



BREAKFAST

T45 CLASSICS

SMOKED SALMON BAGEL* — 22
RED ONION, TOMATO, CAPERS, CREAM CHEESE

PANCAKES — 17
BUTTER, NY STATE MAPLE SYRUP

NY BROOKLYN BAGEL — 6
WHIPPED CREAM CHEESE OR BUTTER

WAFFLE — 17
FRESH BERRIES, WHIPPED CREAM

NEW YORK BREAKFAST — 23
TWO EGGS ANY STYLE, BREAKFAST MEAT, TOAST
SERVED WITH BREAKFAST POTATOES OR SEASONAL FRUIT

BREAKFAST SANDWICH — 20
SCRAMBLED EGGS, BACON, CHEESE, CROISSANT
SERVED WITH BREAKFAST POTATOES

HASH AND EGGS — 21
HOUSE-SMOKED PASTRAMI, BREAKFAST POTATOES,
SUNNY SIDE UP EGGS

BREAKFAST BURRITO — 18
SCRAMBLED EGGS, VEGAN CHILI, BACON, CHEESE

T45 SPECIALS

T45 FRENCH TOAST — 17
FRESH BERRIES

NUTELLA WAFFLE — 20
BANANAS & STRAWBERRIES

CALIFORNIA OMELETTE — 20
GUACAMOLE, PEPPER JACK CHEESE, BABY SPINACH
SERVED WITH BREAKFAST POTATOES

CAPRESE OMELETTE — 20
MOZZARELLA, BASIL, TOMATO
SERVED WITH BREAKFAST POTATOES

VEGGIE OMELETTE — 20
MUSHROOM, SPINACH, TOMATO, ONION
SERVED WITH BREAKFAST POTATOES

BREAKFAST BOWL — 20
SCRAMBLED EGGS OR EGG WHITES, CHICKEN SAUSAGE,
SPINACH, QUINOA, TOMATO, MUSHROOM

STEAK AND EGGS* — 26
SERVED WITH BREAKFAST POTATOES

PURE GREEN COLD PRESS JUICES - 10
GOLDEN GIRL
GRAPE SHOT
ROCKIN BEET
PURE GREEN

HEALTHY OPTIONS

AVOCADO TOAST — 18
AVOCADO, CHILI FLAKES, LIME
ADD EGG — 4

GRANOLA — 9
SERVED WITH MILK

T45 BAKERY PLATE — 18
COFFEE CAKE, APPLE MUFFIN, PAIN AU CHOCOLAT,
MINI ALMOND & PLAIN CROISSANT

GREEK YOGURT — 11
ADD GRANOLA — 2, FRESH FRUIT — 3, BERRIES — 6

BERRY YOGURT BOWL — 14
CHIA SEEDS, RASPBERRY SAUCE, CITRUS, BERRIES

SEASONAL FRESH FRUIT — 15

OATMEAL — 12
BROWN SUGAR AND MILK

GLUTEN FREE PANCAKES — 19
BANANA, MAPLE SYRUP, MADE WITH ALMOND FLOUR

EGG WHITE OMELETTE — 20
SPINACH, TOMATO, ONION,
HOUSE GREEN SALAD

EGG WHITE BREAKFAST SANDWICH — 21
TOMATO, AVOCADO, ENGLISH MUFFIN,
FRESH FRUIT

HEALTHY SCRAMBLE — 18
SCRAMBLED EGGS OR EGG WHITES, BROCCOLI,
CAULIFLOWER, KALE, ONION

VEGAN — 18
TOFU SCRAMBLE, KALE, VEGAN
CHILI, PICKLED ONION

BOWL OF BERRIES — 16

SIDES

BACON — 8
BERRIES — 6
AVOCADO — 4
PORK SAUSAGE — 8
CHICKEN SAUSAGE — 8
TURKEY BACON — 8
ENGLISH MUFFIN — 5
CROISSANT — 5
SMOKED SALMON — 10
BREAKFAST POTATOES — 4

*CONTAINS RAW OR UNDERCOOKED FOOD PRODUCTS.

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

PLEASE INFORM YOUR SERVER OF ANY FOOD ALLERGIES THAT YOU MAY HAVE.

18% GRATUITY WILL BE ADDED TO ALL PARTIES