

BREAKFAST


 

CARROT-GINGER JUICE	8
carrot, ginger, lemon, honey	
CUCUMBER-COCONUT JUICE	8
cucumber, coconut water, sea salt	
BANANA-DATE SMOOTHIE	8
banana, almond milk, Medjool dates, vanilla cinnamon, coconut oil	
KALE-COCONUT SMOOTHIE	8
kale, coconut oil, coconut milk, chia seeds	

..... QUICK BITES

* FRIED EGG & WHOLE HOG SAUSAGE SANDWICH	15
jack cheese & avocado on multi-grain bread	
* BREAKFAST BURRITO	14
egg, avocado, roasted potatoes, queso fresco & roasted tomato salsa	
add roasted veggies	14
add bacon, ham, whole hog or jalapeño-bison sausage	16
YOGURT PARFAIT	13
greek yogurt, housemade granola, fresh fruit, local honey	
* CURED SALMON & BAGEL	14
philadelphia cream cheese, capers, onions	

..... HEALTHY OPTIONS

STEEL-CUT IRISH STYLE OATMEAL	11
walnuts, dried cranberries, honey	
MUESLI	12
rolled oats, greek yogurt, seasonal fruit & candied nuts	
BREAKFAST CEREAL	10
choose from a selection of cold cereals choice of regular, skim or soy milk	
add market berries	12
MARKET PICKED FRUITS AND BERRIES	7.5
TOASTED GRANOLA, YOGURT AND BERRIES	10
LOW FAT GREEK YOGURT	6
add market berries	3

..... FARM EGGS

* ORGANIC EGGS	16
two eggs done your way, choice of bacon, ham, jalapeño-bison or chicken sausages, with choice of toast and roasted potatoes	
* BUILD YOUR OWN SCRAMBLE OR OMELET	16
choose 3 from: ham, bacon, jalapeño-bison sausage, swiss, cheddar or gouda, spinach, tomato, onions, mushrooms or peppers	
with choice of toast and roasted potatoes	
* EGG WHITE, SPINACH AND ROASTED TOMATO OMELET	16
gouda cheese, arugula, vine ripened tomato salad with choice of toast	
* HONEY SMOKED SALMON BENEDICT	17
poached eggs & wilted spinach on english muffin with citrus-olive oil hollandaise	
* EGGS CHILAQUILES	16
two organic eggs scrambled with crispy corn tortillas, onion, roasted red chili and tomatillo sauce, queso fresco with roasted tomato salsa	

..... INDULGE

SELECTION OF BREAKFAST PASTRIES	8
STACK OF BLUEBERRY BUTTERMILK PANCAKES	15
pure maple syrup, orange berry salad	
CRISP MALTED WAFFLE	15
pure maple syrup, powder sugar	

..... BEVERAGES

FRESHLY BREWED STARBUCKS® COFFEE	4
regular or decaf	
ICED COFFEE	4
ASSORTED TAZO® TEAS	4
SELECTION OF JUICE	6
orange, grapefruit, apple, cranberry, v8	
MILK (whole, 2%, skim or soy)	5
ESPRESSO	5
CAPPUCCINO	6

..... SIDES

BREAKFAST MEATS	7
bacon, ham, whole hog, chicken or jalapeño-bison sausage	
SELECTION OF TOAST	4
white, whole wheat, sourdough or english muffin ask your server for gluten free selections	
BAGEL & PHILADELPHIA CREAM CHEESE	6
ROASTED POTATOES	7



"These nutritional powerhouse foods can help extend your health span – the extent of time you have to be healthy, vigorous and vital." – Dr. Steven Pratt, author of SuperFoods Rx Fourteen Foods That will Change Your Life



We pride ourselves in providing gluten friendly menu choices. While we endeavor to carefully prepare those meals to accommodate a gluten-free diet please be aware that they may be prepared in an environment where gluten is present. Please consult your physician as to your personal health decisions.

* These items may be served raw or undercooked and consuming raw or undercooked meats, poultry, seafood, shellfish and eggs may increase your risk of food-borne illness