

# TO SHARE

Deviled Eggs 11  
bacon jam, paprika, parsley, tabasco

Mediterranean Dips 14  
whipped feta, bruschetta, tzatziki,  
served with warm naan  
add hand picked vegetables 4

Urban Sprouts 13  
crispy brussel sprouts, whipped feta, pickled red onion, bacon jam

Truffle Fries 10  
black and white truffle oil, chives, parmesan, served with mushroom garlic aioli.

Gochujang Chicken Wings 16  
sweet chili glaze served with bleu cheese ranch.

Bulgogi Beef Lettuce Wraps 19  
asian pear marinated tenderloin, pickled vegetables, bibb lettuce, and rice paper

Hangover Pizza 20  
gluten free cauliflower crust, marinara, mozzarella, bacon, ham, spinach, hot honey, sunny egg

Yogurt Parfait 10  
greek yogurt, cinnamon maple roasted peaches, granola, wild flower honey

Super Mom Bowl 15  
quinoa, sweet potato, spinach, cottage cheese, avocado, pickled red onion, sunny egg

Cuban Soul Bowl 14  
grilled chicken, rice, black beans, corn succotash, caramelized plantains, cilantro lime crema

Dad-Bod Bowl 16  
potatoes, steak, cheese sauce, onions, peppers, bacon, two sunny eggs, hollandaise

Bad-Ass Burger 19  
two smashed beef patties, bacon jam, ham, fried egg, black-crack-peppered ketchup, aged cheddar  
served with breakfast potatoes and hollandaise

Crustless Garden Quiche 12  
eggs, spinach, tomatoes, mushrooms, mozzarella, cottage cheese, served with potatoes and petite greens

Open on Sunday Fried Chicken 14  
crispy chicken, on a toasted English muffin, with hot honey ricotta, and maple bacon  
served with breakfast potatoes

Basic Benedict 14  
english muffin, balsamic onion, ham, hollandaise, poached eggs served with potatoes and petite greens

Salmon Avocado Toast 18  
two piece sourdough, smoked salmon\*, fresh avocado, pickled red onion, goat cheese,  
petite greens, fried eggs

Peach Pecan French Toast 13  
cinnamon vanilla french toast, with fire roasted peaches, chopped pecans, maple

Seasonal Salad 14  
spinach, asian pears, candied walnuts, gorgonzola, shredded carrots,  
maple pomegranate dressing

Beets & Burrata Salad 14  
arugula, red and yellow roasted beets, burrata, pumpkin seeds, hot honey dressing

ahi tuna\* 10 / grilled salmon 10 / shrimp 8  
grilled chicken 6 / bulgogi beef 9

# SUNDAY BRUNCH MENU 11 AM - 4 PM

# BOWLS

# BRUNCH

# SALADS