

Breakfast

CLASSICS

- Substitute gluten free toast +3 •

The Luv Sandwich 12
Canadian bacon on a toasted bagel with cream cheese, pickled red onion, sprouts and tomato served with home fries
• Substitute lox +3 •

Carnitas Con Huevos 14 GF
Corn tortillas topped with slow-roasted pulled pork with salsa verde, yellow rice and two eggs any style

Biscuits & Gravy 14
House-made buttermilk biscuit topped with chorizo sausage gravy and two eggs served with home fries

Scrambled Tofu Hash 12 VEG
Tofu sautéed with caramelized onions, sweet potatoes, black beans and roasted red peppers served with grilled cornbread
• Substitute pita at no cost ♡ •

Smoked Turkey Hash 13
House-smoked turkey sautéed with sweet and white potatoes, corn, onion, poblano and bell peppers topped with eggs any style & choice of toast

Shrimp & Grits 15
Cajun grilled shrimp over cheesy grits topped with jalapeños served with two eggs any style & choice of toast

Yogurt & Fruit Bowl 8
Greek yogurt topped with fresh fruit, toasted almonds and a drizzle of honey

Broiled Grapefruit 4 ♡
Grapefruit halves topped with brown sugar and broiled until caramelized

• **Advise your server of any allergies** •
Our kitchen can accommodate vegan, gluten free and other dietary needs when possible

HAVE IT EITHER WAY

♡ The following items can be made accordingly using Just Egg, tofu, vegan cheese, and vegan sour cream ♡

- Substitute gluten free toast +3 •

Classic Breakfast 9
Two eggs any style with home fries & choice of toast

Breakfast Sandwich 11
Scrambled egg with cheese & tomato on toasted kaiser roll served with home fries

Breakfast Burrito 13
Scrambled eggs, black beans, onions & bell peppers inside a white or wheat tortilla topped with cheese served with sour cream, salsa & home fries
• Substitute gluten free tortilla +2 •

Scrambled Mess 12 VEG
Roasted eggplant, zucchini, yellow squash, bell peppers, spinach, onions, mushrooms, asiago served over eggs with home fries & choice of toast

TOAST

Italian, French or rye toast	3
Whole wheat toast	3
Nut & raisin toast	3
English muffin	2
Buttermilk biscuit	2
Brian's Best Gluten free toast	4
Grilled cornbread or pita	2
Bagel • add cream cheese +1 •	3
♡ vegan butter available	

SIDES & EXTRAS

Any egg	2	Avocado	4
Egg whites	3	Home fries	4
Just Egg ♡	3	Black beans	4
Bacon	4	Cheese Grits	4
Ham	3	Fresh Fruit	4
Sausage	4	Greek yogurt	4
Tofu	3	Extra cheese	1
Lox or shrimp	6	Betta feta ♡	1
Chorizo gravy	5	Salsa	1
		Sour cream	1

Lunch

APPETIZERS

Say Cheese! 11 ^{VEG}
Daily selection of cheeses, fresh mixed fruit, crackers and crostini
• Available with gluten free crostini +3 •

Mediterranean Plate 14 ^{VEG}
Hummus, baba ghanoush, quinoa tabbouleh, kalamata olives, feta, cucumbers & tomatoes served with toasted pita
• Available with betta feta +2 ♡ •

Buffalo Chick'n Wyngz 13 ♡
house-made seitan wings with celery, carrots and a side of vegan bleu cheese
• tossed in hot saue, bbq, sweet chili or Korean bbq •

Chicken Tenders 12
Antibiotic and hormone-free chicken tenders served with carrots and celery
• tossed in hot saue, bbq, sweet chili or Korean bbq •

QUESADILLAS

Choice of tortilla (white, whole wheat or gluten free)
grilled & served with pico de gallo & sour cream

Molé Chicken 13
Shredded molé chicken, cheddar- jack, caramelized onions and bell peppers

Carnitas 13
Slow roasted pulled pork, chipotle-agave bbq sauce, cheddar-jack, caramelized onions and bell peppers

Black Bean Quesadilla 13 ^{VEG}
Signature stewed black beans, roasted sweet potato, cheddar-jack and yellow rice
• Vegan cheese & sour cream +2 • ♡

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GREENS

The Big Salad 7/12 ♡ ^{GF}
Field greens topped with pickled red onions, carrots, cucumber, radishes, tomatoes, sprouts, sunflower seeds & choice of dressing

Classic Caesar 7/12
Chopped romaine topped with parmesan cheese, croutons & house-made, egg-free caesar dressing
• Substitute gluten free croutons +3 •

Grilled Salmon 16 ^{GF}
Field greens topped with grilled salmon filet avocado, tomatoes, carrots, roasted pepitas & creamy lemon garlic dressing

Berry 15 ^{VEG GF}
Field greens topped with blueberries, blackberries, strawberries, pickled onions, feta cheese, walnuts, & balsamic vinaigrette

Grilled Pork Tenderloin 14 ^{GF}
Field greens topped with pork tenderloin, grilled onions, roasted red peppers, sweet potatoes, black

SALAD ADDITIONS

Avocado	+4	Roasted vegetables & asiago	+4
Betta feta	+2 ♡	Roasted chicken salad	+4
Roasted tofu	+3 ♡	Grilled chicken breast	+5
Hummus	+4 ♡	Grilled salmon or shrimp	+6
Chickpea salad	+4 ♡		

DRESSINGS

Miso ♡	Creamy lemon garlic
Buttermilk ranch	Caesar
Balsamic vinaigrette ♡	

FOR FIDO

• Made without seasoning for our furry friends •

Grilled Chicken 9
Grilled chicken breast & fresh veggies

Grilled Salmon 9
Grilled salmon filet & fresh veggies

Grilled Tuna 9
Grilled tuna filet & fresh veggies

Lunch

HAVE IT EITHER WAY

♡ The following items can be made vegan ♡

- Served with soup, green salad or pasta salad •
- Upgrade to bowl of soup or fresh fruit +2 •

Grilled Chicken Sandwich 16
Grilled chicken breast, sauteed spinach, roasted garlic & banana pepper spread, mozzarella cheese, on a toasted brioche

- chick'n seitan, pretzel roll and vegan cheese ^{GF} •
- Gluten free roll or tortilla +3 ^{GF} •

Veggie Yumwich 12 ^{VEG}
Roasted eggplant, zucchini, yellow squash, carrots, parsnips, bell peppers, spinach, onions, mushrooms, asiago, sprouts and lemon-garlic mayo wrapped in choice of tortilla

- Gluten free tortilla +2 •
- Vegan mozzarella and balsamic dressing +2 ♡ •

The Betty Burger 16
beef burger, grilled to order, on a toasted kaiser roll with american, lettuce, tomato and onion

- Add bacon +2 •
- Impossible meat, vegan cheese & pretzel roll +2 ♡ •

Grilled Cheese 8 ^{VEG}
Cheddar cheese and sliced tomato on grilled rye bread

- Add ham or house-smoked turkey +4 •
- Vegan cheese +2 ♡ •

Black Beans & Rice 13 ^{VEG}
Brown rice topped with signature stewed black beans and cheddar-jack cheese served with fresh salsa, sour cream & grilled cornbread

- Add molé chicken +2 •
- Vegan cheese & sour cream +2 ♡ •

SIDES

Fresh fruit	4
Avocado	4
Black beans ♡	4
Home fries ♡	4
Gluten free bread	4
Whole wheat pita	2
Grilled cornbread	2

SANDWICHES

- Served with soup, green salad or pasta salad •
- Upgrade to bowl of soup or fresh fruit +2 •

Roasted Chicken Salad 13
Garlic roasted chicken, onion, celery, carrots and fresh herbs topped with lettuce, tomato and sprouts on choice of bread

- Gluten free roll +3 ^{GF} •

The Cuban 14
Roasted pork loin, house-smoked ham, swiss cheese, sweet pickles and dijon mayo on grilled house-made white bread

- Gluten free roll +3 ^{GF} •

The Jazzy 14
House smoked turkey, avocado, swiss cheese, lettuce, tomato and wasabi aioli on toasted house-made white bread

Beefless Weck 15 ♡
A vegan version of a Buffalo classic - house-made, thinly sliced seitan "beef" on a kimmelweck roll topped with horseradish aioli

Chickpea Toona Sandwich 11 ♡
Chickpeas, celery, carrots, onion, house vegan mayo, lettuce, pickled red onions and tomato inside choice of bread or tortilla

FOR THE KIDDOS

- Available Any Time •

Chicken Tenders 8
All natural chicken tenders with a side of fresh fruit

Lil' Pasta 6
Buttered noodles with a side of fresh fruit

Classic PB & J 6 ♡
Peanut butter & jelly on wheat bread with fresh fruit

