



breakfast

served monday-friday 7am-10:30am

banana mango smoothie	5.95
<i>orange juice, low fat yogurt, agave</i>	
add flax or chia seeds	.50
breakfast combo	10.95
<i>2 eggs any style, apple smoked bacon, brioche toast, hash brown</i>	
sunflower seed granola	4.95
<i>choice of milk, seasonal fruit</i>	
greek yogurt	6.50
<i>sunflower seed granola, honey, seasonal fruit</i>	
old fashioned oatmeal	4.95
<i>apple compote, brown sugar</i>	
egg sandwich	5.50
<i>2 scrambled eggs, house made sweet potato roll, cheddar</i>	
*add bacon/ham	1.50
*croissant/cheddar chive biscuit	2.00
frittata du jour	10.95
<i>side salad</i>	
brioche french toast	11.95
<i>mixed berries, whipped cream, maple butterscotch</i>	
*substitute egg white	1.50
<u>sides</u>	
hash brown	3
breakfast sausage	4.25
apple smoked bacon	5.50
one egg any style	2.50
slice of toast	.95