

Superfood Granola -raw sprouted buckwheat granola with goji berries, cacao nibs, chia, sprouted nuts & seeds, served with house almond milk & fresh fruit	11
Chocolate Banana Pancakes fermented buckwheat banana pancakes, coconut whip, maple chocolate syrup, banana slices, cacao nibs	15
Falafel Benny two poached eggs or grilled tempeh, chickpea falafel, toum, tomato, spinach, pickled turnip & cashew hollandaise. Served with baby greens & roasted potatoes	16
Green Eggs Benny two poached eggs or grilled tempeh, sourdough buckwheat focaccia, dandelion pesto, avocado, zucchini bacon, spinach & cashew hollandaise. Served with baby greens & roasted potatoes	16
Terranean Hash roasted potatoes & spring vegetables, chickpeas, olives, steamed greens, cashew parmesan, romesco, cashew hollandaise & poached egg or grilled tempeh	16
ZLT - raw zacon, greens, tomato, avocado, red onion, sprouts & honey-mustard cashew mayo on house made almond pumpernickel. With choice of soup, salad or potatoes	15

add a poached egg to any dish for \$2

*Our free range eggs come from Lockwood Farm where
the chickens run freely in the field eating grass & greens.
We met the chickens ourselves and they were very happy!*

Kids (10 and under only)

Build Your Own Breakfast	10
choose any 3 of the following:	
1 egg poached	cherry tomatoes
grilled tempeh	cucumbers
mini granola	seasoned white beans
1 pancake	steamed greens
roasted potatoes	roasted spring vegetables
avocado	brown rice

Soup ask your server	Cup Bowl	5 9
Soup & Salad cup of daily soup with a side salad and multiseed cracker		10
Spring Roll avocado, bell pepper, carrot, radish, sprouts, leeks, turnip, cilantro, blanched collard wrap, peanut sauce		9
Market Salad - raw young greens, seasonal juliennes, tomato, avocado, marinated kalamata olives, cucumber, sprouts, hemp hearts choice of dressing: <i>tahini-lemon</i> , <i>miso-ginger</i> , <i>fig balsamic</i> or <i>flax-lemon</i>		14
Cobb Salad mixed greens, cashew roquefort, eggplant bacon, avocado, radish, toasted almonds, chives, cucumber, tomato, honey-cider vinaigrette, choice of poached egg or tempeh		15
Green Bowl dark greens, broccoli, bok choy, onion, zucchini and cabbage in thai coconut green curry on steamed brown rice topped with avocado, toasted cashews, cilantro & scallions		16
Mac & Cheese brown rice macaroni, coconut-cashew cheese sauce, spring vegetables & greens, herbed walnut parmesan		15

not all ingredients are listed.

*please advise your server about food sensitivities and
speak with a manager regarding severe allergies*

Sides

multiseed crackers	3	poached egg	2
steamed greens	3	brown rice	2.5
house sauerkraut	3	avocado quarter	1.5/ half 2.5
grilled tempeh	4	seasoned white beans	4
roasted potatoes	4	kalamata olives	3
w/ketchup		zucchini bacon	4
dressings & sauces:			2.5
<i>tahini-lemon, miso-ginger, fig balsamic, flax-lemon, honey-mustard cashew mayo, sun dried tomato ketchup, toum, dandelion pesto, romesco, peanut sauce, red onion jam</i>			