

BREAKFAST

EGG SANDWICH \$7.75
OVER EASY EGG & SWISS ON A CHEDDAR CHIVE SCONE

FRENCH TOAST SANDWICH \$9.75
BRIOCHE FRENCH TOAST STUFFED WITH HAM & SWISS
MAKE IT VEGAN + \$1

FORK & KNIFE BURRITO \$10.50
POTATOES, AVOCADO, BLACK BEANS, AND MOZZARELLA BAKED AND TOPPED WITH 2 EGGS, SALSA VERDE, SRIRACHA, & GREEN ONIONS
MAKE IT VEGAN +\$1 ADD BACON +\$2

SMOKED SALMON BLT \$10.75
SMOKED SALMON, BACON, SPINACH, TOMATO, EGG, & AIOLI ON BRIOCHE

TEX MEX TOFU WRAP  \$9.75
TOFU SCRAMBLE, BLACK BEANS, PEPPERS, RED ONION, & AIOLI WITH A SIDE OF SALSA VERDE

SWEET POTATO PANCAKES   \$9.75
TOPPED WITH CANDIED PECANS & MARSHMALLOW FLUFF

YOGURT & GRANOLA   \$8.50
GREEK YOGURT, GRANOLA, CINNAMON APPLES, MAPLE

BISCUITS AND MUSHROOM GRAVY  \$9.75

AVOCADO TOAST  \$6.50
WHEAT TOAST, LEMON, & RED PEPPER FLAKE

BREAKFAST BOWL \$10.50
SWEET POTATO BISCUIT, POTATOES, MUSHROOM GRAVY, CHEDDAR, & EGG TO ORDER
MAKE IT VEGAN + \$1

BREAKFAST A LA CARTE

EGG	\$1.50	BACON	\$2.75	TOAST	\$1.50
HOME FRIES	\$2.50	SINGLE PANCAKE	\$2.75		

SANDWICHES/WRAPS (WITH SOUP OR SALAD)

VEGAN REUBEN  \$10.50
HOUSE MADE SEITAN, SAUERKRAUT, DAIYA MOZZARELLA, RUSSIAN DRESSING ON RYE



VEGGIE HUMMUS WRAP  \$9.75
GARLIC HUMMUS, BRUSSELS SPROUTS, SWEET POTATOES, CAULIFLOWER, SPINACH, & BALSAMIC

GREEK GYRO  \$10.50
PITA STUFFED WITH SEITAN, TOMATO, ONION, SPINACH, OLIVES, AND TZATZIKI SAUCE

MOROCCAN TEMPEH WRAP \$10.00
GARLIC HUMMUS, HARISSA TEMPEH, & TOMATO EGGPLANT CHUTNEY WRAPPED IN A PITA

BOWLS, SALADS, TACOS

BBQ BOWL   \$10.50
KALE TOPPED WITH RICE, BBQ TOFU, BLACK BEANS, CORN, AVOCADO, & ZESTY RANCH

CURRY BOWL   \$10.50
RICE TOPPED WITH CHICKEN OR TOFU, PEPPERS, CARROTS, BROCCOLI, GREEN ONION, CASHEWS & THAI CURRY SAUCE

CRUNCHY VEGAN TACOS  \$10.00
SPICED TOFU TACO MIX, CHEDDAR DAIYA, TOMATOES, ROMAINE, & VEGAN SOUR CREAM

HARVEST BOWL  \$10.50
KALE, MASHED POTATOES, GRAVY, ROASTED SEASONAL VEGETABLES, CRANBERRY CHUTNEY, CANDIED PECANS

SOUP OF THE DAY  \$4/CUP \$5.50/BOWL

ADD CHICKEN	\$3	ADD TOFU	\$2
ADD SMOKED SALMON	\$4	ADD SEITAN	\$3
SUBSTITUTE GF BREAD	\$1.50	ADD TEMPEH	\$2

 GLUTEN FREE  VEGAN

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