

CLEAN FOOD

AND DRINKS

Hot

AMERICANA

12

two farm eggs any way, local grits, chicken sausage, avocado, toast

STEAK AND EGGS

14

two farm eggs any way, chimichurri, house potatoes, mixed green salad

HALSA SCRAMBLE

14

beaten eggs, spinach, feta cheese, pico de gallo, chimichurri, multigrain toast, fresh sliced avocado add/sub tofu +3 or chipotle tofu +4

POTATO CAKE

8

a potato cake, topped with creme fraiche, two sunny side up eggs, cherry tomatoes, fresh dill add smoked salmon +3

OATMEAL

7

topped with honey, granola, crème fraiche

SWEDISH WAFFLE

12

choose one of the following toppings:
lingonberry and whipped ricotta
whipped peanut butter and bananas
nutella

Cold

AVOCADO TOAST

9

multigrain, radish, carrot, poached egg*
add tofu +3, chipotle tofu +4, steak +8, chicken +5

SMOKED SALMON PLATE

14

dill, cream cheese, capers, onion, tomato, toasted bagel

YOGURT PARFAIT

8

fresh fruit and granola add honey +.50

ACAI SMOOTHIE BOWL

11

fresh berries, toasted oats, banana, kiwi

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Please tell your server of any food allergies

Juices 100z

No

GREEN CLEANSE

green apple, spinach, celery, cucumber, ginger, coconut water 7

MEAN GREEN

kale, spinach, cucumber, celery 7

RED BLISS

green apple, strawberry, cucumber, lime 7

CARROT GINGER

carrot, ginger, turmeric, lemon, coconut water 7

HEARTBEET

lemon, ginger, beets, coconut water, turmeric 7

Smoothies 15 oz

A D

spirulina / flax seed /chia seed protein or super green powder

PB&B

peanut butter, banana, protein powder, dates, oat milk 9

CHERRY BERRY ACAI

cherry, blueberry, pineapple, acai 9

HONEY BANANA ALMOND

bananas, almonds and almond milk, dates, and local honey 9

MOCHA PEPPERMINT COLD BREW

fresh mint leaves, cold brew coffee, almond milk, banana, coconut milk, cocoa powder, agave nectar 9

TROPICAL

peach, mango, strawberry, pineapple 9

ALMOND KALE

oranges, dates, almonds, bananas, kale, almond milk 9

STRAWBERRY BANANA

strawberry, banana, oak milk 9