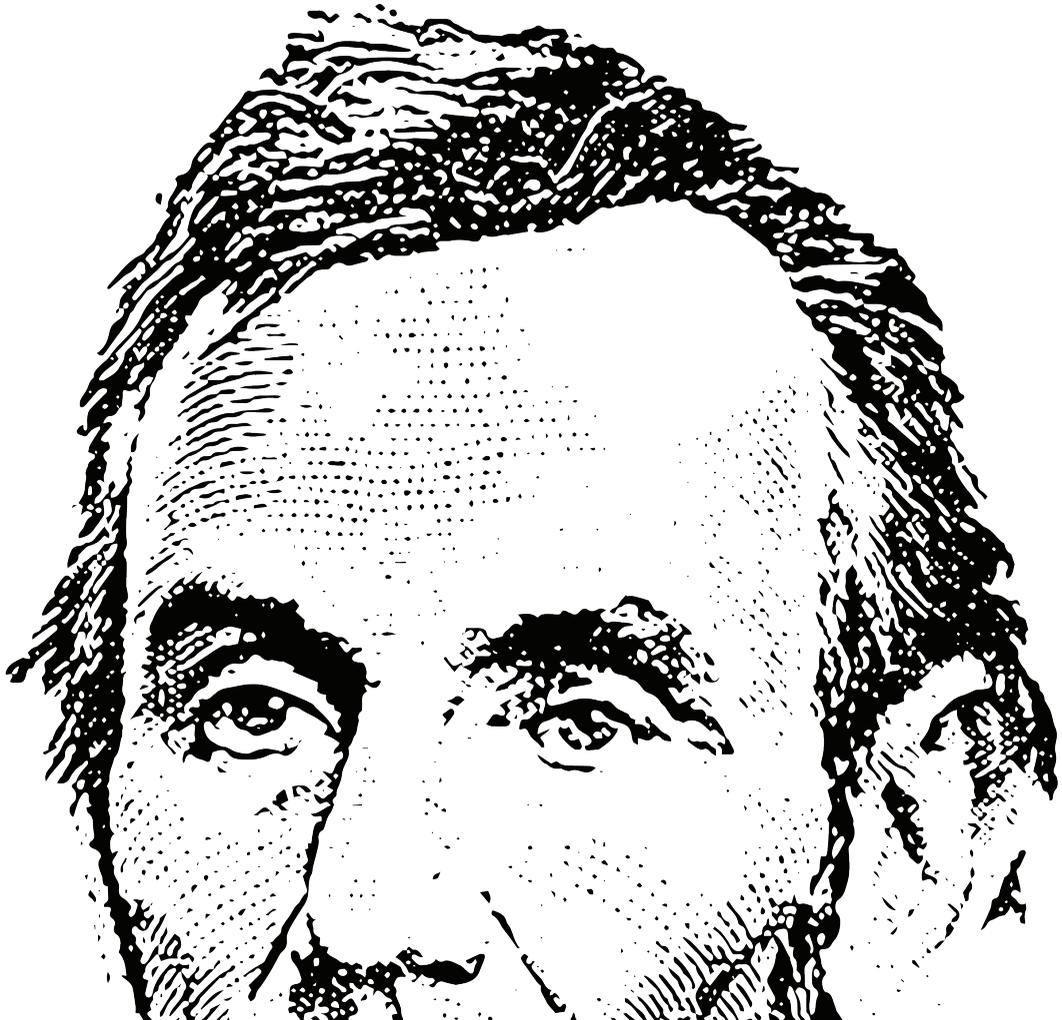




IN HOUSE MENU



3/26/2019

BREAKFAST

SERVED UNTIL 10:30 AM

MONDAY - FRIDAY

*ALL-DAY ITEMS

B.Y.O.B / 6.99

A) Two organic cage-free eggs **any style**

B) **Choose 1:** All-natural bacon, chorizo, sausage, or grilled veggies

C) **Choose 1:** Sourdough, whole grain or gluten free toast (+\$1), red potatoes, or fruit medley

KICKIN JACK / 4.99

fried organic cage-free egg, chorizo, avocado mash, black beans, red onion, southwest sauce served on whole grain

TOP OF THE MORNIN' / 4.99

fried organic cage-free egg, spinach, mushroom, feta, red onion, spinach artichoke sauce served on whole grain

*THE O.G. / 3.99

fried cage-free egg, smoked cheddar, bistro sauce served on whole grain

add all-natural bacon + \$2

add Applegate ham + \$2

add sausage + \$2

KETO POWER / 9.49

riced cauliflower, all-natural bacon, spinach, avocado mash, red onion, cream cheese topped with two organic cage-free eggs

VEGAN RISE / 7.99

riced cauliflower, sweet potato, beets, onion, asparagus, bell pepper, avocado mash

OL' TRUSTY / 6.99

red potato, bell pepper mix, tomato, spinach, red onion, topped with two organic cage-free eggs and drizzled with bistro sauce

includes your choice of ham, bacon, sausage or double veggies

PHILLIP PICANTE / 6.99

chorizo, cheddar, red potato, spinach, bell pepper, black beans, red onion, topped with two organic cage-free eggs, pickled jalapeno and sriracha aioli

BILLY GOAT / 6.99

sweet potato, spinach, beets, goat cheese, red onion, topped with two organic cage-free eggs and creamy avocado dressing

*BUTTERMILK PANCAKES / 4.99

three buttermilk pancakes served with Michigan pure maple syrup and hand-whipped butter

add fresh fruit / + \$2.50

*HONEY OAT PANCAKES / 4.99

three chickpea flour honey oat pancakes served with Michigan pure maple syrup and hand-whipped butter

add fresh fruit / + \$2.50

*KETO PANCAKES / 4.99

three protein cakes brushed with butter

add all-natural peanut butter + \$1.29

ACAI BOWL / 7.99

acai, banana, raspberries, blackberries, organic protein powder, chia seeds

ALMOND CHIA PARFAIT / 5.49

almond milk, chia, pure Michigan maple syrup, fresh mango, fresh berries

add house-made granola / + \$1

DIRTY CHAI BOWL / 5.49

quinoa, gluten free oats, almonds, house-made chai, coconut milk, espresso, and topped with coconut, cocoa nibs, almonds and bananas with a pure maple syrup (from Michigan!) drizzle

YOGURT PARFAIT / 4.75

plain greek yogurt, honey, blackberries, strawberries, house-made granola

sub for gluten free granola + \$1

*OATMEAL / 4.99

rolled oats served with springtime toppings

sub for gluten free oats + \$1

*GRAPEFRUIT HEMISPHERE / 1.99

half of a fresh grapefruit

add raw sugar for more sweetness

 = VEGETARIAN

 = VEGAN

 = GLUTEN FREE

VT = VEGETARIAN
V = VEGAN
GF = GLUTEN FREE

BREAD SWAP?

whole grain / \$1
sourdough / \$1
gluten free / \$1
lettuce wrap

SIDE SWITCH?

fruit medley / \$1
side salad / \$2.49
zoodle cup / \$2.89

BURGERS

served with a side of kettle chips

LINCOLN / 10.99

grass-fed antibiotic-free beef, smoked cheddar, lettuce, tomato, red onion served on toasted naan

& Choose Your Sauce!

Mayo, Bistro Sauce, Sriracha Aioli, Pesto Mayo, Southwest Sauce

add a fried egg + \$1.50

add the good choice of all-natural bacon + \$1.99

add avocado mash + \$1

add a handful o' green olives + \$1

MARY BELLA / 10.99 **VT**

grilled portabella mushroom, provolone, arugula, red onion, pesto mayo (*contains walnuts*) served on toasted naan

DULCE BELLA / 10.99 **V**

grilled portabella mushroom, avocado mash, arugula, roasted tomato, red onion served on sourdough

SANDWICHES

served with a side of kettle chips

BIG BAD WOLF / 9.99

Applegate ham, all-natural bacon, cheddar, shredded cabbage, bell pepper, sriracha aioli served on toasted naan

MOUNTIE / 9.99

Applegate turkey, all-natural bacon, white cheddar, maple bacon sweet potato mash, spinach, mayo served on toasted naan

TURKEY HARVEST / 9.99

Applegate turkey, all-natural bacon, provolone, spinach, fig cranberry aioli served on toasted naan

CHICKEN SALAD / 8.99

organic chicken salad with cranberries, almonds & grapes tossed in a honey mayo, sliced tomato, lettuce served on toasted naan

ULTIMATE GRILLED CHEESE / 8.99 **VT**

herb cream cheese, cheddar cheese, swiss, provolone, romaine, sliced tomato, bistro sauce served on toasted naan

add tasty all-natural bacon + 1.99

GRAND SLAM / 8.99 **V**

avocado mash, pickled slaw, bean sprouts, cucumber and mushroom served on whole grain

SALADS

GRAPEFRUIT GREENS / 11.49 
spring mix, arugula, fresh Bay Of Fundy salmon,
grapefruit segments, walnuts, feta, lemon thyme
vinaigrette

ROASTED BEET / 9.99
spring mix, arugula, roasted beets, fennel couscous,
all-natural bacon, goat cheese, lemon thyme vinaigrette

APPLE WALNUT / 9.99 
spring mix/romaine, all-natural bacon, green apple,
gorgonzola, shredded brussel sprouts, walnuts,
balsamic vinaigrette

HOUSE CAESAR / 8.99
romaine, parmesan, croutons, roasted tomato,
cracked pepper, caesar dressing

ADD ONS

all-natural bacon / \$1.99
organic chicken breast / \$3.99
fresh salmon / \$6.99

CHEF PLATES

KETO ZOODLES / 9.99 
sausage cream sauce, red onion, bell pepper,
zucchini noodles

KETO BISCUITS & GRAVY / 9.99  
house-made almond & coconut flour biscuits with
Beyond Meat gravy

WATERMELON CARPACCIO / 6.99  
watermelon radishes, arugula, asparagus, goat cheese,
walnuts, mustard vinaigrette

BEL AIR HASH / 5.99  
red potatoes, green lentils, leeks, snap peas,
watermelon radishes, asparagus, mustard vinaigrette
add a fried egg + \$1.50
add all-natural bacon + \$1.99



KIDS



LUNCH

Sandwiches served on naan bread with a side of kettle chips

BREAD SWAP whole grain +\$1
sourdough +\$1
gluten free +\$1

TURKEY & CHEESE 4.99

Applegate turkey, provolone, mayo, lettuce served on naan bread

HAM & CHEESE 4.99

Applegate ham, cheddar, mayo, lettuce served on naan bread

GRILLED CHEESE 3.99

cheddar, provolone served on naan bread

GOLDFISH SALAD 3.59

romaine, cucumbers, goldfish, ranch dressing

DIP-IT SALAD 4.29

carrot sticks, cucumber sticks, bell pepper sticks with ranch dressing for dipping

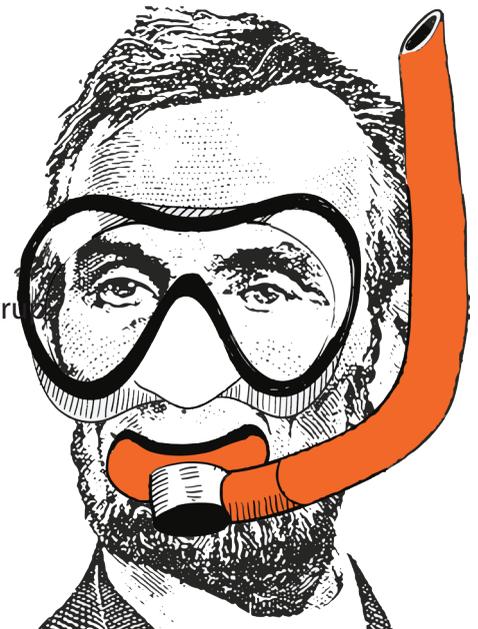
BREAKFAST ALL-DAY

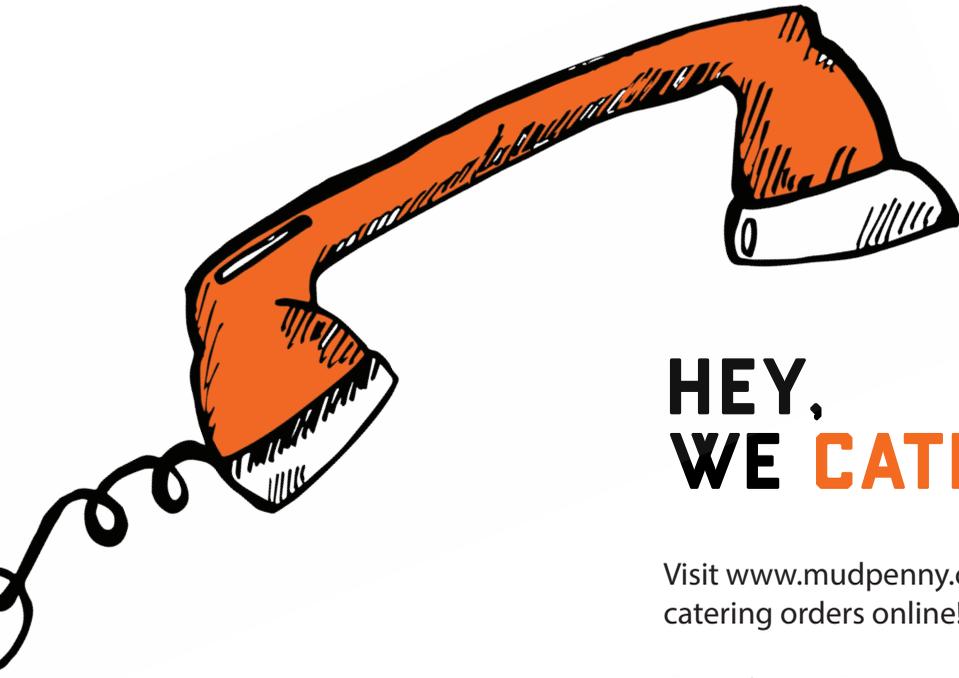
CLASSIC MORNING 5.49

one organic cage-free scrambled egg,
one slice all-natural bacon, fruit, whole wheat toast

BUTTERMILK PANCAKES 3.49

one buttermilk pancake (blackberry eyes + nose,
whipped cream smile) served with Michigan maple syrup
+ one slice of all-natural bacon





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General Manager

Rebecca Berends

Head Chef

Erica Riste



**Consuming raw or undercooked meats, poultry, or eggs may increase your risk of foodborne illness. Ask a member of our team about menu items that are cooked to order.*