

# Cavallo Point Tea Bar Menu

Fort Baker · Sausalito

**Beverages Served 8:30am – 8:00pm**

## **HOT TEA 6**

**Yunnan Black** - Black Tea & full bodied from Yunnan province. Takes milk. Caffeine

**Blue Flower Earl Gray** - Black tea blend from India scented with natural oil of Bergamot. Takes milk. Caffeine

**Chai Spice** - Black, full bodied Indian tea with an exotic spice. Takes milk & sweetener. Caffeine.

**Phoenix Bird Oolong** - Oolong tea from Guangdong province with a woody & fruity flavor. Moderate caffeine

**Breakfast Jade** - Genmaicha & Matcha. Tasteful rich beverage, high in antioxidants. Moderate Caffeine

**Jasmin Pearls** – Green hand rolled tea from Fujian province. Infused with jasmine flowers. Moderate caffeine

**Moroccan Mint** - Green gunpowder tea balanced with high quality organic peppermint. Moderate caffeine

**White Peony** - White tea from Fujian. Consists of buds & leaves. Low caffeine

**Rooibos** – Herbal organic tea from South Africa. High in antioxidants. No caffeine

**Lemon Lavender** – Blend of organic lemon grass, lavender, lemon & thyme. No caffeine

## **CHILLED WELLNESS DRINKS 9**

**Mindful Matcha Latte** Improve your clarity and concentration with polyphenols that protect against free radicals. Navitas matcha powder, coconut milk, dates

**Cacao + Greens** Power up with plant based proteins, probiotics, and greens to keep the daily momentum. Navitas organic superfood blend, coconut milk, and dates

**Turmeric Sunrise** Promote digestion and decrease inflammation to help boost your immune system. Navitas turmeric, coconut milk, dates, lemon, ginger, black pepper

**Goji Lime Colada** Great source of Vitamin C & antioxidants. Goji berries, lime juice, honey

**Fire wellness shot** Powerful, immune-boosting tonic. **5**

Lemon, ginger, oregano oil, aged garlic

## **ORGANIC PRESSED JUICE 12**

From Living Greens (San Francisco, Ca)

**Green Machine**- Cucumber, celery, spinach, kale, dandelion greens, broccoli, parsley, apple, lemon, ginger

**C Booster**- Carrot, orange, apple, lemon, ginger

## **KOMBUCHA 6**

From Marin Kombucha (San Rafael, CA)

**Ginger Lemongrass** - Raw, probiotic, fermented tea with Ginger Lemongrass extract

**Pinot Sage** - Raw, probiotic, fermented tea with Pinot Sage extract

**Original Oak** - Raw, probiotic, fermented tea

## Food Served: 11:30am – 5:00pm

### APPETIZERS

#### **Burrata with Grilled Bread 16 V**

Roasted tomato- eggplant tapenade, olive, basil, walnuts

#### **Acai Polentina 14 VG, GF**

Chilled cornmeal pudding, acai, assorted fruits, coconut, almonds

#### **White Bean Hummus 17 DF**

flatbread, chick pea salad, roasted tomato, harissa, olives

#### **\*Ahi Tuna Poke 18 GF,DF**

kochujang, ponzu, cucumber, avocado, scallion, nori, garlic crackers

#### **Avocado Tartine 17 V**

Butternut squash, radish, house-made sourdough wheat bread, Sonoma goat cheese, pepitas, harissa, red onion

### GREENS

#### **Delta Pear Salad 15 V/GF**

County Line Greens, dates, shaved fennel, pecans, Point Reyes blue cheese, roasted pear, white balsamic.

#### **Lacinato kale and Quinoa bowl 17 V/GF**

roasted butternut squash, fuji apple, dried cranberry, pepitas, almonds, radicchio, curry vinaigrette

#### **Roasted Chioggia Beets and Sumac Roasted Carrot 18 VG/GF**

spinach, frisse, tangerine, pistachio, red onion, Mt. Vikos Feta , olives

**\*add protein: mary's chicken 7, chilled shrimp 12, grilled salmon 12**

### ENTRES

#### **Grilled Mahi Mahi Sandwich\* 21 DF**

filone bun, wasabi aioli, marinated red cabbage, tomato, shaved cucumber ,red onion, pickled ginger, cilantro

#### **Grilled Vegetable Wrap 20 VG, GF**

olive tapenade, Portobello, eggplant, organic tomato, charred onion, balsamic, gluten free wrap

#### **Grilled Seasonal Fish Tacos\* 24 GF/DF**

marinated cabbage, jicama salsa, dried chili, avocado, chipotle-lime aioli, cilantro

### DESSERTS

#### **Fresh summer berries and fruit sorbet 9**

#### **Chocolate bread pudding, chocolate sauce 11**

20% service charge will be added on all food items  
all offerings are seasonally inspired and subject to change

\*the federal dept. of health requires us to inform you that consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.