



WEEKDAY BREAKFAST

QUICHE OF THE DAY 14

Crustless, delectable cheesy egg custard, baked to perfection. Ask for today's flavor. Served with dressed field greens.



AVOCADO TOAST 11

Avocado mash on seeded grain bread, sprinkled with black sesame seeds, cherry tomato halves, EVO and Balsamic drizzle. Add egg¹(scrambled, sunny side up, hard boiled, soft boiled, poached, or basted) +2.25
Add bacon +2.95



LOADED BREAKFAST WRAP 11

Scrambled eggs¹, seasoned potatoes, grated cheese blend, avocado, sour cream, mild tomato salsa, in a wrap grilled to perfection on our panini press. Add bacon +2.95



with freshly prepared chickpea "eggs" (chickpea flour, black salt) & vegan mozzarella

START INTO THE DAY WRAP 11

Spinach & arugula mix, tomato, choice of scrambled eggs or egg whites¹, feta or goat. Served with root vegetable chips.



with freshly prepared chickpea "eggs" (chickpea flour, black salt) & vegan mozzarella

DRAGON FRUIT BOWL 13

Dragon fruit & coconut cream blended with a splash of agave syrup and banana slices until silky smooth. Topped with seasonal fresh cut fruit, our house granola blend, coconut flakes, & chia seeds.



AÇAÍ SUPER FOOD BOWL 13

Açaí berry pureed with banana, apple, and a splash of orange juice. Topped fresh cut seasonal fruit & our house granola blend.



MAPLE SPICE OATMEAL 10

Warm and hearty oats infused with the rich flavors of pure maple syrup and a hint of cinnamon & nutmeg. Served with seasonal fresh cut fruit.



YOGURT WITH FRUIT 8

Creamy vanilla yogurt served with seasonal fresh cut fruit. Add our house granola blend +2



PASTRIES

Check out our pastry display case for delicious fresh treats from croissants, to scones, to muffins. Selection varies.



¹ CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

WE DO OUR BEST, BUT CANNOT GUARANTEE THAT ANY OF OUR MENU ITEMS ARE ALLERGEN-FREE. SOME INGREDIENTS WE SOURCE MAY BE PRODUCED IN AN ENVIRONMENT WHERE ALLERGENS ARE PRESENT.