

GRAINS & FRUIT

SEASONAL FRUIT SALAD 12

STEEL CUT OATMEAL 13

chia seeds & almond milk, brown sugar, blackberry

GRAPEFRUIT BRULEE 13

housemade granola, grass fed yogurt & maple syrup

BUTTERMILK PANCAKES 14

housemade preserves & maple syrup

SMOKED SALMON & BAGEL 18

cream cheese, tomato & capers

KNOW BETTER CHOCOLATE MUFFINS 10

grain, gluten, wheat, soy dairy, peanut & yeast free

EGGS

CAGE FREE EGGS ANY WAY 18

bacon or sausage, breakfast potatoes & choice of toast

BACON, EGG & CHEESE 17

english muffin & breakfast potatoes

BAKED EGGS 18

stewed tomatoes, spinach, feta & chickpeas

EGGS BENEDICT 18

berkshire ham, lemon hollandaise & english muffin

AVOCADO TOAST 15

poached egg & aleppo pepper on seven grain toast

BLACK FOREST HAM OMELETTE 19

aged cheddar, oven dried tomatoes, market greens

FOREST MUSHROOM OMELETTE 19

roasted asparagus, goat cheese, market greens

* egg whites +3

CONTINENTAL

28

CHOICE OF: breakfast pastry

CHOICE OF: yogurt & granola or
fresh fruit salad

CHOICE OF: orange or grapefruit juice

CHOICE OF: coffee or tea

PASTRY 4

CROISSANT

BLUEBERRY MUFFIN

ENGLISH MUFFIN

TOAST

SIDES 10

TWO EGGS

BACON

MAPLE SAUSAGE

BREAKFAST POTATOES

SEASONAL FRUIT SALAD 8

COFFEE

COLD BREW 4

COFFEE POT 5

CAFÉ LATTE 5

CAPPUCCINO 5

CAFÉ AMERICANO 4

ESPRESSO 5

EXTRA SHOT 1

COLD

PRESSED

JUICE

LIQUITERIA 10

ALL GREENS WITH APPLE

kale, spinach, romaine, parsley,
celery & cucumber

KILLER XX

apple, ginger, lemon & cayenne

FRESH

SQUEEZED

JUICE 6

ORANGE
GRAPEFRUIT

Consuming raw or undercooked meat, seafood and eggs may increase your risk of food borne illness.