

# MAINS

## OATMEAL 9

choice of topping:  
brown sugar & cinnamon,  
banana, maple, or honey

## BREAKFAST WRAP 11

organic scrambled eggs, cheddar,  
grilled scallions, roasted red peppers,  
tater tots, green Tabasco, flour tortilla

## OVERNIGHT OATS 10

chia seeds, pumpkin seeds, toasted  
coconut, apple, banana, cinnamon  
add berries +3

# BAKED

## PASTRIES BY:



# SIDES

## AVOCADO HALF 3

## BACON 6

## GREEK YOGURT & BERRIES 8

## AVOCADO TOAST 11

smashed avocado, radish, chives,  
cherry tomatoes, feta, pumpkin seeds,  
7-grain

## EGG SANDWICH 9

american cheese, sesame brioche  
add bacon, ham, or sausage +3

## FRENCH TOAST 14

challah bread, macerated berries,  
cinnamon crema, Vermont syrup

## BAGEL 5

plain cream cheese or scallion

## EGG ANY STYLE 3

## PORK SAUSAGE 6

## ACAI FRUIT BOWL 9

acai yogurt, fresh berries, banana, kiwi,  
toasted oats, chia, flax, almond butter

## BREAKFAST BOWL 12

two organic eggs your way, tater tots  
choice of pork sausage or bacon, toast

## BAGEL & LOX 16

smoked salmon, tomato, onion, capers,  
scallion cream cheese, everything bagel

## 7-GRAIN TOAST 4

\*gluten free available

## TATER TOTS 5

## FRUIT CUP 7

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness