



SALADS AND BOWLS

- ROASTED SALMON** on a bed of mixed baby greens, avocado, sweet potato, pickled red onions, radish, pumpkin seeds, cotija cheese, herb vinaigrette.\$23
- NICOISE** romaine, tuna, tomatoes, olives, green beans, baby rainbow potatoes, hard-boiled egg, lemon vinaigrette.....\$19
- ASIAN CHICKEN** roasted organic chicken, romaine, red and green cabbage, carrots, red peppers, almonds, asian ginger dressing.....\$19
- CHICKEN TACO SALAD** chipotle spiced chicken breast, romaine, tomato, avocado, black beans, pickled cabbage, lime jalapeno dressing.....\$19
- THE COWBOY** romaine lettuce, black beans, corn, jicama, cherry tomatoes, bbq chicken,house-made ranch dressing.....\$19
- COBB** romaine lettuce, roasted chicken, avocado, tomato, bacon, blue cheese, hard boiled egg, house italian vinaigrette.....\$20
- CHICORY CHOP** romaine, radicchio, fresh mozza-rella, provolone, salami, chickpeas, green olives, mint, parsley, croutons, red wine vinaigrette...\$18
- VEGAN BUDDAH BOWL** red rice, dino kale, pickled red cabbage, roasted sweet potato, chickpeas, radish, tomato, pumpkin seeds, tahini green goddess dressing.....\$19
- PERUVIAN CHICKEN RICE BOWL** red rice, spiced chicken breast, cucumber, avocado, romaine, cherry tomatoes, herb vinaigrette.....\$21
- SUPER SUPER HEALTHY** romaine, baby spinach, dino kale, quinoa, cucumber, beets, garbanzo beans, avocado dressing, omega rich seed mix (vegan)...\$17
- CAESAR** romaine, parmesan, croutons, creamy caesar dressing.....\$16
- Add chicken or turkey.....\$4
- Add avocado.....\$2
- Add hard boiled egg.....\$2
- Add slice of bread.....\$2

PANINI AND SANDWICHES

Panini served on your choice of homemade sourdough or seeded multigrain bread. All come with house-made pickles.

- ROASTED DIESTEL TURKEY PANINI** brie, pickled red onion, spinach, spicy pimenton spread.....\$13
- JANE'S CLUB** turkey, bacon, cheddar cheese, let-tuce, tomato, avocado aioli, salt and pepper, sourdough.....\$16
- TUNA MELT** tuna salad, sliced tomato cheddar cheese, multigrain or sourdough.....\$13
- ROASTED MUSHROOM AND ONION** roasted cremini mushrooms and red onion, provolone, whole grain mustard, rosemary.....\$13
- TOMATO BASIL MOZZARELLA** with walnut pesto (avail on baguette or as a panini).....\$10
- DEVEILED EGG SALAD SANDWICH** hard boiled egg, mus-tard, chives, mayo, paprika, soft multigrain bread (can be served on lightly dressed greens).....\$11
- MANGO CHICKEN SALAD** mango chutney, vadouvan curry, celery, pepper jam, arugula, provolone, house baguette (heated or cold).....\$14
- CHICKEN BANH MI** marinated chicken thigh, picked daikon and carrot, jalapeno, cucumber, cilantro, sriracha mayo, house baguette.....\$13

SOUP

Seasonal Soup, made fresh daily, served with bread..... \$6.5

COMBO IT

Choose a salad (just not the salmon or the bowls...) enjoy it with soup or a sandwich of your choice. \$23

GET YOUR GREENS SMOOTHIE

organic dino kale, spinach, green apple and cucumber blended together with lemon juice, a drop of agave and ice. Retains all the fiber from the veggies and fruit!

smoothie.....\$11 add banana.....\$1 add ginger.....\$.5

CACAO ALMOND BUTTER PROTEIN SMOOTHIE

almond butter, raw cacao powder, banana, cacao nibs, maca powder, chia seeds, _____
whey or soy protein powder.....\$11

BRUNCHFAST

(Served all day every day)

FRENCH TOAST 2 slices french toast, blackberry compote, lemon curd, maple syrup.....\$14

THE SUPER TASTY BREAKFAST BURRITO chorizo, scrambled egg, onions, peppers, salsa, house potatoes, cotija cheese.....\$14.50

CROISSANT EGG SANDWICH toasted croissant, ham, fried egg, caramelized onions, whole grain mustard, provolone cheese.....\$14.50

SCRAMBLED EGG PANINI homemade tomato chutney & cheddar cheese.....\$13

EGG WHITE PANINI spinach, avocado, provolone, sriracha.....\$13

SPICY BAKED EGGS two eggs, spicy tomato and black bean stew, cheddar cheese, cilantro, toast\$16

TOASTS

AVOCADO MASH avocado mash, poached egg, pickled shallot and jalapeno on house sourdough.....\$13

SPRING PEA TOAST spring pea and green garbanzo, perserved lemon, poached egg, pea shoot and radish salad, seed sprinkle.....\$12

SMOKED SALMON lemon cream cheese, cucumber, pickled red onion, everything bagel spice, micro cilantro, toasted danish rye.....\$15

SOURDOUGH OR MULTIGRAIN served with butter and homemade jam.....\$6

BRUNCHFAST COMBO two eggs, one french toast, bacon or sausage, potatoes.....\$18

THE KINDA NEW WARM QUINOA BOWL quinoa, chile roasted sweet potatoes, kale, black beans, cilantro lime dressing.....\$17

DEEP DISH QUICHE OF THE DAY.....\$8

SAUSAGE BISCUIT cheddar chive biscuit, sausage patty, scrambled egg, cheddar, tomato jam.....\$13

Add sausage or bacon.....\$5

Add potatoes.....\$4

Add an egg.....\$3

GLUTEN FREE QUINOA BREAD served toasted with honey butter and homemade jam.....\$8

PEANUT BUTTER BANANA peanut butter, sliced bananas, honey, flax seeds.....\$7

NUTTY BIRD BREAD jane’s gluten free nut and seed bread toasted with almond butter and housemade seasonal fruit preserves.....\$9

CEREALS / PARFAITS / FRUIT

JANE’S HOMEMADE GRANOLA. REGULAR OR GF mixed berries, yogurt, milk or almond milk, honey....\$12

CHIA PUDDING PARFAIT toasted super-berry muesli, almond chia pudding, macerated berries (vegan, sugar free).....\$12

COCONUT BLACK RICE PORRIDGE raspberries, banana, coconut flakes\$10

BIG BOWL OF BERRIES\$10

OVERNIGHT OATS topped with mixed berries (vegan, gf, sugar free) add maple syrup.....\$10

JANE’S DRAGONFRUIT SMOOTHIE BOWL dragonfruit, pineapple, banana, ginger, coconut water, chia seeds, topped with blueberries, raspberries, hemp seeds, flax seeds, cocoa nibs, goji berries and mulberries.....\$11

BEVERAGES

All shots are double, add shot.....+\$1.5

ESPRESSO\$3.75

MACCHIATO\$4

CAPPUCCINO\$4.5

LATTE\$6

MATCHA LATTE/TURMERIC LATTE\$6.5

REISHI HOT CACAO LATTE\$6.5

BREWED COFFEE\$3.50/4

MOCHA\$6.5

COLD BREW ON TAP\$5

HOT CHOCOLATE\$5/6

HOMEMADE CHAI\$5.50

HOT TEA/ICED TEA\$4

ORANGE JUICE/LEMONADE/ARNOLD PALMER\$4

ICED MATCHA\$6.5

ALL ITEMS ARE PRODUCED IN A FACILTY THAT HANDLES GLUTEN, EGGS, DAIRY, NUTS AND ALL OTHER MAJOR ALLERGENS.

JANE ON THIRD - 151 THIRD STREET, SAN FRANCISCO