## HEALTHY BOWLS

## Superfoods

coconut almond chia seed pudding / seasonal berries granola / toasted coconut / multigrain toast with Nutella
Acai Berry Smoothie $\mathbb{C o}^{\mathcal{O}} \mathrm{B}$ ..... 18
acai / seasonal berries / banana / Florida orange blossom honey / chia seed pudding
Chocolate HazeInut Smoothie ..... 18
banana / nutella / co
nonfat greek yogurt
JUMP START
Chai Spiced Oats iof15
steel cut oats / star anise / cinnamon / cardamom clove / fennel seed / peppercorn / sliced banana toasted almonds / almond milk / maple syrup
Steel Cut Irish Oatmeal ..... 13
brown sugar / golden raisins / orange blossom honey
Fresh Fruit Plate18
seasonal sliced fruit / mixed berries / orange blossomhoney /nonfat greek yogurt
Bakery Fresh Basketcroissant / muffins / pastrybasket
individual pastry16
6
FROM THE GRIDDLE
Buttermilk Pancakes ..... 18
stack of three pancakes / whipped butter / maple syrupchoice of: plain / chocolate chip / blueberry / strawberrychoice of breakfast meat
***gluten free pancakes are available upon request
Belgian Waffle ..... 18
buttermilk waffle / maple syrup / sweet cream butter choice of: strawberries or blueberries
Twisted Cinnamon French Toast $\mathbb{C}$ ..... 18
mixed berries / toasted coconut / cream cheese toppingmaple syrup / sweet cream butter
FROM THE HEN HOUSE
18
Classic Eggs Benedict ..... 22
poached cage
english muffinenglish muffin
Smoked Salmon Eggs Benedict ..... 26
poached cage free eggs / smoked salmon / hollandaise sauce
heirloom tomatoes / capers / sliced avocado / english muffin
Two Eggs Any Style ..... 18cage free eggs / peppered maple bacon or sausage linksbreakfast potatoes / toast
Omelet ..... 22
three cage free eggs / breakfast potatoes / toast
choose up to 4 fillings:ham / bacon / sausage / mushroom / spinach / bell pepperjalapeño / red onion / scallion / tomato / feta / cheddarmozzarella
SKILLETS
Chorizo and Potato Hash ..... 20
avocado / two baked cage free eggs / cilantro lime hollandaise corn tortillas
Poached Eggs in Spiced Tomato Sauce ..... 22
roasted bell pepper / poblano pepper / caramelized onions
kalamata olive / feta / two baked cage free eggs toasted garlic baguette
SIDES
cage free egg any style ..... 4
peppered maple bacon ..... 7
pork sausage ..... 7
turkey sausage ..... 7
breakfast potatoes ..... 7
fruit cup ..... 8
berry cup ..... 9
white wheat, rye, multigrain ..... 6
gluten free white bread ..... 6
bagel ..... 8
SANDWICHES
Avocado Toast ;16 Morning Farm12multigrain / avocado / lime / sea salt / crushed redpepperbacon / scrambled cage free eggs / cheddarbuttered brioche bun
Pastrami Smoked Salmon23 Power Wrap14cream cheese / cage free egg / capers / red onionplain bagel
cage free egg white / turkey sausage / feta / spinach tortilla

## BEVERAGES

coffee 5 / assorted herbal teas 6 / hot chocolate 5 / cappuccino or latte 7 / espresso single 7 or double 9 / milk 4 chilled juice selection *orange *grapefruit *cranberry *apple *pineapple 5

> ADULT INDULGENCES

Bloodymary 12
Mimosa 12
Bellini 12

* Vegetarian $\mathcal{O}^{*}$ Gluten Free *

Always notify your server of any food allergies that you may have so that we can handle your order with extra care

