



Early Birdies

Breakfast Served Daily from 7 to 11 am

HEALTHY PROTEIN BREAKFAST BOWL | 10

Red and white quinoa, barley, farro, brown rice, greens lightly dressed in vinaigrette, tomatoes, avocado velvet, two eggs your way

FARM EGGS YOUR WAY | 8

Two eggs your way, side of bacon, chicken sausage, or ham and breakfast potatoes, challah toast

AVOCADO TOAST | 8

Two pumpernickel toast slices, avocado velvet, tomato slices, two eggs your way, house-made salsa

BREAKFAST TACOS | 6

Two freshly cooked tortillas with eggs (egg whites may be substituted), cheese, onions and peppers, served with breakfast potatoes, home-made salsa (with bacon or ham add \$1.00)

BREAKFAST SANDWICH | 5

A warm breakfast sandwich with fluffy scrambled eggs (egg whites may be substituted), Canadian bacon, and cheese served with breakfast potatoes. Perfect for those on the go!

YOGURT PARFAIT | 5

Gluten-free AWESOME BITES granola with Greek yogurt, agave nectar and fruit

ASSORTED PASTRIES | 4

Choice of Danish, muffins, croissants and scones from our neighbors, Three Brothers Bakery

AWESOME MUFFINS | 2.5

Assorted AWESOME BITES Super Muffins; made without eggs, butter or milk, gluten-free and soy-free

SACK OF MUEVA COFFEE | 12

Custom small-batch coffee, sold by the pound. Josely Yuko is a 3rd generation Roastmaster using beans from her family's plantation in Nicaragua, that makes the most dynamic craft brew anywhere. Not only fair-trade/direct trade - it's Family Trade

ADD ON: SMOKED BACON | 3
BREAKFAST POTATOES | 3

CHICKEN SAUSAGE | 3
AVOCADO VELVET | 2
CALLAH TOAST (two slices) | 2

MIXED FRUIT | 4
GLUTEN FREE TOAST (two slices) | 3

SUBSTITUTE: FOR EGGWHITES | 1

FOR GLUTEN FREE TOAST | 2