

Croque Madam

First originating in 1910 in cafes across Paris. Black Forest Ham & Gruyère cheese sandwich, topped w/ 2 eggs, layers of béchamel sauce, and Grey Poupon mustard.

\$11.11



Double Dutch

(2) Authentic Liege Belgian waffles w/ pearl sugar, Kerigold butter + maple syrup

Upgrade 100% Grade "A" Vermont Maple Syrup +\$1.50
Seasonal berries. +\$2.95

(1) \$5.95 (2) \$7.95



Breakfast Avo Toast

(2) slices of ☺ sourdough toast topped w/ avocado, (2) scrambled eggs

(2) \$12.95 (1) \$7.95



Breakfast Croissant

(Smoked ham, sausage, or bacon), scrambled eggs, + muenster cheese on a fresh house-made croissant

☑ Vegetarian Croissant served w/ avocado + tomato in place of meat.

\$9.95



BREAKFAST

MON - FRI 8AM - 4PM | SAT + SUN 8AM - 1PM

Breakfast Burrito ☺☑

Bacon, eggs, house-made roasted garlic cubed potatoes, + Monterey Jack cheese. Served w/ salsa.

☑ Vegan Breakfast Burrito - Vegan Sausage, Turmeric tofu scramble, + Daiya cheese +\$2

\$8.95



Cowboy Bowl

(Smoked ham, bacon or sausage) fried eggs, roasted garlic potatoes, avocado, + microgreens. Served w/ house-made salsa.

☑ Keto option served w/ eggs, ham, cheese, guacamole, microgreens, cilantro, + salsa, served on a cauliflower tortilla. +\$2

\$12.95



Vegan Cowboy Bowl ☑

Vegan sausage, curry tofu eggs, roasted garlic potatoes, avocado, + Daiya cheese. Served w/ house-made salsa.

\$14.95



☑☑ Keto Quiche GF

A delicious spinach, mushroom, + egg white bake w/ a blend of Feta, Parmesan, + Alejandro cheeses in a gluten-free tortilla. Perfectly seasoned w/ nutmeg + salt to taste.

\$8.95

Greek Parfait

House-made Greek yogurt parfait layered w/ fresh seasonal berries + artisan gluten-free granola.

☑ Vegan Gluten-free option - Sub Greek yogurt for house-made coconut yogurt +\$2
\$7.95

*Add house-made Guacamole for .75¢ | Bacon +\$1.50 | Gluten-free Bread +\$1.00 | Side of Eggs +\$2.50

Avo Toast

Two slices of d sourdough topped w/ avocado, house seasoning, + balsamic glaze.

(2) \$10.50 (1) \$6.50



B.L.T. Avo Toast

Bacon, micro-green lettuce, tomato, avocado (CC) sourdough.

V.L.T. Vegan Option served w/ avocado, tomato, house-made vegan coconut bacon, + (CC) microgreens.

(2) \$12.95 (1) \$7.95



Chicken Avo Wrap

Freshly sliced oven-roasted chicken, house-made pesto, w/ fresh sliced avocado, cucumber, & tomatoes w/ greens on a spinach wrap.

\$14.95



(V) Vegan Avo Wrap

Fresh sliced avocado, cucumber, tomato, bell peppers, microgreens, hummus, + vegan pesto.

\$11.11



Harvest Berry Salad

Bed of baby spinach tossed w/ seasonal fruit, pistachios, + house-made lemon poppy seed vinaigrette.

\$11.11



(CC) (V) (K) Avo Salad

Bed of spring mix, pesto, tomato, avocado, + cucumber. Topped w/ vegan bacon bits, pistachios + balsamic.

\$11.11



Chipotle Quesadilla

Mexican cheese blend w/ chipotle cream cheese on a flour tortilla served w/ house-made salsa verde. Add chicken +\$4

(GF) (K) option served w/ cauliflower tortilla +\$2

\$7.95



Cubano

Smoked Black Forest ham, herb seasoned chicken breast, Muenster cheese, Grey Poupon mustard, w/ house-made white wine vinegar dill pickles on grilled (CC) sourdough.

\$12.50



LUNCH

MON - FRI 12PM - 4PM | SAT + SUN 1PM - 4PM

*Add Feta, Hummus, or Guacamole for .75¢ | Chicken +\$4 | Gluten-free option +\$2