

• BREAKFAST •

Monday - Friday 7:00AM - 11:00AM

BEGINNINGS

STEEL CUT OATMEAL *walnuts, apples & berries with choice of milk* **\$13** (df, v)
(+ banana, pomegranate, hemp, goji, acai, flax, toasted almonds, shaved coconut // 1 each)

GRANOLA PARFAIT *greek yogurt, wild berries, toasted almonds, pumpkin seeds* **\$14** (gf)

EGGS

CLASSIC EGGS BENEDICT *Canadian bacon, hollandaise* **\$22**
(sub Nova Scotia smoked salmon +2)

EGG WHITE OMELETTE *roasted mushrooms, goat cheese* **\$20**

3 EGGS ANY STYLE *Nueske's smokehouse bacon* **\$21**

B.E.C. OMELETTE *bacon, aged cheddar, caramelized onion* **\$20**

HOUSE SPECIALTIES

SMASHED ORGANIC AVOCADO TOAST *pomegranate, almonds, roasted tomato, poached egg, seven grain bread* **\$19**
(extra egg +3 // feta +2)

CINNAMON ROLL PANCAKES *brown sugar-cinnamon swirl, cream cheese frosting, candied almonds* **\$20**

FRENCH TOAST *blueberry compote, maple syrup* **\$25**

SMOKED SALMON PLATTER *toasted bagel, sliced onion, tomato, capers* **\$21**

SPINACH POWER BOWL *toasted quinoa, spinach pureé, avocado, pine nuts, soft poached egg, sesame, hemp seeds* **\$19** (gf)

SIDES

2 EGGS *any style* **\$9** (gf, df)

NUESKE'S BACON **\$9** (gf, df)

CHICKEN SAUSAGE **\$9** (gf, df)

HOME FRIES **\$8**

ENGLISH MUFFIN **\$3** // **TOASTED BAGEL** **\$5** // **GLUTEN FREE TOAST** **\$5** (gf)

BEVERAGE CORNER

MR. GREEN JUICE *kale, apple, ginger* **\$10**

REVITALIZER *fresh pressed carrot, apple, lime, candied ginger* **\$10**