



## FOOD · THOUGHTFULLY SOURCED · CAREFULLY SERVED

### · BREAKFAST ·

#### Avo & Eggs Toast 18

avocado, roasted hemp heart & sunflower seeds,  
free range poached eggs, arugula and lemon wedge 

#### Buttermilk Pancakes 16

**loaded:** banana, chocolate, coconut, walnuts and  
maple syrup 

**traditional:** local mixed berries, maple syrup 

#### Classic Breakfast 23

two free range eggs any style, double smoked bacon,  
local turkey sausage, toast and local smashed nugget  
creamer potatoes



#### Traditional “Benny” 23

double smoked back bacon, free range poached eggs,  
toasted English muffin, hollandaise sauce served with  
local smashed nugget creamer potatoes

#### 3 Egg Custom Omelet 21

toppings: ham, mushrooms, spinach, bell peppers,  
onions, tomato or cheese, served with local smashed  
nugget creamer potatoes


#### Quinoa Buddha Bowl 18

warm quinoa, julienne root vegetables, beans,  
baby kale, corn, peppers and cherry tomato    
add cage free egg \$3.5



#### ‘Lox n’ Bagel Sandwich 21

smoked salmon, cream cheese, tomato, red onion,  
capers, served with local smashed nugget creamer  
potatoes and lemon wedge

#### Chia Pudding Parfait 15

vegan yogurt, granola crunch, local mixed berries  
and hemp heart 

#### Seasonal Fruit and berries 14

watermelon, honeydew, cantaloupe  
and mixed berries  

#### Continental Breakfast 16

all butter croissant, savory strudel, muffin, danish, toast  
coffee and juice

#### Kids Breakfast 9

kids pancake, scrambled eggs,  
local smashed nugget potatoes and fruit salad

### · BEVERAGES ·

cappuccino or latte	6	grapefruit juice	5
coffee or tea	5	cranberry juice	5
orange juice	6	apple juice	5

### · ALTERNATIVES ·

naturally cured bacon,	7	pastry, toast or muffin	5
turkey sausage or back bacon		bagel with cream cheese	7
breakfast potatoes	6	avocado	3
raisin oatmeal	12	cage free egg	3.5



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

PLEASE ADVISE YOUR SERVER OF ANY DIETARY RESTRICTIONS OR ALLERGIES. PRICES DO NOT INCLUDE TAXES OR GRATUITIES

