

# LIGHTEN UP

- 10 **granola with yogurt**  
homemade granola, choice of yogurt
- 12 **acai parfait**  
homemade granola, bananas, berries
- 16 **bagel schmugel**  
smoked salmon, red onions, capers, tomatoes, bagel
- 10 **irish oatmeal**  
coconut streusel

# EGG-CELLENT

- 15 **the big "O"**  
3 eggs, turkey chorizo, spinach, tomatoes, manchego cheese
- 15 **the benny**  
choice of bacon, spinach, smoked salmon, canadian bacon or crabmeat (2)
- 13 **tofu scramble**  
egg whites, broccoli, zucchini, tomatoes, brown rice, mushrooms, avocado, alfalfa sprouts
- 14 **breakfast panini**  
2 eggs, tomato, swiss cheese, red pepper, grilled zucchini, roasted red pepper aioli, sprouts
- 15 **steak and eggs**  
2 eggs, red chile sauce
- 14 **the usual suspect**  
two eggs any style, breakfast potatoes, choice of bacon, ham or sausage
- 14 **hot n' frisky**  
spicy chilaquiles, poached eggs, queso fresco, avocado

# GRIDDLE ME THIS

- 14 **chicken and waffles**  
chicken confit, fig jam and vanilla syrup
- 14 **lemon pancakes**  
mascarpone cream, candied lemon zest
- 14 **coconut french toast**  
coconut and corn flakes crust
- 13 **keep it simple**  
traditional buttermilk pancakes, seasonal fruit compote
- 13 **euro-waffle**  
buttermilk belgian waffle, infused cinnamon whipped cream

# LIQUID FUEL

- 5 **leaded or unleaded**  
coffee | tea-se | espresso | latte | cappuccino
- 5 **fruit juice**  
orange | grapefruit | apple | cranberry | tomato
- 5 **moo juice or soy milk**
- 8 **mixed berry smoothie**
- 13 **mimosa**  
chandon champagne, fresh orange juice
- 16 **strawberry fields**  
fragoli wild strawberry liqueor, chandon champagne
- 10 **rice bloody mary**  
spicy pickles, olives, lime



\*consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness