

ORGANIC BREAKFAST

EGGS + SCRAMBLES

FRIED EGG SANDWICH - 14
over easy eggs, jack, tomato, avocado
drizzled with EVOO. served open face

SCRAMBLED EGG SANDWICH - 10
eggs, cheddar, grass fed butter
- *add avocado +3 / add ham +4*

FRIED EGG PLATE - 12
over easy eggs cooked in grass fed
butter, fresh arugula, avocado,
tomato, & sweet potato hash
add buttered toast +3

BAJA SCRAMBLE - 12
eggs, jack, black beans, avocado, salsa,
cilantro, served with toast & butter

PROTEIN SCRAMBLE - 14
eggs, sausage, cheddar, mushroom
served with toast & butter

VEGGIE SCRAMBLE - 13
eggs, mushroom, spinach, tomato,
cashew & herb spread, toast & butter

GREEK SCRAMBLE - 14
eggs, spinach, olive, sheep & goat feta
served with toast & butter

BREAKFAST TACO PLATE - 16
2 grain free tacos w/scrambled eggs,
sausage, avocado. served w/side sweet
potato hash, chipotle black beans & salsa

FRENCH TOAST - 10
grass fed butter, cinnamon
& pure maple syrup (can be made V)
add 2 eggs +4 add banana +2

BURRITOS + BOWLS + MORE

BREAKFAST BURRITO - 10
eggs, jack, black beans, avocado,
salsa - *add sausage or ham +4*

CALIFORNIA BURRITO - 14
eggs, ham, sweet potato, black beans,
avocado, cheddar & jack, salsa

OVERNIGHT OATS - 9
soaked GF oats served w/ grass fed butter,
raw honey, cinnamon and a side of
steamed milk - *add banana +2*

VEGGIE BOWL - 11
sweet potato, avocado, black beans,
spinach, mushroom, cashew & herb
spread, salsa. *add 2 eggs +4*
add rice/quinoa blend +2

COCONUT PARFAIT - 12
coconut yogurt, GF housemade cashew
granola, banana, raw honey drizzle

HOUSEMADE MUFFIN
served warm w/grass fed butter - 5

AVOCADO TOAST

BASIC - 10
avocado, tomato, feta
add 2 eggs in the hole +4

SWEET POTATO HASH - 14
sweet potato hash, avocado, tomato,
feta. *add 2 eggs in the hole +4*

SPROUT CARROT - 12
avocado, cashew spread, fermented
ginger carrots, sprouts

CAPRESE - 12
avocado, fresh mozzarella, basil,
tomatoes, balsamic reduction

ORGANIC SANDWICHES

VEGGIE

VEGGIE SWEET/SAVORY - 12
sweet potato, cashew & herb spread,
avocado, spinach, tomato, onion,
stone ground mustard

ENCINITAS VEGGIE - 13
over medium fried egg, spinach,
avocado, sweet potato, tomato,
cashew & herb spread

TURKEY

TURKEY CRANBERRY - 13
turkey, cranberry sauce, avocado, tomato, jack

TURKEY CAPRESE - 14
turkey, fresh mozzarella, housemade pesto,
sweet potato, tomato, spinach, vinaigrette.

TURKEY CALIFORNIA - 14
turkey, avocado, cheddar, sprouts,
lettuce, tomato, ranch on side

TURKEY KRAUT GRILLED CHEESE - 14
turkey, avocado, sauerkraut, jack, cashew
& herb spread, grass fed butter

CHICKEN + TUNA

GRILLED CHICKEN PESTO - 14
Pasture Bird chicken, housemade pesto,
jack, spinach, tomato,
grilled in grass fed butter

GRILLED CHICKEN & ARUGULA - 13
Pasture Bird chicken, jack, arugula,
tomato, stone ground mustard,
grilled in grass fed butter

TUNA or CHICKEN SALAD SANDWICH - 13
cheddar, lettuce, tomato, sprouts, onion
add avocado +3

ORGANIC MEXICAN

VEGGIE BURRITO - 12
sweet potatoes, black beans, avocado,
spinach, mushrooms, cashew & herb
spread, salsa. - *add 2 eggs +4*
add heirloom rice/quinoa blend +2
add Pasture Bird chicken +4
add housemade pesto +2
add sheep & goat feta +3

CHICKEN CHIPOTLE BURRITO - 14
Pasture Bird chicken, black beans, quinoa,
heirloom rice, shredded mozzarella, salsa,
housemade coconut chipotle sauce
add avocado +3

BBQ CHICKEN QUESADILLA - 12
Pasture Bird chicken, housemade bbq sauce
grass fed cheddar & jack,
served w/ranch on side
add avocado +3

BONE BROTH

BONE BROTH
10oz Chicken Broth - 8.00
made with bones from Pasturebird
Regenerative Farm
add in: cilantro, cayenne, turmeric,
red onions or green onions (no charge)
coconut oil, butter, ghee (+.75)
grass fed collagen (+1.50)

ORGANIC SALADS or SALAD WRAPS

TUNA - 14
butterleaf, scoop of wild American Tuna
salad, avocado, tomato, cucumber, onion,
feta, sprouts, vinaigrette dressing

TURKEY GREEK - 14
butterleaf, turkey, olives, sheep &
goat feta, tomato, onion, cucumber,
avocado, greek dressing

KITCHEN SINK - 14
baby kale, spinach, butterleaf, arugula,
HB egg, chicken salad, cucumbers, sprouts,
fermented ginger carrots, sheep & goat
feta, cashew & herb spread,
vinaigrette dressing

SPROUT PROBIOTIC - 14
baby kale, spinach, butterleaf, fermented
ginger carrots, sprouts, avocado, tomato,
cucumber, cashew & herb spread,
ranch dressing

HEARTBEET - 14
arugula, baby kale, beets, roasted cashews,
sheep & goat feta, pickled onions, oranges,
vinaigrette

PORTLANDIA CHICKEN - 14
If you can't laugh at yourself you aren't
living! Pasture Bird chicken,
cherry tomato, cucumber, pickled red
onion, fresh mozzarella, micro basil
balsamic reduction drizzle,
side of vinaigrette. (no greens on this one)

THAI - butterleaf, roasted coconut
cashews, cucumber, avocado, fermented
ginger carrots, green onion, raw cabbage,
sprouts, thai dress

- Pasture Bird Chicken - 16
- Veggie - 14

HOUSEMADE DRESSINGS

vinaigrette (V)
greek
spicy peanut thai (DF)
ranch

ORGANIC SIDES

- coconut chipotle sauce - 1
- simple side salad - 5
- sauerkraut - 4
- kettle chips - 3
- cashew & herb dip w/ cucumbers - 6
- fermented carrots w/ginger - 4
- sweet potato hash - 3
- warmed tortilla chips &
housemade salsa - 9

SWEETS

- Housemade GF Cookies & Brownies
- Brownie ice cream bowl
- Ice cream sandwiches
- Upside down lemon cake w/ ice cream
- Raw cheesecake
- Bliss balls

BREAD + TORTILLAS

Prager Brothers : Sourdough or Multigrain
Tortillas : Flour or Spinach
Gluten Free : Sourdough or Multigrain
Grain Free : Siete Foods Coconut Cassava
Tortilla (+4)

ORGANIC COFFEE & TEA

CLASSICS

drip - 2.50 / 3
americano - 3
macchiato - 3.5
espresso - 3
cappuccino - 3.50
latte - 4
flat white - 4
w/whole, raw milk

GOLDEN

GOLDEN MILK - 4.50
coconut milk, turmeric,
raw honey, cinnamon,
black pepper (decaf)

- GOLDEN MATCHA +2
- GOLDEN CHAI +2
- GOLDEN ESPRESSO +2

LATTES

DULCE - 4.50
pick one: vanilla, caramel,
coconut sugar, or raw honey

REPAIR - 6
collagen, lucuma, raw honey

SALTED - 4.50
caramel, Himalayan salt

CASHEW VANILLA - 4.50
cashew milk, vanilla

ICED NAUGHTY - 5
1/2 & 1/2, raw skim, caramel
tastes like coffee ice cream in a cup

ICED VANILLA MINT - 5
vanilla, mint essential oil

OPEN YOUR MIND

CLASSIC - 5
grass fed butter, coconut oil

CLARIFIED - 5
grass fed ghee, coconut oil

BUTTA - 5
grass fed butter, raw honey,
cinnamon

VEGAN - 5
raw coconut oil, coconut sugar

MOCHAS
raw cacao | coconut sugar

BASIC - 4.50
w/out espresso - 4

MINERAL - 4.50
Real Salt w/60+ minerals
and high potassium lucuma

SPICY - 5
cayenne, raw honey

TEA LATTES

BLACK CHAI - 5
vanilla, cinnamon
espresso chai + 2
chaga mushroom chai +1

MATCHA PROTEIN - 6
grass fed collagen,
vanilla, cinnamon

ROOIBOS - 5
vanilla, cinnamon (herbal)

HIBISCUS BERRY - 5
coconut milk, raw honey
(herbal)

ACV - 6
peppermint tea,
apple cider vinegar,
raw honey, cayenne,
coconut milk (herbal)

PEPPERMINT - 5
peppermint tea,
raw honey (herbal)

ORGANIC MILKS

- housemade unsweetened cashew
- housemade unsweetened coconut
(non dairy milks contain only cashew or coconut and filtered water)
- Organic Pastures 100% grass fed RAW skim
- Organic Pastures 100% grass fed RAW whole +2

FRESH JUICE | HERBAL SODA | MINERALS

FRESH SQUEEZED OJ - 5
PURE CA ORANGES (cold pressed) 16oz

GREEN JUICE - 8
100% ORGANIC (cold pressed) 16oz
apple, cucumber, celery, kale, romaine, spinach,
parsley, lemon, ginger

ROOT BEER SODA - 5
wildcrafted rehmanna & chaga
mushrooms + sparkling water = root beer soda.
trust us on this one!

ROOT BEER FLOAT - 10
housemade root beer w/o sugar floating with
Straus Family Creamery Vanilla or Coconut Bliss Vanilla

GOODONYA HYDRATE - 3
By the glass 16oz
electolyte and mineral drink. low sugar. like a light lemonade
made by us :)

MORE DRINKS

100% LOCAL TAP - 7

Craft Beer
Kombucha
Juneshine
Boochcraft
Nitro Cold Brew Coffee



BOTTLES

Biodynamic Wine
Prosecco
Raw Cider
Boochcraft
Juneshine
Rosé (sparkling & still)



NON ALCOHOLIC

Kombucha
Cold Pressed Juice
Wellness Shots

GOODONYA equals trust. Sit and enjoy your meal, *feel* GOOD, don't think about a thing. Or..... dive in and learn the details, either way, we got you!

ORGANIC | NON-GMO

We have just a few things in this entire restaurant that are not organic. Siete Foods tortillas, beer and a few ingredients in the baked goods like baking powder/soda/dry yeast. However, we are 100% Non GMO, 100% of the time. This is an incredible undertaking in a restaurant. #passion

WAIT TIME - why the h&! does it take us so long sometimes? It's our #1 Complaint.

A large menu, lots of seats & a small kitchen = time. A substantial amount of modifications to items also requires our servers and cooks to take more time. Oh, and sometimes we mess up!

Thank you for your Patience and Kindness. 😊



ALLERGIES

Nuts | Seeds: We have a LOT of nuts and nut butters: tree nuts, coconut, cashews, peanut butter and Nuttzo. We advise against eating at GOODONYA if you have a nut allergy that's life threatening.

Gluten | Dairy: There are only 6 items in the whole restaurant that contain gluten. Prager Brother's bread, spinach + flour tortillas, two canned beers. We will make every effort to limit cross contamination from these items. We have tons of non dairy options.

STARTERS

CAPRESE STACK - 12

fresh mozzarella, tomato & basil drizzled w/housemade balsamic reduction and CA olive oil

BAJA BRUSCHETTA - 13

housemade grass fed cheese crisps filled w/guacamole, salsa, black beans, housemade coconut chipotle sauce, micro greens

THREE DIPS - 12

guacamole | chipotle black beans | housemade salsa. served with warm Late July tortilla chips

DEVEILED EGGS - 12

whipped w/our avocado oil mayo and our cashew & herb spread topped w/grilled ham, chives and balsamic reduction

WARMED Late July TORTILLA CHIPS w/

housemade salsa 9
housemade guac 12
guac and salsa 15

"PIGS" IN A BLANKET - 12

organic grass fed beef hot dogs grilled to perfection in grass fed butter. then we wrap them up in our organic gluten free dough. served w/ side of stone ground mustard. kid & adult approved!

SALADS

THAI

cashews roasted in coconut oil, cucumber, avocado, fermented ginger carrots, green onion, raw cabbage, sunflower sprouts, w/spicy peanut thai dressing. **veggie - 14 | Pasture Bird chicken - 16**

HEARTBEET - 14

roasted red beets, arugula, baby kale, roasted coconut cashews, sheep & goat feta, housemade pickled onions, seasonal citrus w/vinaigrette dressing

TURKEY GREEK - 14

turkey, olive, sheep & goat feta, tomato, onion, cucumber, avocado w/greek dressing

SPROUT PROBIOTIC - 14

kale, spinach, butterleaf, fermented ginger carrots, sprouts, avocado, tomato, cucumber, cashew & herb spread w/ranch dressing

TUNA SALAD - 14

scoop of wild, pole caught American Tuna salad, avocado, tomato, cucumber, red onion, sheep & goat feta, sunflower sprouts w/vinaigrette dressing

SIDE SALAD - 5

butterleaf, tomato, cucumber, drizzled w/vinaigrette dressing

HOUSEMADE DRESSINGS

vinaigrette (V) • spicy peanut thai (DF) • greek • ranch

TORTILLA OPTIONS

nut free. plant based

Mi Rancho organic flour or spinach
Siete Foods coconut cassava (+ \$4 grain free)

BONE BROTH

BOWL OF BROTH 12oz Chicken Bone Broth - 7.50

add in: cilantro, cayenne, turmeric, red or green onions (no charge). coconut oil, butter, ghee (+.75) grass fed collagen (+1.50)

BURRITOS + QUESADILLAS

BBQ CHICKEN QUESADILLA - 12

housemade bbq sauce, Pasture Bird chicken, grass fed cheddar and jack w/ranch on the side for dipping (add avocado +3)

VEGGIE BURRITO - 12

sweet potato hash cooked in coconut oil, avocado, black beans, spinach, mushrooms, cashew & herb, salsa
add Pasture Bird chicken +4 | add sheep/goat feta +3 | add housemade pesto +2 | rice & quinoa blend +2

CHICKEN CHIPOTLE BURRITO - 14

Pasture Bird chicken, rice & quinoa blend, black beans, shredded mozzarella, salsa and chipotle sauce (add guac +3)

BURGERS

Served w/pickle spear, sweet potato fries and coconut chipotle sauce

CLASSIC - 15

grass fed cheddar, butterleaf, tomato, not so secret sauce, grilled or fresh red onion

CALI - 15

butterleaf wrap, sheep & goat feta, cherry tomato, avocado, sunflower sprouts, w/ranch on side

MUSHROOM - 15

grass fed jack cheese, tomato, housemade avocado oil mayo, fresh arugula, stone ground mustard and grilled crimini mushrooms

Choose from -

- organic grass fed and finished beef - cooked medium
- housemade plant based patty

Choose from -

- Rudy's Bun, GF Bun, or Butterleaf Wrap

HOT DOG STACK - 12

100% grass fed beef hot dogs, grilled up in grass fed butter. served open faced on sourdough w/whole grain spicy mustard, sauerkraut and housemade spicy pickles

BOWLS

a powerhouse blend of 2 kinds of heirloom fair trade rice, rainbow sprouted quinoa and chilled, fresh toppings
(sub sauteed veggies for the rice/quinoa - no charge)

SUPER GREEN - 14

arugula, spinach and kale chiffonade, roasted beets, cucumber, avocado, housemade slaw, sheep & goat feta, walnuts, micro greens w/ranch (add Pasture Bird chicken +4)

MEXI - 12

chipotle black beans, guacamole, salsa, grass fed cheddar, butterleaf, cilantro with coconut chipotle dressing
(add Pasture Bird chicken +4)

SPICY THAI

cashews roasted in coconut oil, avocado, raw cabbage, green onion, fermented ginger carrots, cucumber, sunflower sprouts w/spicy thai dressing

veggie - 14 | Pasture Bird chicken - 16

GREEK - 16

Pasture Bird chicken, cucumber, olive, cherry tomato, spinach chiffonade, grilled sheep & goat feta w/greek dressing

PESTO SHREDDED CHICKEN - 16

Pasture Bird chicken, housemade pesto, cherry tomato, arugula, spinach & kale chiffonade, walnuts, sheep & goat feta drizzled with chicken bone broth

PLANT BASED SPROUT - 15

sunflower sprouts, cashew & herb spread, raw cabbage, sauteed baby kale and spinach in coconut oil, arugula chiffonade, walnuts. served w/vinaigrette and micro green garnish includes choice of sauerkraut or fermented ginger carrots

PIZZA

gluten free crust • personal size 8.5"
all sauces & spreads are housemade

BASIC - 14

red sauce, mozzarella and micro greens

BBQ CHICKEN - 16

bbq sauce, Pasture Bird chicken, mozzarella, housemade pickled red onion, micro cilantro and housemade ranch on the side for dipping

ITALIAN - 16

red sauce, housemade pesto, basil & tomato, fresh mozzarella

CALIFORNIA - 15

red sauce, avocado, spinach, mushrooms, cashew & herb spread, micro greens

CHICAGO - 16

red sauce, spicy Italian sausage, mushrooms, mozzarella, micro greens

TACOS

101 TACOS

grain free tortillas filled w/cilantro, pickled red onions, housemade slaw. served w/a side of salsa, lime wedge, our rice & quinoa blend and chipotle black beans

- chipotle avocado - 14
- shredded Pasture Bird chicken - 16

• Is it Tuesday ?

Taco Tuesday: Individual Tacos - \$5 each
Happy Hour Drinks all night long