

## who we are:

After years of framing the Peter Lowell's Story through the eyes of the owner we feel it's time to change it up. We are a business built of people who believe in many things and hold all these dear throughout. Some common beliefs are: farming by hand, eating in amity with the weather, creating a work environment that fosters happiness and creates value (for you and us).

The search for this last principle, that of value, has brought about a new phase for our business. We feel strongly that tipping creates an impossible barrier between our vision and our achievement of that vision. We do believe customers should give us feedback, just not in the form 15 to 20 percent. You are the heartbeat and we feel your every move. We're excited to engage your feedback by way of conversation moving forward.

A 20% "Service Charge" is added to all bills, 100% of which goes to all staff in the line of service. This is not to say that we are perfect. Please let your server know any ways in which we could have improved your experience. With this service charge our entire staff are fairly compensated! Additional tip can be left in cash, but is not necessary.



Peter Lowell's Crew

*macro bowl* One of our signature dishes, we offer it from morning till night for all who desire that perfect piping hot bowl of food created in the Macrobiotic Tradition.

### 13. includes

- daily beans, seasonal greens, brown rice, roasted root vegetables
- one protein of your choice: tofu, tempeh, seitan, local egg
  - sausage 3.5. rock cod 7.
- one sauce of your choice: miso ginger or lemon tahini

we use Green Star Farms eggs

\*organic, Sebastopol grown, pasture raised

we use MH Bread and Butter Bakery

\*out of San Anselmo, we use their Country Loaf

The Scone Plate: fresh baked scone toasted with our jam, fresh fruit, butter & cream 8.

Macro Breakfast: bowl of oatmeal and a cup of miso soup 9

Housemade Granola with fresh fruit: dried fruit, nuts and Strauss yogurt 8

Salmon on Sourdough: our cured salmon, cream cheese, arugula, shaved onion, capers 11

Riso di Nonna: brown rice, a poached egg, seasonal pesto, preserved lemon and red onion 9.5

Basic Breakfast - choose 4

Two eggs/organic potatoes/warm greens/fresh salad greens/toast/bacon/sausage 11.5

Pizza di Giorno: thin crust pizza with braised greens, caramelized onion, fontina cheese and a Baked Egg 16.

Eggs in Boca: two eggs fried inside MH sourdough. Served with Hearty Greens and a tomato ragu 12.

Frittata of the Day: served with fresh hearty greens, heirloom potatoes, tomato ragu and Parmigiano 11.5

Poached Eggs and Stone Ground Polenta: with braised greens, parmigiano and bread crumbs 12.5

The Morning Scramble: eggs done chef's way with local organic potatoes and MH toast 12.

The Tummy Warmer: beans and greens with two baked eggs, bread crumbs and Parmigiano Reggiano 12.  
Add our pork sausage 3.50

Toast with Housemade Jam 2

Heirloom Potatoes 3.5 Warm Greens 3.5

Fresh Salad Greens 3.5 Fresh Fruit 3.5

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Bacon 3.5 Sausage 3.5 Prosciutto 3.5

Polenta 3.5 Warm Marinara 3.5 Egg 2

Bowl of Oatmeal with nuts, dried fruit, and syrup 6.

Cup of Miso Soup 4.5

PETER  
*Lowell's*  
RESTAURANT



WEEKDAY BREAKFAST