
BOWLS

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|---|----|
| Acai & Avocado Bowl | 15 |
| Fresh Fruit, Cashew Butter, Shaved Coconut & Granola | |
| Granola & Greek Yogurt | 13 |
| Seeds, Nuts, Dried Fruit & Raspberries | |
| Overnight Oats | 11 |
| Almond Milk, Apples, Dried Apricots & Wild Flower Honey | |

SANDWICHES

| | |
|---|----|
| Bacon, Egg & Cheese | 11 |
| Thick Cut Bacon, Cheddar, Lettuce, Tomato & Challah Bun | |
| Sausage, Egg & Cheese | 13 |
| Chicken Sausage, Cheddar, Lettuce, Tomato & Challah Bun | |

SIDES

| | |
|-------------------------|---|
| Half Grapefruit | 8 |
| Greek Yogurt | 6 |
| Fresh Berries | 8 |
| English Muffin or Toast | 3 |
| Crispy Bacon | 7 |
| Thick Cut Bacon | 9 |
| Chicken Sausage | 8 |
| Organic Poached Egg | 4 |
| Marinated Avocado | 8 |
| Sautéed Kale | 9 |
| Home Fries | 7 |



BREAKFAST

Served Monday through Friday
from 7am to 10am

PLATES

| | |
|--|----|
| Avocado Toast | 11 |
| Radish, Tomato, Pickled Peppers & 9 Grain | |
| Breakfast Salad | 14 |
| Spinach, Frisee, Bacon, Poached Egg & Sherry Vinaigrette | |
| Smoked Scramble | 19 |
| Lox, Trout Roe & Rye Croutons | |
| Farmer's Eggs | 19 |
| Grilled Vegetables, Avocado & Basil Pesto | |
| Three Egg & Cheese Omelette | 14 |
| Cheddar, Swiss or American | |

Bacon, Ham, Smoked Salmon, Spinach, Asparagus & Grilled Vegetables Available as Additions

JUICES

| | |
|--|----|
| Daily Greens | 10 |
| Kale, Cucumber, Apple, Ginger, Jalapeño & Lime | |
| Rise & Shine | 10 |
| Carrot, Orange, Coconut Water & Turmeric | |
| Fresh Squeezed Orange | 5 |
| Fresh Squeezed Grapefruit | 5 |
| Organic Apple | 5 |
| Pineapple | 4 |
| Cranberry | 4 |
| Tomato | 4 |

COFFEE & TEA

| | |
|-----------------------|---|
| Cup of Coffee | 4 |
| Cold-Brew Iced Coffee | 5 |
| Espresso | 5 |
| Double Espresso | 6 |
| Macchiato | 6 |
| Cortado | 6 |
| Latte | 6 |

SOFT DRINKS

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|--|---|
| Coconut Water | 5 |
| Kombrewcha | 7 |
| <i>*contains 2% alcohol</i> | |
| Royal Ginger, Lemon Grass & Lime, Berry & Hibiscus | |
| Bottled Water | 8 |
| Still or Sparkling | |

CLASSICS

French Toast 19
Fresh Berries & Maple Butter



Lox & English Muffin 19
Caper Cream Cheese, Red Onion & Sliced Tomato



Blue Ribbon Breakfast 19
2 Eggs, Bacon or Chicken Sausage, Home Fries & Toast