

## BREAKFAST

### **Citrus Granola 6**

Local berries, vanilla yogurt  
{V} 793 cal, 30 protein, 103 carb, 29 fat

### **Steel Cut Oatmeal 7**

Oatmeal from War Eagle Mill,  
made with oat milk and your choice of:

**{VG/GF} Streusal Apple & Cinnamon**  
460 cal, 11 protein, 202 carb, 15 fat

**{VG/GF} Maple Brown Sugar**  
466 cal, 10 protein, 232 carb, 15 fat

**{VG/GF} Banana Nuts & Seeds**  
495 cal, 39 protein, 211 carb, 19 fat

### **Biscuits & Gravy 4**

Vegetarian sausage gravy,  
served in a homestyle skillet  
with two house-made biscuits  
{V} 409 cal, 10 protein, 52 carb, 18 fat

### **Avocado Toast 9**

Roasted shishito peppers,  
feta cheese, arugula, soft  
poached egg, tomato  
286 cal, 15 protein, 25 carb, 14 fat

### **Salmon Lox 10**

Fromage blanc, pickled red  
onion, micro greens, on a  
toasted everything bagel  
845 cal, 27 protein, 66 carb, 53 fat

### **Farmhouse Breakfast 10**

Choice of protein with two eggs,  
grilled tomato, Calabrian potatoes,  
and toast with jam or marmalade  
**Pork sausage** | 1508 cal, 49 protein, 114 carb, 96 fat  
**Bacon** | 1490 cal, 45 protein, 114 carb, 96 fat  
**{VG} Vegan sausage** | 1760 cal, 86 protein, 124 carb, 63 fat

### **Breakfast Tacos 9**

Choice of protein with scrambled  
eggs, roasted poblano pico, cotija  
cheese, avocado crema, salsa doña  
**Chicken** | 574 cal, 26 protein, 26 carb, 41 fat  
**Bison** | 592 cal, 22 protein, 26 carb, 45 fat  
**{VG} Vegan sausage** | 558 cal, 15 protein, 37 carb, 39 fat

## ON THE SIDE

### **Crispy Bacon 4**

Hanna Family Ranch  
466 cal, 30 protein, 0 carb, 37 fat

### **Pork Sausage 6**

House recipe made  
from Newman Farms  
280 cal, 16 protein, 0 carb, 24 fat

### **Vegan Sausage 6**

Plant-based sausages made with  
brown rice, fava beans, potatoes,  
coconut & sunflower oils  
{V} 380 cal, 32 protein, 10 carb, 24 fat

### **Granary Toast 3**

Choice of Ma Gran's Jam or  
Dundee Marmalade, with  
whipped butter  
{V} 270 cal, 6 protein, 34 carb, 12 fat

### **Two Eggs 3**

Cooked just how you like 'em  
{V} 140 cal, 13 protein, 0 carb, 10 fat

### **Seasonal Fruit Plate 4**

Seasonal fruits served with  
house-made vanilla yogurt  
{V} 210 cal, 13 protein, 40 carb, 0 fat

## MIXED DRINKS

- Beet Shrub** 5  
Balsamic vinegar, red beets, lemon, pink peppercorn, maple syrup  
72 cal, 0 protein, 18 carb, 0 fat
- Spiced Apple Shrub** 5  
Apple cider vinegar, apples, orange peel, ginger, cinnamon, brown sugar  
130 cal, 0 protein, 33 carb, 0 fat
- Kiwi Rosemary Shrub** 5  
White balsamic vinegar, kiwi, rosemary  
96 cal, 0 protein, 24 carb, 0 fat
- Ginger Cider** 5  
Ginger beer, sparkling apple cider  
140 cal, 0 protein, 34 carb, 0 fat

## HOUSE JUICES

- Autumn Elixir** 5  
Apple, cucumber, ginger, lemon, coconut water, cayenne  
20 cal, 0 protein, 5 carb, 0 fat
- Ruby** 5  
Apple, cranberry, lemon  
64 cal, 1 protein, 15 carb, 0 fat
- Juicy Root** 5  
Beet, carrot, ginger, lemon  
52 cal, 1 protein, 12 carb, 0 fat

## POT OF TEA (CAFFEINATED) 3.5

- Mao Jian**  
Traditional green tea
- Moroccan Mint**  
Gunpowder green tea & peppermint leaves
- Earl Grey**  
Black tea blend, all natural essential oil of Bergamot
- Cinnamon Orange**  
Chinese black tea, orange peel, clove, cinnamon

## SMOOTHIES

- PB&J** 8  
Peanut butter, fruit of the day, banana, workout powder  
*whole milk* | 480 cal, 16 protein, 52 carb, 24 fat  
*oat milk* | 510 cal, 13 protein, 63 carb, 23 fat
- Vanilla Spice** 8  
Cinnamon, nutmeg, ginger, protein powder  
*whole milk* | 360 cal, 45 protein, 17 carb, 12 fat  
*oat milk* | 410 cal, 42 protein, 29 carb, 13 fat
- All Day Greens** 8  
Nutritional Greens powder, spinach, mint, orange juice, lemon juice, coconut water  
80 cal, 4 protein, 14 carb, 1 fat
- Cacao Cherry** 8  
Acai berries, tart cherry, banana, protein powder  
*whole milk* | 507 cal, 56 protein, 52 carb, 24 fat  
*oat milk* | 596 cal, 51 protein, 71 carb, 15 fat

## SOFT DRINKS

- House Iced Tea** 3  
Savoy Tea Company's house blend of black & green tea
- Bottled Water**  
Mountain Valley, Sparkling or Still 5  
Topo Chico 3
- Coconut Water** 5  
Harmless Harvest
- Soda** 3  
Sprite, Diet Coke, Coke

## POT OF TEA (DE-CAFFEINATED) 3.5

- Day Dreamer**  
Licorice root, peppermint, fennel, basil
- Carousel Dreams**  
Apple, cinnamon, almond, & beetroot
- Bedtime Story**  
Peppermint, chamomile, lemon grass, rosehips, valerian root
- Cape Paradise**  
Green Roobois, pineapple, mango, papaya, orange peel, apple, calendula petals