

BREAKFAST MENU

EGGS

BASIC BREAKFAST ~ *choose four* 11.5

Two eggs ~ Organic potatoes ~ Warm greens ~ Fresh salad greens ~
Fresh fruit ~ Zoe's bacon ~ Sausage ~ Toast

RISO DI NONNA 9.5

Brown rice, poached egg, seasonal pesto, preserved lemon, green onion

FRITATTA OF THE DAY 11.5

Served with fresh hearty greens, heirloom potatoes, tomato ragu, parmigiano

THE MORNING SCRAMBLE 12

Eggs done chef's way, with local organic potatoes and MH toast

EGGS IN BOCA 14

Two eggs fried inside MH sourdough, served with greens and tomato ragu
Add our pork sausage to tomato ragu ~ 3.5

THE TUMMY WARMER 12

Beans and greens with two baked eggs, bread crumbs, parmigiano
Add our pork sausage ~ 3.5

POACHED EGGS AND STONE GROUND POLENTA 12.5

Braised greens, parmigiano, bread crumbs

PIZZA DI GIORNO 16

Braised greens, caramelized onion, fontina cheese, baked egg



A 20% service is added to all bills, 100% of which goes to our staff. No tipping is required unless you wish to add an additional cash tip.

LOWELL'S

ON *the* OTHER HAND

THE SCONE PLATE 8

Fresh baked scone toasted with our jam, fresh fruit, butter, cream

HOUSE-MADE GRANOLA 8

Seasonal fruit, nuts, Straus yogurt

MACRO BREAKFAST 9

Bowl of oatmeal and a cup of miso soup

SMOKED TROUT ON SOURDOUGH 15

House smoked trout, seasonal pickles, caper, arugula, cream cheese

MACRO BOWL 17

Our signature dish, offered from morning till night for all who desire that perfect piping hot bowl of food created in the Macrobiotic Tradition.

Organic egg or tempeh ~ included

Pork sausage ~ 3.5 Short rib or rockfish ~ 7

Choose a sauce: Miso ginger, lemon tahini, turmeric tamari

SIDES

Choose any 3.5

Heirloom potatoes ~ Warm greens ~ Fresh salad greens ~ Fresh fruit ~
Polenta ~ Warm marinara ~ Zoe's bacon ~ Sausage ~ Prosciutto

TOAST MH Country Loaf ~ San Anselmo 2

EGG Green Star Farms ~ Sebastopol, organic & pasture raised 2

MISO SOUP Cup 4.5

OATMEAL with nuts, dried fruit, and syrup **Bowl** 6