

# BREAKFAST

## GOOD MORNING, SUNSHINE!

**BAKED OATMEAL - SERVED WITH MILK... 5.65**

STRAWBERRIES AND CREAM • BLUEBERRY • **GF** HONEY

**AVO EGG TOAST... 6.95**

\*\*MULTI-GRAIN TOAST, AVOCADO SLICES, OVER LIGHT EGG, SPINACH, AND SWEET SRIRACHA

****GF** BREAKFAST SAUSAGE BOWL... 11.25**

\*ANCIENT GRAINS, BROWN RICE, ROASTED MUSHROOMS, SAUSAGE, KALE, TOMATOES, AND PARMESAN CHEESE. TOPPED WITH TWO OVER EASY EGGS.

**BUTTERMILK PANCAKES... 6.30**

FLUFFY BUTTERMILK PANCAKES, A TIMELESS FAVORITE

**GF** AVAILABLE UPON REQUEST ...6.95

**MAPLE & SPICE FRENCH TOAST... 8.45**

BRIOCHE BREAD DIPPED IN MAPLE SPICE BATTER, CINNAMON HONEY BUTTER AND FRESH BERRY GARNISH

**MONTE CRISTO... 9.90**

BRIOCHE FRENCH TOAST, HAM, SWISS CHEESE AND RASPBERRY HONEY MUSTARD

## PIES

SIGNATURE PIES ARE SERVED WARM WITH FRESH GREENS AND A SAVORY HERB SCONE

ADD BUTTERNUT SQUASH, ROSEMARY POTATOES, FRUIT OR CHIA PUDDING... 3.25

**TOMATO PIE... 7.95**

SIGNATURE TOMATO PIE

DOUBLE...12.95 • **GF** GLUTEN-FREE... 9.35

**QUICHE... 8.35**

BAKED IN OUR OWN PIE SHELL

THREE CHEESE • FEATURED

## THIS AND THAT

**MUFFINS... 3.50**

LEMON CRUMB POPPYSEED • CHOCOLATE CHIP • COFFEE CAKE • BLUEBERRY LEMON CURD

**GF** BACON CHEDDAR CORNBREAD...3.85

**CHOCOLATE ESPRESSO SCONE... 3.65**

**TROPICAL CHIA PUDDING WITH GRANOLA... 4.85 / 6.65**

SEASONAL FRUIT... 5.50

BACON... 2.95

ROSEMARY POTATOES... 3.50

CHICKEN FETA SAUSAGE... 3.50

PARMESAN GRIT CAKE... 3.25

PURE MAPLE SYRUP... 1.25

ROASTED BUTTERNUT SQUASH... 3.50

TOAST WITH AVOCADO... 5.35

**V** VEGAN • **GF** GLUTEN-FREE

DESPITE OUR CAREFUL PRECAUTIONS, WE ARE NOT A GLUTEN-FREE FACILITY

\*\*CONSUMING RAW OR UNCOOKED MEATS, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS

# GOLDEN EGG

**3 EGG FLIPPERS SERVED WITH TOAST AND CHOICE OF ONE:**  
BUTTERNUT SQUASH, GRIT CAKES, ROSEMARY POTATOES, FRUIT, OR CHIA PUDDING.

## **TOMATO PIE FLIPPER... 9.25**

OUR SIGNATURE TOMATO PIE GOODNESS INSIDE FLIP STYLE EGGS.  
ADD ROASTED GARLIC MUSHROOMS...0.75

## **TRIPLE MEAT FLIPPER... 10.95**

HAM, BACON, SAUSAGE, MONTEREY JACK, AND CHEDDAR CHEESE.

## **VEGGIE FLIPPER... 9.85**

SPINACH, ROASTED RED PEPPERS, PICKLED RED ONIONS, CARROTS, CAULIFLOWER,  
RADISH, MUSHROOMS, AND CHEDDAR CHEESE.

## **CALI KETO FLIPPER... 10.80**

BACON, HAM, FETA, SPINACH, AVOCADO AND CILANTRO LIME SAUCE.

## **CLASSIC EGG DISH... 6.85**

\*\*TWO EGGS SERVED WITH TOAST AND ONE SIDE.

## **SAUSAGE & SQUASH HASH... 10.35**

\*SEASONED SAUSAGE, ROASTED BUTTERNUT SQUASH, AND ROSEMARY POTATO HASH.  
TOPPED WITH TWO EGGS. SERVED WITH TOAST (NO SIDES)

## **BLACK BEAN FLIPPER... 10.95**

FLAVORFUL BLACK BEAN MIX, CHEESE, AND SALSA. FINISHED WITH CILANTRO LIME SAUCE  
AND SERVED WITH ONE CHOICE OF SIDE

**TOAST CHOICES:** SOURDOUGH OR MULTI-GRAIN... 1.65

 GLUTEN-FREE BREAD... 1.65  
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# BREAKFAST SANDWICHES

**ADD:** BUTTERNUT SQUASH, GRIT CAKES, ROSEMARY POTATOES, FRUIT, OR CHIA PUDDING... 3.25

## **VEGGIE EGG WRAP... 7.15**

SCRAMBLED EGGS, ROASTED RED PEPPERS, SPINACH, PICKLED RED ONIONS,  
CAULIFLOWER, RADISH, CARROTS, MUSHROOMS AND CHEDDAR CHEESE.

## **EGG & HAM PANINI... 7.40**

EGGS AND HAM LAYERED WITH CHEDDAR, ON PRESSED CIABATTA BREAD.  
SERVED WITH SIDE OF PESTO MAYO.

## **PRETZEL BREAKFAST SANDWICH... 7.85**

GRILLED PRETZEL BUN WITH TWO FRIED EGGS, CHEDDAR, BACON,  
SPINACH, AND RASPBERRY HONEY MUSTARD OR SWEET SRIRACHA SAUCE.

## **SAUSAGE EGG WRAP... 6.90**

EGGS, HERB SEASONED SAUSAGE, MONTEREY AND CHEDDAR CHEESE.  
SERVED WITH A SIDE OF PESTO MAYO.

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GLUTEN-FREE BREAD...1.65

 VEGAN •  GLUTEN-FREE

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