

# BREAK



# FAST

## **Soul Burrito** ☺

3 Eggs cooked any style w/Bacon, Cheddar, Jalapeños & our House-Made Chipotle Sauce in a Whole Wheat Wrap ~ \$9.95

## **T-Bird Burrito** ☺

3 Eggs cooked any style, Raw Spinach, Home-Fries, Smoked Gouda w/our House-Made Chipotle Sauce in a Whole Wheat Wrap ~ \$9.95

## **Soul Brew Benedict**

Our Classic Eggs Benedict w/Home-Fries ~ \$13.95

## **The Local Bowl**

Quinoa, 2 Eggs any style, Peppers, Onions, Spinach, Avocado, Red Pepper Flakes & Sea Salt. ~ \$12.95

## **Soul's Breakfast Platter** ☺

3 Eggs any style, Home-Fries and choice of Multigrain, Rye or Sourdough ~ \$8.95  
{Add Bacon, Ham, Sausage or Turkey Bacon + \$2.95}

## **Feelin' Tot Burrito**

3 Eggs Scrambled, Cheddar, Our Famous Tater Tots & House-Made Chipotle in a Whole Wheat Wrap ~ \$9.95

## **“The Tater Totter”**

Perfectly Crisp Tots topped w/melted Pepper Jack Cheese, Bacon, Fresh Chives, BBQ Sauce & Ranch ~ \$11.95

## **The Waffle**

Fluffy Waffle with House-Made Batter ~ \$8.95  
{w/Fresh Fruit + \$3.75 | Bacon, Sausage or Turkey Bacon + \$2.95}

## **The Cali Crunch**

Breakfast Quesadilla w/Scrambled Eggs, Bacon, Avo, Hash Browns, Jack Cheese & Chipotle ~ \$13.95

## **Bird is the Word**

Scrambled Eggs, Turkey, Cheddar & Organic Strawberry Jam on a Sourdough Panini ~ \$10.95

## **Jeff's Egg Quesadilla** ☺

3 Eggs, Jack Cheese, Bacon & Sautéed Onions folded into a warm Quesadilla served w/Sour Cream & House-Made Salsa ~ \$13.95

## **Kristin's Scramble**

Scramble w/Asparagus, Spinach, Mushrooms, Onions & Asiago Cheese over our Home-Fries ~ \$12.95

PANCAKES

**Rainbow Road:** Rainbow Cookie Infused Pancakes w/Choco Drizzle, Raspberry Drizzle & Powdered sugar ~ \$13.95

**Banana Walnut** ~ \$13.95 **Blueberry** ~ \$11.95

**Cookies & Cream** ~ \$11.95 **Banana** ~ \$11.95

**Chocolate Chip** ~ \$11.95 **Plain** ~ \$9.95

{Bacon, Sausage, Turkey Bacon + \$2.95}

{Additional Topping + \$1.00}

## **The Healthy Panini**

3 Egg Whites, Avo & Tomato on a Multigrain Panini ~ \$10.95

## **Nikki's Almond Butter Toast**

Multigrain Toast w/Almond Butter, Banana Slices, Shredded Coconut & a Light Honey Drizzle ~ \$7.95

## **Yogurt Bowl**

Greek Yogurt w/Fresh Fruit, Granola & a Honey Drizzle ~ \$9.95

## **“The Avo Bella”**

Avocado Toast, Burrata, Spinach, Tomato, Balsamic Glaze, Red Pepper Flakes & Sea Salt ~ \$12.95

## **Avocado Toast**

Organic sliced Avocado, Red Pepper Flakes, Sea Salt and Lemon on Multigrain Pullman ~ \$6.95

### **Build it Up!**

+ Bacon, Sausage, Turkey Bacon, Tofu ~ \$2.95

+ Egg<sup>®</sup> ~ \$1.95

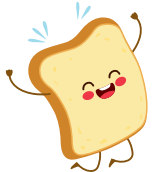
+ Cheese ~ \$1.95

+ Veggie Burger ~ \$3.95

+ Grilled Chicken ~ \$3.95

+ Vegetables ~ \$0.75 ea.

{Spinach, Peppers, Onions, Mushrooms, Asparagus, Jalapeños, Tomatoes}



## **Make Your Own Omelet**

Choice of 3 fillings, Home-Fries & choice of Toast ~ \$11.95  
{All Additional Add-Ons Are ~ \$1.00}

**Cheese:** Cheddar, Jack, American, Swiss, Mozzarella, Feta  
{Goat & Gouda ~ \$1.50}

**Meat:** Bacon, Turkey Bacon, Sausage, Turkey, Ham

**Veggies:** Asparagus, Mushrooms, Onions, Spinach, Jalapeños, Peppers, Tomatoes  
{Avocado ~ \$MP}

**Toast:** Multigrain, Rye or Sourdough  
{English Muffins, Paninis ~ \$2.00}

## **Make Your Own Egg Sandwich** ☺

Eggs ~ \$4.50 Egg & Cheese ~ \$5.50 Meat & Egg ~ \$6.50 Meat, Egg & Cheese ~ \$6.95

**Cheese:** Cheddar, Jack, American, Swiss, Mozzarella, Feta {+\$1.50 Gouda, Goat}

**Bread:** Multigrain, Rye, Sourdough, Wheat Wrap {+\$2.00 English Muffins & Paninis}

**Meat:** Bacon, Turkey Bacon, Sausage, Turkey, Ham **Avocado:** +\$MP

BEFORE PLACING YOUR ORDER, PLEASE INFORM YOUR SERVER IF A PERSON IN YOUR PARTY HAS ANY FOOD ALLERGIES

☺ CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD AND EGGS CAN INCREASE THE RISK OF FOODBORNE ILLNESS. ☺

# LUNCH



# TIME

## **The Get Buff Burrito**

Crispy Buffalo Chicken, Cheddar Jack, Avo, Lettuce, Tomato, Red Onion, Blue Cheese & Hot Sauce ~ \$13.95

## **The Ramblin' Man**

Grilled Chicken, Bacon, Cheddar, Lettuce, Tomato, Onion & House-Made Chipotle in a Wheat Wrap ~ \$11.95

## **Veg Out Wrap**

Roasted Red Peppers, Onion, Spinach, Avocado, Melted Swiss & House-Made Pesto in a Wheat Wrap ~ \$10.95

## **Jenna's Wrap**

Turkey, Swiss, Bacon, Spinach, Candied Walnuts, Cranberries & House-Made Honey Mustard in a Wheat Wrap ~ \$11.95

## **Killer Tofu**

Blackened Tofu, Roasted Red Peppers, Spinach, Tomato & Pesto on our Multigrain Pullman ~ \$11.95

## **Southwest Quesadilla**

Grilled Chicken, Cheddar Jack, Avocado, Red Onion & Chipotle served w/Sour Cream & Pico de Gallo ~ \$13.95

## **TT's Chicken Salad Melt**

Our Home-Made Chicken Salad w/melted Cheddar and Scallions on fresh cut Sourdough Pullman ~ \$11.95

## **Bomb Diggity BLT**

Bacon, Spinach, Tomato, Avocado & our House-Made Pesto Mayo on a Multigrain Panini ~ \$10.95

## **Demo's Wrap**

Hummus, Cucumber, Spinach, Olives, Tomato, Onion, Feta & House-Made Lemon Honey Vinaigrette ~ \$11.95

## **The Roma**

Fresh Mozzarella, Tomato, Spinach & Balsamic Glaze on a Panini ~ \$9.95

## **Soulaful Wrap**

Falafel, Cucumber, Lettuce, Onion, Tomato & House-Made Yogurt Sauce on a Wheat Wrap ~ \$11.95

## **Veggie Brewger**

California Veggie Burger w/ Sliced Avocado & Chipotle on a Multigrain Roll served w/ Sweet Potato Fries ~ \$13.95

## **Maria's Famous**



## **Mac N' Cheese**

~ \$9.95

{ Add Bacon +\$2.95 }

{ Add Buffalo Chicken +\$3.95 }

## **St. James Salad**

Strawberries, Goat Cheese & Candied Walnuts over Spinach w/Raspberry Vinaigrette ~ \$12.95  
{ Add Grilled Chicken +\$3.95 }

## **Soul Brew Salad**

Grilled Chicken, Cheddar, Bacon, Tomato & Avocado over Romaine Lettuce w/Ranch Dressing ~ \$13.95

## **Quinoa Salad**

Spinach, Quinoa, Feta, Olives, Cucumber, Tomato and Red Onion w/ Lemon Honey Vinaigrette ~ \$12.95  
{ Add Grilled Chicken +\$3.95 }

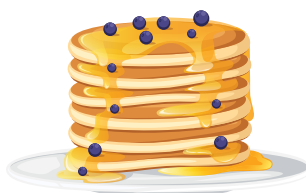
## **Kids Menu**

### **Piper's Pancakes**

Silver Dollar or Short Stack ~ \$6.95  
{ Plain, Blueberry or Chocolate Chip }

### **Kids Scramble**

2 Eggs Scrambled, Home-Fries & choice of Multigrain, Rye or White Toast ~ \$7.95



### **Mason's Grilled Cheese**

Classic Grilled Cheese served w/a cup of Fresh Fruit ~ \$8.95

### **French Toast Sticks**

Classic French Toast Sticks ~ \$6.95

## **Substitutions/Sides**

Sub Fruit ~ \$3.75

Sub Panini ~ \$2.00

Sub Tots ~ \$2.00

Sub Fries ~ \$2.00

Sub Egg Whites ~ \$2.50

Sub Gluten Free Wrap ~ \$2.00

Sub English Muffins ~ \$2.00

Side of Home-Made Sauce ~ \$0.75

Side of Salsa or Sour Cream ~ \$0.75

Side of Sweet Potato Fries ~ \$5.95

Side of Home-Fries ~ \$3.95

Add Egg <sup>Ⓢ</sup> ~ \$1.95

Add Avocado ~ MP

Add Meat ~ \$2.95

Add Chicken ~ \$3.95

Add Cheese ~ \$1.95

Side of Meat ~ \$3.95

Side of Tots ~ \$4.50

Side of Fries ~ \$4.50

Side of Toast ~ \$2.50

Side of Fruit ~ \$4.95

Side Salad ~ \$6.95

Side of Avocado ~ MP

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