

BREAKFAST MENU

JUICES & SMOOTHIES BY REALM FOODS

- made with sacha inchi protein pb nf gf
- berry banana** strawberry, coconut, banana, peanut, cacao, beet, almond, flaxseed, sacha inchi protein 12
- tropical greens** pineapple, coconut milk, mango, carrot, almond, flaxseed, wheatgrass, barley grass, sacha inchi protein 12
- maqui superfruit** maqui, lemon, blueberry, apple, banana, almond, flaxseed, cauliflower, coconut milk, sacha inchi protein 12

FRUITS & GRAINS

- steel cut oatmeal** brown sugar, golden raisins, pecans 10 pb
- berry parfait** mixed berries, vanilla greek yogurt, granola 15 ve
- bagel + spread** choice of cream cheese, tofu cream cheese, peanut butter, nutella 8

CAGE FREE EGGS

- served with potatoes and your choice of white, sourdough, wheat, or english muffin
- substitutue egg whites +1
- eggs your way*** two cage free eggs any style, choice of applewood smoked bacon, griddled ham, pork sausage, chicken sausage 18
- steak + eggs** two eggs any style, skirt steak, chimichurri, roasted tomato 30
- three egg omelet** choose up to three ingredients 18
- tomato / onion / bell pepper / mushroom / spinach / bacon / sausage / ham / cheddar / mozzarella / feta / american
- +1 each additional ingredient

SAVORY

- avocado toast** sunny side up eggs, cucumber, basil pesto, seeds, chili crunch 20 ve
- tomato toast** tofu cream cheese, arugula, roasted tomatoes, corn, balsamic, seeds 18 pb
- lox + bagel** smoked salmon, capers, pickled red onions, dill, cream cheese, roasted tomato 20
- breakfast sandwich** fried eggs, bacon, american cheese, garlic aioli 18

FROM THE GRIDDLE

- served with maple syrup and whipped butter
- buttermilk pancakes** topped with powdered sugar 15
- +1 make them blueberry, chocolate chip, banana
- malted belgian waffle** berry medley 16
- french toast** blueberry compote 16
- biscuits + gravy** chicken sausage gravy, biscuit waffle, chicken strips, sunny side up eggs 24

SIDES

- toast 4 / avocado 6 / applewood smoked bacon 6 / pork or chicken sausage 6 /
- smoked salmon 7 / potatoes 4 / seasonal berries 8 / seasonal fruit 8

BEVERAGES

- coffee** regular or decaffeinated 4
- espresso** 6
- cappuccino** 6.5
- americano or cafe latte** 6.5
- assorted teas** 6
- hot chocolate** with whipped cream 4
- red bull** energy drink, sugarfree 6

FROM THE BAR

- mimosa** choice of juice, orange, pineapple, cranberry, prickly pear, strawberry 14
- mimosa kit** bottle of prosecco and choice of 3 juices, orange, pineapple, cranberry, prickly pear, strawberry 65
- bloody mary** 15
- chandon garden spritz** 15
- domestic:** budweiser, miller lite, coors light, sam adams boster lager, michelob ultra, truly hard seltzer 8
- local craft:** goose island matilda belgian ale, three floyds zombie dust pale ale, gumball head wheat pale ale 9
- import:** corona mexican lager, guinness draught, heineken, heineken 0.0 9

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness. Please let our staff know of any dietary restrictions you may have. We will be happy to accommodate you.

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.18% gratuity will automatically be added to parties of 6 or more.

gf gluten free pb plant based ve vegetarian nf nut free