

# BREAKFAST

WEEKDAY MENU  
9AM TO 11AM

Reimagining Traditions

## Bulletproof start

 **SIPPING BONE BROTH** a cup of our seasoned bone broth (check the board) 8  
| add a sous-vide egg +2.5 | Upgrade it with Brain Octane Oil +1.5

  **AVOCADO TOAST** forked atop Yucan Crunch Cracker, sprinkled with house pickles, shaved radishes, and black lava sea salt 11

 **CHICKEN PATÉ** birch smoked apple sauce chicken liver paté, with a side of Yucan Crunch Crackers 11

**SEASONAL FRITTATA** seasonal veggies like spinach and mushroom with leafy greens 12

**EGGS** two organic, creamy eggs sous-vide for 2 hours with dandelion truffle pesto, crispy kale chips 5

**W/ A SCONE** a choice of sweet or savory +2.5

**W/ SAUSAGE** baked beef frankfurt sausage +3.25

**W/ BACON** U.S. Wellness sugar free slice +2

*Add* **KETO FATS** A scoop of Straus butter or Pacific Sun olive oil, or our whipped coconut oil or Bulletproof ghee or Brain Octane Oil 1.5

## TOAST

### NUTTY DAY

Cinnamon-raisin bread, honey, coconut yogurt and nuts 10

### EGGPLANT

Traditional German bread, eggplant spread & pickles 10. Add beef bologna or liverwurst +4

### PARIS

Our artisanal bread with Straus butter, coconut syrup and chocolate chips 11

## Lighter classics

 **HOT PORRIDGE** a hearty, nourishing medley of buckwheat, chia seeds, hemp seeds, raisins, orange juice and roasted bananas 10

 **GRANOLA BOWL** Keep It Real no-grain granola with Straus milk 7 | Saint Benoit yogurt 9 |  LC coconut yogurt 12

**HOT WAFFLE** with a choice of coconut syrup or jalapeno butter 10

  **PLANTAIN WAFFLE** coconut syrup & seasonal fruit chutney 11

 **CHEESE WAFFLE** Cheddar waffle with a sous-vide egg and half avocado 11

**EMPANADAS** a pair of your choice with a shot of salsa amarilla 10

\*\*\* for AIP ask for ginger-beet yogurt sauce

 **MOROCCAN BEEF**  **CHEDDAR MUSHROOM**  **CHICKEN**

## PASTRIES

A selection of freshly baked scones, cakes, biscotti, assorted pastries and sweet treats available all day at the bar



aip



nightshade



nuts



dairy



vegan



vegetarian

We strive to have options for all dieters! To ensure the quality of service that you deserve, please no changes to the menu