



COFFEE + BREAKFAST + BISCUITS

SOBRO (DOWNTOWN NASHVILLE)

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ESPRESSO DRINKS

ESPRESSO 4

2oz

Served with sparkling water

CAPPUCCINO 5

6oz

Espresso topped with foamed milk

LATTE 5.75 | 6.25 | 6.75

12oz | 16oz | 20oz

Espresso with steamed milk. Available hot or iced.

MOCHA 6.25 | 6.75 | 7.25

12oz | 16oz | 20oz

Latte with chocolate sauce. Available hot or iced.

CAFE AMERICANO 4 | 4.5 | 5

12oz | 16oz | 20oz

Espresso with added water. Available hot or iced.

GOAT SPECIALTY DRINKS

SPANISH MOCHA 6.5 | 7 | 7.5

12oz | 16oz | 20oz

Mocha latte with a blend of sugar, cocoa powder, sweetened condensed milk, cayenne, and salt

SALTED CARAMEL CUBAN 6.5 | 7 | 7.5

12oz | 16oz | 20oz

Salted caramel coffee with sweetened condensed milk

SALTED CARAMEL COLD FOAM 6.5 | 7 | 7.5

12oz | 16oz | 20oz

Cold brew, caramel syrup, salt, cold foam, caramel drizzle

HOT CHOCOLATE 4.5 | 5 | 5.5

12oz | 16oz | 20oz

Made with chocolate and marshmallow

HOUSEMADE SYRUPS .50:

Vanilla, Chocolate, Sweet Cream, White Chocolate, Hazelnut, Caramel, Sugar Free Caramel, Sugar Free Vanilla

TEA

CHAI 6 | 6.5 | 7

12oz | 16oz | 20oz

Blended with steamed milk. Available hot or iced.

HOT TEA 4

Ask barista for selections

MATCHA 6 | 6.5 | 7

12oz | 16oz | 20oz

Blended with steamed milk. Available hot or iced.

HOUSE BREWED COFFEE

HOT COFFEE 3 | 3.5 | 4

12oz | 16oz | 20oz

COLD BREW 4 | 4.5 | 5

12oz | 16oz | 20oz

COFFEE TOTE 19

Eight 12 oz cups of house filtered coffee in tote

COLD BREW TOTE 26

Eight 12 oz cups of cold brew in tote

SMOOTHIES

STRAWBERRY* 7.25

20oz

Vanilla greek yogurt, honey, strawberries. Add banana +.50.

GREEN* 7.25

20oz

Spinach, apples, vanilla greek yogurt, honey

THE FEAST* 10

20oz

Vanilla protein powder, oats, frozen berries, banana, peanut butter, honey, vanilla greek yogurt, Himalayan salt, water, milk of choice

PB DELIGHT* 10

20oz

Chocolate protein, banana, peanut butter, oats, oatmilk

THE WAKE UP CALL* 10

20oz

Vanilla Greek yogurt, coffee, banana, vanilla protein powder

THE NEAPOLITAN* 10

20oz

Vanilla & chocolate protein powder, strawberries, banana, peanut butter, honey, milk of choice

All protein smoothies include 1 scoop of Optimum whey protein. Upgrade to PROTEIN PACKED - 2 scoops of protein +3.

ADD ONS:

Chia Seeds 1

Cocoavia Cocoa Powder 2

Hydrolyzed Collagen 1.5

* Includes dairy

MILK OPTIONS:

Soy Milk, Almond Milk, Oat Milk, Whole & Skim Milk

OUR COFFEE COMES FROM FROTHY MONKEY IN NASHVILLE, TENNESSEE.

MORNING RITUAL FOOD IS SERVED DAILY UNTIL 2^{PM}

PASTRIES + TREATS

MUFFINS 4.5

Ask barista for our selections

DANISH 4.5

Ask barista for our selections

MOM'S COFFEE CAKE 4

Mom's famous recipe

CINNAMON ROLL 4.5

Cinnamon, brown sugar, cream cheese icing

BAGELS 3

Everything or plain. Served with butter or cream cheese.

SIGNATURE HOMEMADE BISCUITS

BUTTERMILK BISCUITS (3) 5.5

Served with strawberry preserves or pimento cheese

SANDWICHES

BREAKFAST SANDWICH* 6.75

Buttermilk biscuit, scrambled egg, cheddar cheese (vg)

*Vegan Cheese, Zero Egg, and Impossible Sausage available for substitution

HOT CHICKEN BISCUIT* 7.25

Nashville hot chicken, pimento cheese, pickle

EATS

EGG + CHEESE SCRAMBLE* 6

Scrambled egg, monterey jack & cheddar cheese, brioche toast (vg)

DEVIL ON A GOATBACK SCRAMBLE™* 7.5

Scrambled eggs, white cheddar, pork belly, dates, spinach, sriracha aioli, brioche toast

HERBIVORE SCRAMBLE 8

Scrambled eggs, roasted red peppers, red onion, tomato, spinach, avocado crema, brioche toast

*Zero Egg is available for substitution

SINGLE HUEVOS RANCHEROS* 6.75

Crispy flour tortilla, black bean spread, hash brown, grilled tomato, fried egg, avocado crema, sriracha aioli (VG)

BREAKFAST BURRITO* 8

Corn black bean salsa, bacon, scrambled eggs, cheddar cheese, tater tots

GRANOLA & YOGURT BOWL 6.75

Roasted honey granola, vanilla greek yogurt, fresh berries, strawberry preserves

DESSERTS

S'MORES BROWNIE 10

Graham cracker crust, warm brownie, marshmallows, mocha drizzle, served with a scoop of vanilla gelato

CHOCOLATE CHIP CANNOLIS 8

Chocolate cannoli cream, chocolate dipped cannoli shells, whipped cream

CATERING MADE EASY (and delicious)

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a delicious one!



MR

Please tell your server about any dietary needs. Though our menu does offer many gluten friendly items, our kitchens are not 100% gluten free.

*Consuming raw or undercooked meat, seafood, or egg products can increase your risk of foodborne illness. (vg) vegetarian (gf) gluten free

VISIT MORNINGRITUAL.COM TO VIEW OUR MONTHLY SPECIALS.