

BREAKFAST WRAPS, SAMMIES, + BOWLS

Sammies served on brioche
Wraps served in a grilled tortilla
Bowls served over sweet potatoes (+1) or keto style with a pasture raised egg

SOUTHWEST SUNRISE Pasture raised egg, turkey sausage, avocado, pepper jack and Chipotle Aioli 7.25

RAJUN CAJUN Antibiotic Free Chicken, pasture raised egg, chipotle Aioli and pepper jack 7.50

CALI BREAKFAST Turkey Sausage, pasture raised egg, avocado, baby organic spinach, mozzarella, and drizzled with balsamic reduction 7.50

BREAKFAST BURRITO Pasture raised egg, Turkey Sausage, pepper jack, pico de gallo, black bean corn salsa and Chipotle Aioli in a Grilled Tortilla 7.75

BACON, EGG + CHEESE Applewood Smoked Bacon, pasture raised egg, and sharp cheddar 7.00

HAM, EGG AND CHEESE Ham, pasture raised egg and Sharp Cheddar 6.50

TURKEY SAUSAGE , EGG + CHEESE Turkey Sausage, pasture raised egg and sharp Cheddar 7.00

STEAK, EGG + CHEESE Grilled Marinated Steak, pasture raised egg, sauteed peppers and onions, sharp cheddar cheese and drizzled with Tiger Sauce 8.00

EGG + CHEESE Pasture raised Egg and Sharp Cheddar 4.75

THE PORK LOVER Applewood Smoked Bacon, Ham, pasture raised egg and Cheddar 8.25

THE 3 LITTLE PIG Pasture raised, Applewood Smoked Bacon, pulled pork, ham, cheddar, pepper jack cheese and honey Dijon 8.50

BREAKFAST SLIDERS

2.75 (ask about our 12 packs for catering)
Served on a mini brochie slider bun

EGG + CHEESE WITH YOUR CHOICE OF HAM, TURKEY SAUSAGE, OR BACON

AVO TOAST

PLAIN AVO TOAST

Multi grain and avocado 4.5

We suggest adding a pasture raised egg for 1.50

CAPRESE

Avocado spread, heirloom tomato, buffalo mozzarella, fresh basil, and drizzled with balsamic reduction on Multi Grain 8.50

TEX MEX

Avocado spread, pico de gallo, black bean corn salsa, and drizzled with Chipotle Lime Vinaigrette on Multi Grain 8.50

AVOBLTE

Avocado spread, Applewood smoked Bacon, Arugula, heirloom Tomato, and drizzled with Herb Aioli on Multi Grain 9.50

BISCUITS + GRAVY

1 FOR 2.25 OR 2 FOR 4.00

BISCUITS, GRAVY + EGG 2 Biscuits and Gravy topped with a pasture raised egg 5.00

TOPPED WITH BACON 7.25

TOPPED WITH TURKEY SAUSAGE 7.25

BREAKFAST SIDES

GREEK YOGURT PARFAIT 4.25

OATMEAL 4.00

BAGEL AND CREAM CHEESE 2.50

MULTI GRAIN TOAST WITH BUTTER 2.25

HARD BOILED EGG 1.50

PASTURE RAISED EGG 1.50

LUNCH

SANDWICHES

Served on a fresh locally baked ciabatta hoagie

STEAK + CHEESE Grilled marinated steak, sautéed peppers and onions, portobello mushrooms, sharp cheddar, drizzled with tiger sauce 9.25

CHICKEN CAPRESE Antibiotic free chicken, tomatoes, arugula, mozzarella, drizzled with balsamic reduction and herb aioli 8.50

CHIPOTLE CHICKEN Antibiotic free chicken, avocado, tomatoes, onions, pepper jack, drizzled with chipotle aioli 8.75

SHRIMP BLT Pesto grilled shrimp, bacon, tomatoes, and arugula, with herb aioli 9.25

BLT Bacon, tomatoes, and arugula, with herb aioli. 9.00
Add avocado +1 Add mozzarella +1
Served on multigrain

PORTOBELLO Vegetarian or Krafted Vegan Portobello mushroom, roasted red peppers, arugula, mozzarella, drizzled with a herb aioli 8.75

CAJUN SHRIMP Blackened shrimp, pepper jack, arugula, tomatoes, onions, red bell peppers, drizzled with chipotle aioli 9.25

CUBAN PULLED pork, ham, swiss, pickles, and mustard 9.00

HAM + SWISS Ham, swiss, honey dijon, and pickles 8.00

TURKEY CLUB Roasted turkey, bacon, tomatoes, and mozzarella, Russian sauce Served on multigrain 8.00

AVO TURKEY Avocado, turkey, mozzarella, arugula, tomatoes, bacon, and herb aioli. Served on multigrain 9.00

THE ITALIAN Freshly sliced salami and ham, mozzarella, pickles, onion, banana peppers, and white balsamic 8.75

4 CHEESE Mozzarella, cheddar, pepperjack, and swiss. Served on multigrain 6.75

JERK JACKFRUIT Vegan Caribbean jerk jackfruit, cabbage, and mango slaw 8.75

CHICAGO Italian Beef Roast beef, cheddar, horseradish sauce, gravy, and mild giardiniera peppers 8.75

ROAST BEEF Sliced roast beef, swiss, arugula, tomatoes, onions, pickles, banana peppers, and horseradish sauce 8.25