



## Breakfast

- French Toast** cinnamon maple syrup, toasted almonds **9**
- Banana Pancakes** blueberry syrup, fried plantains (NF) **9**
- Chicken & Waffles** Belgian-style waffles, tamarind syrup (NF) **10**
- Biscuits & Gravy** flaky biscuits, wild mushroom & chorizo gravy (NF) **9**
- Tofu Skillet** sofrito, seasoned potatoes, pico de gallo (NF) **10**
- Chilaquiles** tofu, salsa verde, black beans and rice (NF) **10**
- Raw Granola & Nut Milk** almond and raisin granola (R) (GF)(SF) **9**

## Soups & Salads

### Seasonal Soup 7

- Butternut squash** coconut milk, guajillo oil, fried chickpeas (NF) (SF) **7**
- Raw broccoli** almond, olive oil, garlic, lemon (R) (GF) (SF) **8**
- Caesar** romaine hearts, dehydrated olive, croutons, caesar dressing (NF) **8**
- Chopped vegetable** romaine hearts, seasonal vegetables, herb vinaigrette (GF) (SF) (NF) (R) **9**
- Dandelion** strawberry, rhubarb, asparagus, breakfast radish, white balsamic (GF) (SF) **10**
- Kale** red cabbage, apple, cashews, sesame vinaigrette (GF) (SF) (R) **9**

## Sandwiches & Wraps

all sandwiches/wraps are served with choice of salad or fries

- BLT** tofu bacon, avocado, romaine lettuce, tomato, secret sauce (NF) **9**
- Portobello** cheddar, tomato, red onion, spring greens, sweet BBQ sauce (NF) (SF) **9**
- Crab sliders** tomato, pickled red onions, frisée, caper tartar (NF) **10**
- Buffalo chicken wrap** spinach, ranch, tomato, red onion, honey wheat tortilla (NF) **10**

## Sides

- Steak fries** chipotle aioli, barbeque, house cut with fresh herbs (NF) **6**
- Creamy Grits** fresh cracked pepper (GF) (NF) **5**
- Seitan Breakfast Sausage** (NF) (SF) **5**
- Tofu Mushroom Bacon** (NF) **5**
- Enzymes** a "shot" of digestive dietary supplement (R) (SF) (NF) **2**

(R) raw (GF) gluten free (SF) soy free (NF) nut/seed free

We strive to provide local and organic produce

Menu items subject to change based on the availability of organic produce

a 20% Gratuity will be added to parties of six or more.