



BREAKFAST MENU

8 AM - 2:30 PM

V Vegetarian VV Vegan GF Gluten Free VO Vegan Option

MAIN PLATES

Potato Hash Brown - 9.25

Sunflower Seed Cream, Beet Ketchup, Pickled Onions VV/GF

Breakfast Burrito - 10.00

Tofu Egg Scramble, Avocado, Coconut Bacon, Chickpeas, Pepperjack Cheese, Potatoes, Spinach, Onion, Tomato VV (gluten free wrap add 2.00)

Lila Rice Bowl - 12.50

Chermoula Rice, Kale, Avocado, Cucumber, Two Poached Eggs, Harissa Sauce V/GF/VO

Poached Eggs Benedict – 12.00

Paleo Bread, 'Hollandaise', Avocado, Mixed Lettuces V/GF

Omelette of the Day - 11.50

Mixed Lettuces, Mustard Lemon Vinaigrette V/GF

2 Eggs and Toast - 8.95

Two Eggs Your Way, Toast with House Made Butter, Mixed Lettuces V

Brioche French Toast - 11.95

Vegan Butter, Fruit, Maple Syrup, Jam V

Buckwheat, Oat and Flaxseed Pancakes -

2 each 14.25 - single 9.50

Vegan Butter, Fruit, Maple Syrup VV/GF

Avocado Toast - 11.25

Choice of Bread, Pickled Onions, Sesame Spice Mix VV/GF

Acai Bowl - 12.00

Mango, Banana, Almond Milk, Seed Granola, Coconut, Fresh Berries VV/GF

Raw Muesli - 10.50

Almonds, Dates, Coconut, Fresh Fruit, Almond Milk VV/GF

Smoked Salmon, Pumpernickel Toast - 15.25

Tomatoes, Capers, Red Onion, Horseradish Sunflower Seed Cream

Corned Beef Hash - 11.95

House Cooked Brisket, Potatoes, Onions, Horseradish, Two Eggs Sunnyside Up GF

Add to Any Plate

Tofu VV/GF - 3.50

Vegan Cheese VV/GF - 2.00

Coconut Bacon VV/GF - 3.00

Avocado VV/GF 4.00

Almond Falafel, Tahini Sauce VV/GF – 6.00

Vegan Chorizo GF - 3.75

Fermenticious Curry Love Sauerkraut - 5.00

Farm Egg - 3.00

Toast- 2.75 White, Rye, Pumpernickel, or Gluten Free

Pork Chorizo (4 oz. Patty) GF - 4.00

Fish Fillet of the Day (4 oz.) GF - MKT

Grilled Gulf Shrimp (3 each) GF - 6.75

House Made Bacon Slab GF - 5.50

Organic Chicken Breast (4 oz.) GF - 4.50

Maple Syrup-2.00

House Made Jam- 2.00

Extra Sauce - 0.50