

# 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 /\$10.95

## 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 /+\$2.00}

## 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 with melted Pepper Jack Cheese, Bacon, Fresh Chives, BBQ Sauce & Ranch /\$10.95  
{The Grooviest Breakfast Appetizer}

## The Waffle

Fluffy Waffle with House-Made Batter /\$8.95  
{Fresh Fruit /+\$2.75 / Add Bacon, Sausage, Turkey Bacon /+\$2.00}

## Bird is the Word

Scrambled Eggs, Turkey, Cheddar & Organic Strawberry Jam on a Sourdough Panini. /\$9.95

## Jeff's Egg Quesadilla

3 Eggs, Jack Cheese, Bacon & Sautéed Onions folded into a warm Quesadilla served w/Sour Cream & House-Made Salsa /\$10.95

## Kristin's Scramble

Scramble w/Asparagus, Spinach, Mushrooms, Onions & Asiago Cheese over our Home-Fries /\$10.95

## Pancakes

Plain Pancakes /\$8.95  
Blueberry, Cookies & Cream, Banana & Chocolate Chip /\$9.95  
Banana Walnut /\$11.95  
{Add Bacon, Sausage, Turkey Bacon /+\$2.00}

## 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 /\$6.95

## Yogurt Bowl

Greek Yogurt w/ Fresh Fruit, Granola & a Honey Drizzle /\$8.95

## 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 / +\$2.00
- + Home-Fries / +\$2.00
- + Egg / +\$1.50
- + Cheese / +\$1.50
- + Veggie Burger / +\$4.00
- + Grilled Chicken / +\$4.00
- + Vegetables / +\$0.75 ea.
- Spinach, Peppers, Onions, Mushrooms, Asparagus, Jalapeños, Tomatoes

## Make Your Own Omelet

Choice of 3 fillings, Home-Fries & choice of Toast /\$10.95  
{all additional add-ons are /+\$1.00}

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

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

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

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

## Make Your Own Egg Sandwich

Eggs / \$4.50 Egg & Cheese / \$5.50 Meat & Egg / \$6.00 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

# LUNCH TIME



## Humma Humma Toast

Hummus, Cucumber, Lemon and Cayenne on our fresh Multigrain Pullman /\$7.95

## The Ramblin' Man

Grilled Chicken, Bacon, Cheddar, Lettuce, Tomato, Onion & House-Made Chipotle in a Wheat Wrap /\$10.95

## 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 /\$10.95

## Killer Tofu

Blackened Tofu, Roasted Red Peppers, Spinach, Tomato & Pesto on our Multigrain Pullman /\$10.95

## Southwest Quesadilla

Grilled chicken, Cheddar Jack, Pico de Gallo, Avocado, Red Onion & Chipotle served w/Sour Cream /\$14.95

## 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 /\$10.95

## The Roma

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

## Soulful Wrap

Falafel, Cucumber, Lettuce, Onion, Tomato & House-Made Yogurt sauce on a Wheat Wrap /\$10.95

## Veggie Brewger

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

## Maria's Famous Mac N' Cheese /\$7.95

{ +Bacon /+\$2.00 }

### St. James Salad

Strawberries, Goat Cheese & Candied Walnuts over Spinach w/Raspberry Vinaigrette /\$11.95  
+Grilled Chicken /\$2.95

### Soul Brew Salad

Grilled Chicken, Cheddar, Bacon, Tomato & Avocado over Romaine Lettuce w/Ranch Dressing /\$12.95

### Quinoa Salad

Spinach, Quinoa, Feta, Olives, Cucumber, Tomato and Red Onion w/ Lemon Honey Vinaigrette /\$12.95  
+Grilled Chicken /\$2.95

## Kids Menu

### 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 with a cup of Fresh Fruit /\$8.95

### French Toast Sticks

Classic French Toast Sticks /\$6.95

## Substitutions/Sides

Sub Fruit /\$2.75

Sub Panini /\$2.00

Sub Tots /\$1.50

Sub Fries /\$1.50

Sub Egg Whites /\$2.00

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 Home-Fries /\$3.95

Add Egg /\$1.50<sup>Ⓢ</sup>

Add Avocado / MP

Add Meat /\$2.00

Add Chicken /\$2.95

Side of Meat /\$2.95

Side of Tots /\$4.15

Side of Fries /\$4.15

Side of Toast /\$2.50

Side of Fruit /\$4.75

Side Salad /\$6.95

Side of Avocado / MP

@soulbrew\_stjames

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