucumber, tomato, pickled red onions, radish, local greens, sea salt

turkey, fig, brie | 7.25 | 620 cal.

house-roasted turkey, fig jam, local arugula, brie, pickled red onion, local artisan bread

blta | 7.25 | 730 cal.

applewood smoked bacon, local butter lettuce, sliced tomato, avocado, garlic aioli, local artisan bread

OVENS | topped with local arugula + meyer lemon vinaigrette

margherita | 5.75 (+v) | 580 cal.

tomato, fresh and local mozzarella, basil

rosemary potato flatbread | 6.75 (+v) | 770 cal.

asiago cheese, olive oil, pepper, sea salt

salsiccia flatbread | 7.50 | 620 cal.

spicy capocollo, fennel, mushroom, spinach, asiago

prosciutto flatbread | 7.50 | 810 cal.

fig jam, drake farms goat cheese, arugula

baked rigatoni | 6.75 (+v) | 460 cal.

broccolini, sun-dried tomato, fennel, asiago

ENTRÉES | with choice of one side

salmon a la plancha

with harissa yogurt | 9.75 (↓g) 480 | cal.

lemon-herbed roasted chicken | 8 (↓g) | 70 cal.

maple and coffee-glazed brisket | 8.25 (↓g) | 630 cal.

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ADD A SEASONAL SIDE | 2.25

toasted almond kale slaw | (+vg) (↓g) | 120 cal.

rainbow carrot, strawberry white wine vinaigrette

grilled vegetables | (+vg) (↓g) | 80 cal.

seasonal

chimichurri carrots | (+vg) (↓g) | 100 cal.

cauliflower

gochujang scallion tater tots | (+vg) (↓g) | 300 cal.

steamed broccoli | (+vg) (↓g) | 50 cal.

california garlic, sea salt

corn fried quinoa | (+vg) (↓g) | 200 cal.

corn, peas, scallion

house chips | (+vg) (↓g) | 100 cal.

hand-cut fries with garlic parmesan aioli | (v) | 410 cal.