

Breakfast

Pancakes & Waffles

GF Full Stack Pancakes 9.5 Half stack 7.5
Fresh berries add +2 Chocolate chips add +1.5

GF Waffles 8.5
Fresh berries add +2 Chocolate chips add +1.5

GF Strawberry & Chocolate waffles 11.5

Egg Specialties

GF Traditional Breakfast 8
2 eggs any style, hash browns, GF toast and fruit
Cherry Applewood Bacon add+2.5 Vegan Sausage +4

GF Protein Packed 12
Scrambled egg whites, sautéed spinach and mushrooms,
and organic chicken sausage, GF toast or fruit

GF No Yolk Scrambler 11.5
Egg whites w/tomato and avocado. GF toast or fruit

GF/VEG Tofu Scrambler 11
Tofu, spinach, tomato, shallots, and mushrooms.
GF toast or fruit

GF Bacon Skillet 12
Cherry Applewood Bacon, onions, peppers, tomato
w/jack n cheddar cheese. GF toast or fruit

Gf Avocado Breakfast Toast 11
Smashed avocado/chickpea spread, diced tomato,
2 poached eggs on GF toast, drizzled siracha sauce.
Choice of Field green salad or fruit

GF/VEG Quinoa Skillet 10
add cheese +1 add Eggs +2
Quinoa, red pepper, shallot, avocado, black beans

GF Chilaquiles 9 add bacon +1.5
Corn tortilla chips, salsa, jack n cheddar cheese,
Mexican crema, 2 eggs any style

Healthy Choices

GF Acai Bowl 10
Organic acai blended w/banana and assorted berries.
Topped w/strawberry, banana, blueberry, organic chai
seeds, granola, coconut & local honey

GF Greek Yogurt 6.5
Topped w/walnuts, cinnamon and local honey

GF Yogurt Parfait 8.5
Greek yogurt topped w/crunchy granola, fresh organic
berries, walnuts, cinnamon and local honey

GF Quinoa Breakfast Bowl 9
Greek yogurt topped w/quinoa, organic blackberries,
almonds, Organic sunflower seeds and local honey

Lunch Specials on back.....