

HOUSE BAKED PASTRIES

CROISSANT		CHOCOLATE MONKEY BREAD MUFFIN	6.5
plain served with seasonal preserves	4.5 5	VANILLA & WALNUT BANANA BREAD	6
served with dark chocolate ganache	6.5	APPLE BUTTER TWIST	6.5
GRILLED CHEESE CROISSANT	9	BLACKBERRY & PISTACHIO MUFFIN	6
BACON, EGG & CHEESE CROISSANT	12	XL SALTED CHOCOLATE COOKIE	6

GREEK YOGURT 8 thick strained yogurt, lemon zest, and a touch of clover honey (v)	OVERNIGHT CHIA PUDDING 8 almond milk, chia seeds, oats, flax seeds, and a dash of cinnamon (vg)	OATMEAL 8 simmered in almond milk with a touch of nutmeg and orange zest (vg)
+ pure vermont maple syrup 2	+ housemade coconut almond granola 3	+ seasonal berries & fruit 4

TOASTS

RICOTTA & APPLE TOAST new york apples, rich apple butter, and creamy whipped ricotta with honey and lemon zest (v)	14	SMOKED SALMON TOAST chive cream cheese, cucumber, dill & crispy fried capers	19
AVOCADO TOAST ripe avocado, preserved lemon chermoula, arugula sprouts, and lemon zest (va)	14	NYC'S BEST FRENCH TOAST extra-crisp, custard-soaked brioche with orange zest and vanilla bean crème fraiche (v)	17

THE SNACKING PLATE

18

toasted sourdough bread with a jammy farm egg, salted butter, crispy bacon, a half avocado, baby arugula, roasted tomato and a side of preserved lemon chermoula

SALADS SOUPS

GRILLED CHICKEN & BABY ROMAINE rainbow radish, shaved parmesan, chives, and lemon vinaigre	18 ette	ROASTED TOMATO SOUP good olive oil, sourdough croutons, freshly grated parmesan, and black pepper (v)	11
ROASTED ACORN SQUASH toasted almonds, whole grain barley, cucumber and a dijon vinaigrette (vg)		SQUASH SOUP smoked chilies and toasted pumpkin seeds (vg)	11
ROASTED BEETS with mint, dill, toasted walnuts, creamy goat cheese, and a sherry vinaigrette (v)	16	GRILLED CHEESE CROISSANT + CHOICE OF SOUP	18

ADD ONS

dill smoked salmon	6.5	crispy slab bacon	6	ripe avocado with lemon and sea salt	3.5
herb-marinated chicken	6	jammy egg with freshly cracked black pepper	3.5	side of sourdough toast or gluten free bread	2



ESPRESSO COFFEE SEASONAL

ESPRESSO	3.5/4	POT OF COFFEE	12	PUMPKIN SPICE LATTE 7/8
AMERICANO	4.5	DRIP COFFEE	5 /5.5/6	MATCHA CIDER 7/8.5
CORTADO / MACCHIATO	5	ICED COFFEE	5.5 /6	Kyoto ceremonial grade matcha by DONA
CAPPUCCINO	5.5	COLD BREW	6 /6.5	APPLE CIDER 6/7
LATTE	6/7			HOT CHOCOLATE 7 with toasted marshmallow

Proprietary blend, small batch roasted in Brooklyn, NY with milk from Arethusa Farm in Litchfield, CT

TEA

selection of teas from bushwick tea, brooklyn, ny

BREAKFAST • EARL GREY • GREEN • PEPPERMINT • GINGER • JASMINE • CHAMOMILE • MOROCCAN MINT

INDIVIDUAL CUP 6 POT OF TEA 12

CHAI LATTE 6.5/7.5 MATCHA LATTE 6/7

ICED HIBISCUS ELDERBERRY 5.5 ICED SPEARMINT GREEN 5.5

ADD A HOUSEMADE SYRUP 1.5

VERMONT MAPLE • VANILLA BEAN SALTED DARK CARAMEL • LAVENDER HONEY

MAKE IT ICED .5 OAT/ALMOND MILK .5

COFFEE BY THE POUND 20

SLEEP NO MORE ESPRESSO
SKYSCRAPER MEDIUM ROAST

THE VAULT DARK ROAST

WATER & SPRITZES

SARATOGA SPRING STILL WATER	4/8
SARATOGA SPRING SPARKLING WATER	4/8
FENTIMANS ROSE LEMONADE	7
ALL TIMES SPARKLING APPLE CIDER	8
MANHATTAN SPECIAL COFFEE SODA	8
GHIA GINGER SPRITZ	7
GHIA LIME & SALT SPRITZ	7
EEEL GOOD SEASONAL VOMBIICHA 4	10

ENTER A WORLD OF MONEY, SEX, AND POWER IN THE HEART OF THE FINANCIAL DISTRICT.



VISIT LIFEANDTRUSTNYC.COM OR INQUIRE WITH OUR TRUSTED TELLER FOR MORE INFORMATION

LIFE AND TRUST