





EGGS & TOASTS in Things

served all day

EGG SANDWICHES on butter toasted roll

BACON, EGG AND CHEESE ... 11

TURKEY SAUSAGE, EGG AND CHEESE ... 11

HEALTHY WRAP ... 13 egg whites, spinach, roasted tomato, feta

THE ESSEX ... 12 eggs, pastrami, grilled onion

THE GRAND BAGEL ... 14 bacon, egg, cheddar, crispy potatoes

SHAKSHUKA ... 14 eggs poached in a hearty tomato ragout with bread

BREAKFAST BURRITO ... 13 eggs, refried beans, crispy potatoes, cheese choose: chorizo or avocado

STEEL CUT OATMEAL ... 8 with NYS Maple Syrup add on: blueberry, spiced apple, brown butter pecans, banana.... **2ea**

HOUSE-MADE SCONES, MUFFINS, CROISSANTS ... 4.50

YOGURT/GRANOLA/FRUIT ... 10

PANCAKES ... 15 blueberry, chocolate chip, brown butter pecan **gluten free available

TOASTS

AVOCADO TOAST ... 14 radish, pepitas, cilantro

RICOTTA TOAST ... 13 dried figs in balsamic, hazelnuts and micro basil

ALMOND BUTTER TOAST ... 14 banana, honey, pecans and sea salt



BONEBROTH 120Z

CHICKEN ... 8 turmeric-ginger

BEEF ... 8 lemongrass, shallot

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SMALLER

HUMMUS AND BABA PLATTER ... 12 grilled pita

SPINACH AND ARTICHOKE DIP ... 13 tortilla chips

GUACAMOLE ... 14 with homemade chips

CHICKEN NOODLE SOUP ... 10 Mom's recipe

KALE CAESAR SALAD ... 12 shaved parmesan and sourdough croutons

SPRING SALAD ... 12 mixed lettuces, cucumber, watermelon radish, shaved carrots

BAKED FETA ... 14 with honey, hazelnuts, fig balsamic over arugula

WAFFLE FRIES ... 7

YUCA FRIES ... 7 with garlic lime may-o

SIDES

QUINOA SALAD ... 8 CUCUMBER SALAD ... 6

SIDE SALAD ... 6

ROASTED BRUSSELS SPROUTS ... 8

ROASTED CARROTS ... 8

- A BIT LARGER

All Sandwiches served with salad or fries

TUNA MELT ... 14 tuna salad, tomato, jarslburg

'tva's Kitchen

TOFU BANH MI ... 14 sweet chili tofu, pickles, carrot/daikon, onion, cucumber, may-o, cilantro

FRIED FISH SANDWICH ... 16 old bay tartar, slaw, pickles

HOT HONEY FRIED CHICKEN SANDWICH ... 14 garlic aioli, pickles, lettuce

CHICKEN SMASHBURGER ... single 11 double 15 special sauce, onion straws

BEEF SMASHBURGER ... single 12 double 16 cheddar, bacon jam, pickled peppers

VEGGIE BURGER ... 14 marinated kale, vegan cheese, garlic aioli

ROTISSERIE CHICKEN ... 18 half chicken with kale salad and green sauce

MISO SALMON ... 22 with crispy rice cake, pickled carrot/daikon

FALAFEL PLATE ... 18 israeli salad, marinated cabbage, hummus, tahini sauce and zhoug, pita

FOUR CHEESE MAC AND CHEESE ... 16 parmesan, greuyre, cheddar, fontina with spring salad

MAC N CHEESE ... 10

for the KIDDOS with fruit CHICKEN OR CAULIFLOWER NUGGETS ... 10

GRILLED CHEESE ... 10

PB AND J ... 8 KID BURGER & FTRIES ... 12

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