

Before placing your order, please inform your server if a person in your party has a food allergy.

BREAKFAST SANDWICHES

substitute: gluten free bread, croissant, brioche or bagel **2**

	BACON, SAUSAGE, VEGGIE SAUSAGE OR HAM over hard eggs and cheddar on an english muffin	8
Ⓥ	EGG WHITE DELIGHT scrambled egg whites, tomato, spinach and goat cheese on an english muffin	8
Ⓥ	VEGAN SAUSAGE red onion, avocado and vegan chipotle aioli on a pretzel roll	10
	BREAKFAST WRAP scrambled eggs, pulled pork, cheddar, candied bacon and maple aioli in a wheat wrap	13

OMELETS AND SKILLETS

served with: three eggs, multigrain toast and home fries

substitute: egg whites or fruit **2**

	WESTERN OMELET ham, cheddar, onion, cremini mushroom, bell pepper and jalapeno	15
	PESTO OMELET bacon, mozzarella, sautéed onion and balsamic glaze	15
Ⓥ	KALE OMELET cherry tomato, cremini mushroom and goat cheese	15
Ⓥ	VEGGIE SKILLET kale, sautéed onion, bell pepper, maple sweet potato and feta	15
	JOHNNY CASH SKILLET cheddar, bacon and tomato	15
Ⓥ	EGG WHITE SKILLET bell pepper, spinach, onion and cremini mushroom	16

ENTREES

Ⓥ	VEGAN PARFAIT coconut yogurt, mixed berry coulis and house granola	13
	*TWO EGG BREAKFAST bacon, home fries and multigrain toast	14
Ⓥ	STREUSEL FRENCH TOAST apple cider compote	14
Ⓥ	BUTTERMILK PANCAKES mixed berry coulis	14
Ⓥ	HEALTHFUL egg whites, onion, bell pepper, mushroom and spinach with fruit and multigrain toast	16
🌶️	*BREAKFAST RICE BOWL Ⓥ black beans, onion, bell pepper, tomatillo salsa, cotija and over easy eggs	17

SIDES

bagel, home fries **4** | ham, bacon, sausage **5** | fruit cup, vegan sausage **6** | fruit bowl **9**

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APPETIZERS

PULLED PORK FRITTERS cilantro crème and black bean corn salsa **15**

(VG) **WINTER FLATBREAD** maple sweet potato, arugula, ricotta, sautéed onion, thyme, bleu cheese crumbles and honey **15**

SALADS

add: anchovies **4** | tofu **5** | grilled chicken **7** | beyond patty **7** | beef patty **7**

(GF) (V) **HOUSE** spring mix, pickled red onion, cherry tomato and shredded carrot with herb citrus vinaigrette **12**

CAESAR romaine, garlic herb croutons and parmesan with caesar dressing **13**

(GF) (V) **KALE** cabbage, roasted sweet potato, pear, beet and quinoa with maple vinaigrette **15**

(GF) (V) **TACO** romaine, black bean corn salsa, bell pepper, beyond taco meat and tortillas with chipotle lime dressing **15**

(VG) **SPINACH** apple, pepitas, roasted sweet potato, bleu cheese crumbles and cranberry with apple vinaigrette **15**

SANDWICHES

choice of: french fries, sweet potato fries, potato chips or side house salad

substitute: soup **3**

(VG) **AVOCADO** **(VOA)** provolone, tomato, red onion, avocado, chipotle aioli and arugula on grilled wheatberry **15**

add: grilled chicken **7** | fried tofu **5**

SOUTHWEST WRAP blackened chicken, black beans, rice, honey chipotle crème, pepper and onion in a wheat wrap **17**

(V) **VEGETABLE** vegan basil aioli, arugula, portabella, pickled onion, carrot and avocado on sourdough **17**

HOUSE ROASTED TURKEY bacon, red onion, arugula, cheddar and maple aioli on multigrain **17**

GRILLED CHICKEN arugula, pickled onion, bacon jam, roasted red pepper and cheddar on rye **17**

(V) **BEYOND BURGER** arugula, tomato, red onion and avocado and vegan chipotle aioli on a pretzel roll **17**

***COUNTRY BURGER** hurlburt beef, romaine, tomato, red onion and cheddar on a brioche roll **17**

local hurlburt beef: blend of grassfed: short rib, brisket, top and bottom round

SIDES

french fries, sweet potato fries, chips, house salad **4** | truffle parmesan fries, caesar salad **6**

(VG) VEGETARIAN **(V)** VEGAN **(GF)** GLUTEN FREE **(VOA)** VEGAN OPTION AVAILABLE  MILD  MEDIUM  VERY SPICY

*Thoroughly cooking meats, poultry, seafood, shellfish and eggs reduces the risk of foodborne illness.