

est.

20
14

ONE COASTAL *breakfast*

EGGS, ETC.

delmarva classic • 2 eggs, your choice of breakfast meat, our house potatoes and homemade cornbread 12

egg sandwich • 2 scrambled eggs & cheese on a warm ciabatta with your choice of breakfast meat and a side of house potatoes 10

breakfast wrap • warm tortilla wrapped around scrambled eggs & cheese, breakfast potatoes, and your choice of breakfast meat. served with house potatoes and a side of pico 10

avocado & eggs • toasted multigrain bread with spicy smashed avocado, 2 eggs and fresh fruit 12

BOWLS

(ADD AVO TO ANYTHING +2)

the original • 2 eggs & cheese over coconut rice and pico de gallo with your choice of breakfast meat 12

the downsouth • 2 eggs & cheese over house potatoes with chorizo, tomatoes & our own pickled jalapenos 12

the cali • egg whites and organic quinoa with avocado, tomatoes, spinach and parmesan cheese 11

the godzilla • coconut rice with house-cured salmon, toasted nori, black & white sesame seeds, avocado and homemade charred scallion ponzu 17

lunch bowl • blackened chicken over coconut rice with the motherload of fixins: pickled jalapenos, pico de gallo, corn, avocado, cilantro and cotija cheese 15

SWEET-ISH

two two two • 2 pancakes, 2 pieces of your favorite breakfast meat & 2 eggs 12

granola & co. • yogurt with oats & honey granola, fresh fruit, shredded coconut and a drizzle of honey 11

banana bread french toast • our made-from-scratch banana bread battered & grilled. garnished with fresh fruit & homemade whipped cream 11

blueberry bread • homemade blueberry cake drizzled with lemon glaze & served with fresh fruit 9