

BREAKFAST
SERVED ALL DAY



QUALITY FOOD
FRESH COFFEE

STARTERS

Spinach Artichoke Dip \$12.00

Creamy garlic covered artichoke & spinach served with our sour dough crostini.

Zuccanoes \$12.00

House battered and fried organic zucchini stuffed with house creamed spinach.

Cheeze Poppers \$12.00

House battered and fried cheeze balls served with homemade marinara and ranch

SALADS

House Salad \$15.00

Organic summer greens, roasted beets, pears, candied pecans, feta cheese, mandarines, fried onion, hemp seed

Taco Salad \$15.00

Taco veef, cheese, roasted corn, seasoned black beans, onion, fresh salsa, avocado served with home-made cilantro lime dressing on a bed of organic seasonal lettuce

Basic Garden Salad \$12.00

Organic summer greens, tomato, cucumber, onion, your choice of dressing

Soup & Salad \$12.00

Cup of soup + 1/2 basic salad

Order a half salad for half the price

SANDS

Chickn Salad Sliders \$14.00

Chickn, Cranberry, Celery, Onions, Lettuce and Tomato Jam on Two Petite homemade buns and Homemade Chips

Pulled Jack Sliders \$14.00

BBQ pulled jack and homemade sweet n spicey slaw on Two Petite homemade buns and Homemade Chips

Burger Sliders \$15.00

Burger on home-made bun served with organic romaine, organic heirloom tomato, home-made organic onion string, your choice of cheese. Homemade Chips and pickle. Add mushrooms \$1.00

Meatball Sub \$15.50

Hand-rolled meatballs stewed in home-made organic gravy sauce served on a toasted home-made sour dough smothered in cheese. Served with fresh organic basic salad

Monte Cristo \$15.00

smoked gouda, home-made smoked tofu, home-made cinnamon French toast pan fried. Served with our savory blackberry sauce and seasonal fruit salad.

BREAKFAST

French Toast \$14.00

Fresh home-made cinnamon French toast and maple syrup.
+JustEgg scramble \$3.00 Order 1/2 size for 1/2 the price

Quiche Slices \$10.00

Choice of:
Quiche de Saison Seasonal farm veggies, greens, mushrooms, caramelized onion, garlic, feta cheese served with organic fresh fruit or side salad.
.....Or.....
Loded breakfast 'sausage', caramelized onion, spinach, bell pepper, cheese, hasbrown, mushrooms on a GFV crust and served with organic fresh fruit or side salad.

Breakfast Bowl \$13.00

Organic Oatmeal bowl with roasted sweet potato, pears, toasted sunflower seeds, fruit, balsamic vinaigrette, real grade A maple syrup on the side

Rise n Shine \$15.00

Scrambled JustEGG, three breakfast sausage, slice of homemade sourdough, homemade chips and fresh fruit

Breakfast Burrito \$14.50

Scrambled JustEGG, breakfast sausage, chedd'r cheese, sweet pepper, onion, homemade chips or fresh fruit, homemade pico on the side.

Chick'n Waffles \$15.00

Buttermilk batter fried chick'n on homemade waffles, served with honey mustard, syrup, and fresh fruit

OTHER THINGS

Bahn Mi Noodle \$15.00

Rice Noodle bowl, Sriracha tofu, pickled carrots, radishes, cucumber, cabbage, and spicy Bahn Mi dressing

Mac n Jack \$15.00

Classic elbow noodles in homemade 3-cheese mac sauce, with homemade organic BBQ pulled jack fruit, fried onion strings.

Green Goddess Flatbread \$12.50

Garlic Spinach crust topped with homemade pesto and green goddess veg, balsamic drizzle, pickled onion, and feta cheese

Purple Haze Flatbread \$12.50

Ube crust, topped with sweet potato, pizza cheese, pickled onion, and tropical pico

Everything on this menu is non-gmo, grown by local farmers, or organic. This menu is made in a dedicated gluten free kitchen, and is also free from any and all animal Products (aka it is vegan and gluten free) Enjoy!