

IRVINGTON

BREAKFAST

SMOOTHIES

GREEN avocado, banana, moringa, spinach, kale, maca, honey & almond milk	10
POWER dates, almond butter, maca, plant protein, flax seed, almond milk & cocoa	10
IMPROVE dragonfruit, mango, goji berries, blueberries, ginger, banana, orange juice & flax seed	10

BOWLS

FRUIT SALAD seasonal picks	12
STEEL CUT OATS almond milk, cinnamon, crispy apples	12
ACAI BOWL peanut butter, banana, berries & flax seeds	14
HOUSEMADE GRANOLA yogurt, vanilla & pistachio	13

EGGS

MILLPORT FARM EGGS ANY STYLE bacon or sausage, breakfast potatoes & toast	18
BACON EGG & CHEESE SANDWICH on a brioche roll & breakfast potatoes	17
EGGS BENEDICT smoked ham, hollandaise & breakfast potatoes	18
FOREST MUSHROOM OMELETTE asparagus, goat cheese & market greens	19

TOASTS

AVOCADO poached egg on seven grain toast	15
SMOKED SALMON cream cheese, tomato, pickled red onions & capers (choice of bagel)	16

SWEETS

BUTTERMILK PANCAKES preserves & maple syrup	14
CROISSANT, PAIN AU CHOCOLAT, ALMOND CROISSANT	4
MARKET GF LOAF	4
BLUEBERRY MUFFIN	4

FRESH JUICES

THINK TANK carrot, apple, turmeric & ginger	10
PURE PASSION fresh passion fruit, agave nectar & mint	10
BIG BANG kale, beet, spinach, parsley, cucumber & cayenne	10
ORANGE JUICE	6

SIDES 10

TWO EGGS
BACON
MAPLE SAUSAGE
BREAKFAST POTATOES

HOT/ICED

COLD BREW 5
COFFEE any style 5
MATCHA LATTE 5
CHAI LATTE 5

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