

BREAKFAST AVAILABLE MONDAY - FRIDAY UNTIL 11 AM

Breakfast available Monday - Friday from 9:30 am to 11 am * Served all day Saturday

Bagel	3.50
choice of plain, whole wheat, sesame	
Greek Yogurt Parfait	6.50
granola and fresh fruit	
Oatmeal (GF)	7.50
oatmeal with wild berries, walnuts, cinnamon and honey	
Caprese Avocado Toast (V)	8.99
guacamole spread on a gluten free toast topped with vegan mozzarella cheese, sliced tomato and drizzled balsamic glaze topped with fresh basil	
Avocado BLT al Egg	9.50
avocado, romaine lettuce, sliced tomato, bacon, egg served on gluten free toast with side sriracha mayo with fruit garnish	
Sweet Potato, Black Bean and Avocado Breakfast Burrito	9.50
sweet potato, black beans, avocado, eggs, Monterrey Jack cheese, red enchilada sauce with fruit garnish	
Twice Baked Sweet Potato	9.50
two halves sweet potatoes stuffed with chicken apple sausage topped with an egg on each half and salsa verde, with light salad and fruit garnish	
Protein Pancakes (GF)(V)	9.50
gluten free, vegan, sprouted whole grain dairy free pancakes served with sugar free syrup topped with toasted coconut flakes	
add vegan chocolate chips for 1.50 extra	
Hummus Feta Tomato Omelette	10.50
organic eggs with hummus spread and feta cheese in the center topped with fresh diced tomato and basil with fruit garnish	
Breakfast Cauliflower Bowl	10.50
diced bacon, chopped cauliflower, chopped broccoli, diced white onion, diced red pepper, salt and pepper topped with eggs	
Southwest Tofu Scramble (V)	10.50
tofu sauteed with red sliced onion, red sliced pepper, chopped kale in olive oil and baked red potatoes with fruit garnish	
Brown Rice Breakfast Bowl	10.75
tomato, sauteed spinach and brown rice topped with an over easy egg	
Gourmet Fruit Salad	12.50
seasonal fresh fruits and berries (toppings upon request) with shredded coconut, raisins, cranberries, walnuts and honey	
Steak & Eggs (GF)	17.50
grass fed skirt steak with eggs, mixed green salad and side of chimichurri	
upgrade to filet for 2.00 extra	

(GF - Gluten Free) (V - Vegan)

We greatly appreciate your positive feedback.

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