

<b>Superfood Granola -raw</b> sprouted buckwheat granola with goji berries, cacao nibs, chia, sprouted nuts & seeds, served with house almond milk	12
<b>Poached Pear Pancakes</b> fermented buckwheat pear pancakes, cacao nibs, coconut whip, chai spiced maple syrup	16
<b>Jaca Benny</b> jalapeño cornbread, spinach, bbq pulled yam & jackfruit, cashew hollandaise, two poached eggs or grilled tempeh, served with baby greens & roasted potatoes	16.5
<b>Backyard Benny</b> grilled focaccia, sage cashew cheese, sautéed mushrooms, onions & kale, shredded beet, cashew hollandaise, two poached eggs or grilled tempeh, served with baby greens & roasted potatoes	16.5
<b>Autumn Hash</b> roasted squash, roasted potatoes, chickpeas, cabbage, kale, mushrooms in preserved lemon olio, dukkah, cashew hollandaise & a poached egg or grilled tempeh	16.5
<b>ZLT - raw</b> zacón, lettuce, tomato, avocado, sprouts & honey-mustard cashew mayo on house made almond pumpernickel. with choice of soup, salad or potatoes	15.5

**add a poached egg to any dish for \$2.50**

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

## *Kids* (10 and under only)

<b>Build Your Own Breakfast</b> choose a dressing and any 3 of the following:	11
poached egg	cherry tomatoes
grilled tempeh	cucumbers
mini granola	shredded beets
pancake	seasoned chickpeas
roasted potatoes	steamed greens
avocado	brown rice

<b>Soup</b> ever changing	Cup Bowl	5 9
<b>Soup &amp; Salad</b> cup of daily soup with a side salad and multiseed cracker		10
<b>Autumn Roll</b> kimchi, roasted squash, grated beets, steamed brown rice, toasted nori, black sesame sauce		9
<b>Market Salad - raw</b> young greens, seasonal juliennes, avocado, shredded beets, cherry tomato, cucumber, sprouts, and hemp hearts choice of dressing: <i>tahini-lemon, miso-ginger, fig balsamic or flax-lemon</i>		15
<b>Cardini Salad</b> kale, avocado, red onion, cucumber, baby greens, carrot curls, radish, zacón crumble, cashew parmesan, watermelon caesar dressing		15
<b>Green Bowl</b> dark greens, broccoli, bok choy, onion, zucchini and cabbage in thai coconut green curry on steamed brown rice with avocado, toasted cashews, cilantro & scallions		17
<b>Mac &amp; Cheese</b> brown rice macaroni, coconut-cashew cheese sauce, autumn vegetables & greens, herbed walnut parmesan		16

*not all ingredients are listed.  
please advise your server about food sensitivities and speak with a manager regarding severe allergies*

## *Sides*

seed crackers	3	poached egg	2.5
grilled focaccia	4.5	jalapeno cornbread	4.5
house kimchi	3.5	avocado quarter	2
grilled tempeh	4.5	seasoned chickpeas	3.5
roasted potatoes	4.5	zucchini bacon	4
w/ketchup		sage cashew cheese	4
<b>dressings &amp; sauces:</b>			3
<i>tahini-lemon, miso-ginger, fig balsamic, flax-lemon, honey-mustard cashew mayo, sun dried tomato ketchup, hollandaise, watermelon caesar, black sesame sauce</i>			