# SMALL BITES

Croissants	
Butter Pinch, Pan au Chocolat,	\$4
Pecan Danish, Praline	
Chocolate Hazelnut	

### **Bagels**

Plain or Everything Bagel \$4 with butter, cream cheese, or peanut butter

Yogurt Bowl \$9/13 Yogurt, granola, mixed berries, Banana, mango, cacao nibs, coconut, pistachio, agave drizzle \*GF OPTION\*

### AVO TOASTS (GF avail +\$4)

Avo Delight \$11 avocado, lemon zest, chili pepper flackes.

Sunrise Avocado Hash \$15

Avocado, Sunny-side-up egg, Sun-dried tomato jam

\$15 Savory Avo (GF avail) Marinated steak tips, Avocado,

tomato, and micro greens



### **Phoenix Rising**

A vibrant blend of zesty lemon, invigorating cayenne pepper, inflammation-fighting turmeric, stimulating ginger, and the refreshing goodness of orange juice.

### **Emerald Breeze**

An immune-boosting elixir with the natural power of ginger, the superfood strength of spirulina, and the zesty freshness of orange juice. Strengthen your defenses and fuel your body.

### Blueberry Refresher

Celebrate health and flavor with a blend of blueberry, lemon, ginger, and mint that's as invigorating as it is delicious.

### Sunrise Ginger Cran

Immune-Boosting Citrus Cran-Ginger Elixir, a powerhouse blend of citrus fruits, cranberry, and ginger.

# EMBUS BENEDICTS

# brunch vibes Full menu served morning and afternoon

## BREAKFAST HANDHELDS

choice of side - Hash browns, potatoes or fruit GF Bread Available \$4

## Veggie Delight

Tomato, cucumber, spinach, Avocado micro greens, and cream cheese

### **Sunrise Provolone**

Sausage, scramble patty, smoked provolone, black berry jam

### Sausage Scramble

Scramble patty, sausage, cheese, caramelized onion, mixed greens

### French Toast V-egg

\$14

Scramble patty, cheese, maple sausage in between french toast (GF avail \$2.50)

### Steak and V-egg

\$16

\$14

\$14

\$14

Steak, V-egg patty, cheese, caramelized onion, mixed greens, aioli

### **Breakfast Burger**

\$18

\$17

\$17

\$14

Cheddar, bac'n, sunny side up Yoegg, Lettuce, red onion, avocado and pepper jelly

Served with roasted veggies and choice of side- Hash browns, potatoes or fruit GF Bread Available \$2.50

### \$23 Brisket Bene

Our most popular item!! Seasoned Brisket. Poached yoeggs, hollandaise

# \$21

Crab Lovin Bene Poached yoeggs, hollandaise,

Our house made mind blowing CrabN cake,

### \$21 French Toast Bene

Poached yoeggs, hollandaise and sausage, on a thick portion of our delicious French toast

# **CROFFLES**

#### Chocolate Hazelnut \$16 crispy outside and soft inside with a creamy hazelnut center. choice of

Plain Croffle \$15 crispy outside and soft inside

side- Hash browns, potatoes or fruit

choice of side- Hash browns, potatoes or fruit

# Chia and Yogurt

Plain Croffle topped with chia, yogurt, fruit, coconut, nibs, granola and agave

### Acai Croffle

Plain Croffle topped with acai, fruit, coconut, nibs, granola and agave

### FRENCH TOAST

choice of side- Hash browns, potatoes or fruit

**Berries and Cream** \$17 Creme Brûlee \$17 Classic \$15

# AÇAI

Banana Split \$15

Banana, granola, berries, cocao nibs, whipped topping, chocolate drizzle, peanut butter drizzle, coconut shreads

**Energizer** 

\$16

\$16

Banana, granola, chia, berries, cocao nibs, hempseed, goji, pineapple, and agave drizzle

#### SIDE ADD ONS

Fresh Fruit 3.50 - Hash Browns 3.50 Sunny yo egg 4.00 - Scramble 2.75 Poached Yoegg 4.50 - Bacon 3.00 Sausage 3.50 GF toast 4.00 -Garlic Butter Toast 2.50

## BREAKFAST BOWLS

#### Vibe Bowl \$15 Scramble, Avocado, Tomato, Roasted

# The Mediterranean

Scramble, Avocado, Tomato, Roasted sweet Potatoes, Spinach, Feta Cheese

sweet Potatoes, Spinach, Cheese

#### **Burrito Bowl** \$17

Scramble, Steak Tips, Black Beans, Cheese, Salsa, Roasted Potatoes, Sour Cream, Avocado, Spicy Breakfast Sauce, Micro Greens

# Breakfast Burrito (GF avail)

Scrambled veggs, cheese, sausage, black beans, tortilla, avocado, sour cream, potatoes on side

# Breakfast Tacos (GF avail)

Breakfast scramble, cheese, steak tips. tortilla. avocado. sour cream

# BURGERS & SANDWICHES choice of side- potatoes, fruit or salad

hoice of side- potatoes, fruit or salad GF Bread Available \$4

## Bello Burger

Marinated grilled portobello mushroom, caramelized onions, fireroasted peppers, and provolone cheese

### **Greek Burger**

Mediterranean seasoned patty topped with whipped feta, tomatoes, red onions and lettuce. (can sub with portobello)

### Short Rib Steak & Cheese

Seasoned juicy meat with peppers, onions, and provolone cheese.

### Avo BLT

Avocado, bac'n, lettuce, tomato and house mayo on toasted bread.

#### Crab Lovin Sandwich

Our Crab Loving Cake with lettuce, tomato, and smoked paprika remoulade.

# VEGAN BISTRO

# BOTTOMLES — mimosas —

\$17

\$18

\$18

\$16

\$18

# > \$14 \ signature mimosas

emerald mimosa mango peach spicy orange Raspberry Chocolate

# Bistro Bac'n Cheese Burger

Cheddar, pickled red onion, VBacon, bistro sauce, lettuce, tomato, pickle on brioche bun. (can sub with portobello)

\$18

\$17

\$18

# lunch vibes

## FRESH SALADS

choose bowl or wrap

### Crispy Chik'n Cobb Salad

Crispy chik'n, roasted corn, cherry tomatoes, red onion, avocado, blue cheese crumbles, Bac'n pieces and your choice of blue cheese or Ranch dressing.

\$18

\$18

\$18

\$16

### Thai Steak Salad

Mixed greens, steak tips, avocado, cucumber, red onions, tomatoes, green onion, sesame with a ginger sriracha citrus dressing

### Chik'n or Steak Caesar

romaine with shaved parmesan cheese, croutons, and signature Caesar dressing

#### Greek Salad

Mixed greens, olives, red onions, tomatoes feta, peperoncino, Add Chik'n or Steak \$6

# Steak Burrito (GF in Bowl) \$18 choice of side- potatoes, fruit, or salad

Steak tips, Rice, corn, black beans, avocado, sour cream, cheese, lettuce, and salsa in a toasted tortilla

# Crispy Buffalo Chik'n Wrap \$18 choice of side- potatoes, fruit, or salad

Crisp chopped romaine, cheddar cheese, red onions, tomato, bac,n and blue cheese or ranch dressing wrapped in a toasted tortilla.

## Street Tacos (GF corn tortilla avail) \$14

Seasoned steak, pickled onions, cilantro, diced tomatoes, house sauce

# Chik'n Buffalo Street Tacos \$14 (GF corn tortilla avail)

Crispy buffalo bites tossed on top of chopped lettuce and topped with blue cheese dressing and avocado.

## LUNCH BOWLS

# Vibe Poke Bowl \$17

Rice, smoked watermelon, cucumber, ginger, edamame, sesame seeds, radish, avocado, curled carrots, and spicy mayo dressing with green onions

### Green Goddess Bowl

Seasoned Farro, broccolini, spinach, edamame kale green blend, brussel sprouts, and green goddess dressing. (GF Option with our rice blend)

# Mezze Bowl \$18

Kofta Kebab, falafel, rice quinoa blend, olives, cucumbers, pickled red onion, tomatoes, kofta, tzatziki dressing, hummus and pita.

### Healthy Harvest

Farro (can sub rice blend for GF) Roasted Brussel sprouts, sweet potatoes, chick'n, topped with creamy dressing.

# LITTLE VIBES SERVED WITH FRUIT

Classic French Toast	\$10
Grilled Cheese	\$10
Waffle-Chocolate or Plain	\$10
Chic'n Nuggets	\$10
Kids Burger	\$12

### **BEVERAGES**

Big Jerk Sodas 3.50 Flavored Lemonade-Raspberry, blueberry, mango, lavender, strawberry, rose 3.75 Sweet or Unsweet tea 3.00 Aqua Pana LG 5.00 Juices- Cranberry, Orange 3.50 Chocolate Milk 3.00 Hot Tea -3.00

Italian Cream Sodas -5.95 raspberry, caramel, strawberry, mango, blueberry, chocolate