

# Breakfast

## CLASSICS

- Substitute gluten free toast +3 •

**The Luv Sandwich** 13  
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** 15  
House-made buttermilk biscuit topped with chorizo sausage gravy and two eggs served with home fries

**Scrambled Tofu Hash** 13 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** 14  
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** 16  
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** 5 ♡  
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** 10  
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** 14  
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** 13 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	3
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!** 12 <sup>VEG</sup>  
Daily selection of cheeses, fresh mixed fruit, crackers and crostini  
• Available with gluten free crostini +3 •

**Mediterranean Plate** 14 <sup>VEG</sup>  
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** 13  
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 <sup>VEG</sup>  
Signature stewed black beans, roasted sweet potato, cheddar-jack and yellow rice  
• Vegan cheese & sour cream +2 • ♡

• Advise your server of any allergies •

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## GREENS

**The Big Salad** 7/13 ♡ <sup>GF</sup>  
Field greens topped with pickled red onions, carrots, cucumber, radishes, tomatoes, sprouts, sunflower seeds & choice of dressing

**Classic Caesar** 7/13  
Chopped romaine topped with parmesan cheese, croutons & house-made, egg-free caesar dressing  
• Substitute gluten free croutons +3 •

**Grilled Salmon** 16 <sup>GF</sup>  
Field greens topped with grilled salmon filet avocado, tomatoes, carrots, roasted pepitas & creamy lemon garlic dressing

**Beet and Butternut** 16 <sup>VEG GF</sup>  
Field greens topped with roasted butternut, beets,walnuts, pickled onions, goat cheese & maple balsamic vinaigrette

**Grilled Pork Tenderloin** 15 <sup>GF</sup>  
Field greens topped with pork tenderloin, grilled onions, roasted red peppers, sweet potatoes, black beans, salsa, sour cream & balsamic vinaigrette

## 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 and banana pepper spread, mozzarella cheese, on a toasted brioche bun

- Gluten free roll or tortilla +3 •
- Chick'n seitan, pretzel roll and vegan cheese ♡•

**Veggie Yumwich** 13 <sup>VEG</sup>  
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  
An 8oz beef burger, grilled to order, on a toasted Brioche roll with American, lettuce, tomato and onion

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

**Grilled Cheese** 8 <sup>VEG</sup>  
Cheddar cheese and sliced tomato on grilled rye bread

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

**Black Beans & Rice** 13 <sup>VEG</sup>  
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	3
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 <sup>GF</sup> •

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

- Gluten free roll +3 <sup>GF</sup> •

**The Jazzy** 14  
House smoked turkey, avocado, swiss cheese, lettuce, tomato and wasabi aioli on toasted 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** 12 ♡  
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