

Smoothies

Shake me up!	Wake me up!	Keep me fit
Avocado, Banana	Brewed Coffee	Kale, Blueberries
Almonds, Mint	Banana, Date	Ginger, Soy Milk
Spinach, Coconut	Almond Milk	Honey
Milk.	Cacao, Coconut	

Start your day with...

500 Calories

0% Greek yogurt with fresh berries
 four egg white omelet with carrot, zucchini & broccoli
 one slice of whole wheat toast
 and one glass of our signature green juice

Sliced fresh seasonal fruit.

Selection of artisan charcuterie and cheeses with house made bread.

Vegan chia pudding with kiwi and papaya.

Smoked salmon with cream cheese, caper, pickled onion, arugula & grilled bagel.

Oatmeal with toasted almonds, golden raisins and almond paste served with a side of agave syrup.

Poached eggs with avocado, baby spinach and hollandaise on grilled sourdough.

Quiche with roasted tomato, gruyere cheese and smoked bacon, cooked in our wood oven.

French toast prepared with coconut milk accompanied with blueberry compote, sour cream, glazed pumpkin seeds and vanilla sauce.

Waffles or hot cakes with fresh berries and Vermont maple syrup.

Farm Eggs

Scrambled, fried, poached & omelet,
 served with oven roasted cambray potatoes
 choice of smoked bacon, chistorra pork sausage,
 turkey sausage or turkey ham

\$1,607

