

BREAKFAST MENU

PROTEIN SMOOTHIES BY REALM FOODS pb nf gf

berry banana strawberry, coconut milk, banana, beet, lemon, lucuma, sacha inchi protein 12

tropical greens pineapple, lemon, banana, spinach, wheatgrass, mango, carrot, coconut milk, sacha inchi protein 12

maqui superfruit maqui berry, banana, apple, blueberry, lemon, coconut milk, cauliflower, sacha inchi protein 12

GRAINS

steel cut oatmeal brown sugar, golden raisins, pecans 10 pb

berry parfait mixed berries, vanilla greek yogurt, granola 15 ve

bagel + spread choice of cream cheese, peanut butter, nutella 8

CAGE FREE EGGS

served with potatoes and your choice of white, sourdough, wheat, or english muffin

substitutue egg whites +1

eggs your way* two eggs any style, choice of applewood smoked bacon, griddled ham, pork sausage, chicken sausage 20

steak + eggs two eggs any style, skirt steak, chimichurri, roasted tomato 32

three egg omelet choose up to three ingredients 22

tomato / onion / bell pepper / mushroom / spinach / bacon / sausage / ham / cheddar / mozzarella / feta / american

+1 each additional ingredient

SAVORY

served with potatoes or dressed mixed greens

avocado toast two sunny side up cage free eggs, cucumber, basil pesto, seeds, chili crunch 22

polenta toast roasted cauliflower, edamame, bell peppers, onion, squash 18 pb gf

lox + bagel smoked salmon, capers, pickled red onions, dill, cream cheese, roasted tomato 20

classic benedict two poached cage free eggs, canadian bacon, hollandaise 22

breakfast sandwich fried cage free egg, bacon, american, garlic aioli 18

FROM THE GRIDDLE

served with maple syrup and whipped butter

buttermilk pancakes topped with powdered sugar 15

+2 make them blueberry, chocolate chip, banana

malted belgian waffle berry medley 16

peaches + cream waffle cinnamon, candied pecans, whipped cream 20

french toast blueberry compote 15

biscuits + gravy chicken sausage gravy, biscuit waffle, chicken strips, sunny side up eggs 26

SIDES

toast 4 / avocado 6 / applewood smoked bacon 6 / pork or chicken sausage 6 / smoked salmon 7 / potatoes 5 /

seasonal berries 8 / seasonal fruit 8

BEVERAGES

coffee regular or decaffeinated 4

espresso 6

cappuccino 7

americano or cafe latte 7

assorted teas 6

hot chocolate with whipped cream 5

red bull energy drink, sugarfree 6

FROM THE BAR

mimosa choice of juice, orange, pineapple, cranberry, prickly pear, strawberry 14

mimosa kit bottle of prosecco and choice of 3 juices, orange, pineapple, cranberry, prickly pear, strawberry 65

bloody mary 15

chandon garden spritz 15

domestic: budweiser, miller lite, coors light, sam adams boster lager, michelob ultra, high noon sun sips 8

local craft: goose island matilda belgian ale, three floyds zombie dust pale ale, gumball head wheat pale ale 9

import: corona mexican lager, guinness draught, heineken, heineken 0.0 9

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

Please let our staff know of any dietary restrictions you may have. We will be happy to accommodate you.

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.18% gratuity will automatically be added to parties of 6 or more.

gf gluten free pb plant based ve vegetarian nf nut free

CURRENTTM