



## HEALTHY STARTS

### YOGURT AND BERRIES - 11

fresh berries, golden flax honey greek yogurt,  
housemade granola

### EGG SHAKSHUKA AND SPINACH BAKE - 14

tomato, baby spinach, two eggs, feta cheese,  
peppers, side fruit

### SEASONAL PASTRY - 9

### OATMEAL - 12

Bob's Red Mill oatmeal, warm milk, brown sugar

### MIXED BERRY SMOOTHIE - 9

seasonal berries, banana, apple and pomegranate juice G.F.

### POWER GREEN SMOOTHIE - 9

seasonal berries, banana, apple juice, spinach G.F.

OPTIMIZE ANY JUICE, SMOOTHIE OR COFFEE  
WITH AN ALL-NATURAL LAIRD SUPERFOOD BOOST  
FOR SUSTAINED ENERGY - 2

## BREAKFAST MAINS

### CLASSIC - 15

two eggs any style, potato hash, protein or fruit, choice of toast G.F. \*

### CORNED BEEF EGG SKILLET - 14

peppers and onions, house braised corned beef, potato, chive, poached eggs G.F. \*

### OMELET - 15

smoked ham, cheddar, peppers and onions, fruit, choice of toast G.F. \*

### PRIME RIB STEAK AND EGGS BENEDICT - 16

english muffin, spinach, tomato, shaved prime rib, poached eggs, hollandaise \*

### BREAKFAST SANDWICH - 14

avocado, tomato, bacon, fried egg, english muffin and fruit \*

### ITALIAN FENNEL SAUSAGE BURRITO - 16

housemade pork sausage, cheddar cheese, eggs, pico de gallo, fruit \*

### PUMPKIN PANCAKES - 13

cinnamon spiced, nutmeg whip cream, butter, preserves

Many dishes include ingredients not listed on the menu. Please let us know if you have allergies. • Please add \$5 to all split plates and substitutions.

\*Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of food-borne illness