

A LA CARTE

BREAKFAST PORK TACOS

three tacos filled with scrambled eggs, slow roasted pork, black beans, pico de gallo and topped with feta cheese and avocado cream sauce 12

BACON & EGG SOBA BOWL 🍁

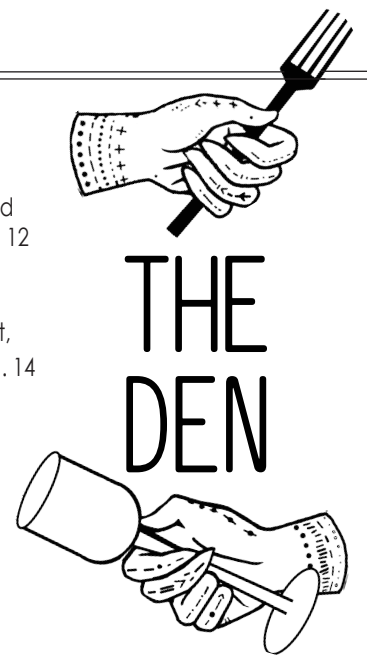
sautéed vegetables, soy sauced soba noodles, pickled onions, kimchi and cilantro herbs with choice of chicken breast, slow roasted pork, bacon or tempeh and topped with a fried egg, sesame seeds and green onions 14

EGGS OLE

one egg your way on top of black beans, potatoes and a corn tortilla with avocado, feta cheese and red or green enchilada sauce 9

AVOCADO EVERYTHING TOAST

toasted sourdough bread topped with avocado lemon mash, a sunny side up egg, tomato, pickled red onions and everything seasoning 9

**SAVORY** SERVED WITH YOUR CHOICE OF FRESH FRUIT, HOUSE POTATOES OR A BALSAMIC DRESSED SALAD**SPINACH & BACON SCRAMBLE** 🍁

two eggs scrambled with onions, spinach, choice of bacon or tempeh - topped with feta and avocado cream with toast 12

MORNING MIX 🍁

two eggs scrambled with sautéed mushrooms, roasted red peppers and onions - topped with goat cheese and avocado cream with toast. 11

BREAKFAST CROISSANT

choice of bacon, tempeh or turkey with a fried egg on top of sliced tomato and greens inside a cheddar cheese house baked croissant. 12

SAUCY BREAKFAST BURRITO

choice of bacon, slow roasted pork, soyrizo or tempeh with scrambled eggs, cheddar cheese, black beans, turmeric rice and roasted red peppers in a wheat tortilla with a choice of red or green enchilada sauce and topped with cilantro herbs and feta 13

SAUCY VEGAN BREAKFAST BURRITO 🍁

vegan chipotle chicken, turmeric rice, tofu scramble, black beans, spinach, chipotle aioli and roasted red pepper with a choice of red or green enchilada sauce and topped cilantro herbs and pico de gallo 13

BRUNCH TURKEY BURGER

a tender turkey patty with bacon, fried egg, provolone cheese, arugula, sliced tomatoes, onion and mayo on a brioche bun 13

TURMERIC TOFU SCRAMBLE 🍁

tofu marinated in turmeric and scrambled with mushrooms, bell peppers, onion, sautéed spinach and tomatoes topped with avocado - served with toast 11

PASTRIES**MUFFINS**

Blueberry 3
Vegan Muffin 3

CROISSANTS

Plain. 3

HOUSE TOAST

butter & homemade jam ... 2

*Bottomless
Mimosas!*

**FROM OPEN TIL' 3
DRINK RESPONSIBLY PLEASE
*2 HOUR LIMIT***

**\$10 WITH PURCHASE
OF ENTREE**

SWEET

LEMON, VANILLA & CREAM CHEESE PANCAKES 🍌 🍁

with candied walnuts, warmed ginger syrup and whipped butter with maldon salt 12

BREAD PUDDING FRENCH TOAST

grilled homemade bread pudding, bananas, berries, hot caramel sauce and powdered sugar 11

VEGAN WAFFLE 🍁

a belgian waffle topped with fresh berries, agave syrup and topped with coconut cream 11

SUNRISE YOGURT BOWL

greek yogurt topped with fresh strawberries, blueberries, chia seeds, bananas, pumpkin seeds, granola and drizzled with honey 10

SUBSTITUTE COCONUT CREAM TO MAKE IT VEGAN 🍁

SIDES & ADD-ONS

TWO EGGS. 3
BACON 3
PULLED PORK 3
SOYRIZO 3
AVOCADO 2
ONE PANCAKE 5
FRESH FRUIT. 4
BREAKFAST POTATOES 4

🍁 **VEGAN / VEGAN OPTIONAL**

🌸 **NEW MENU ITEM**

🍌 **CONTAINS NUTS**

SALADS / BOWLS

WATERMELON & MINT SALAD

fresh watermelon, jicama, avocado, feta and mint on top of greens and topped with a coconut milk drizzle and tajin almonds with honey basil dressing on the side 11

SMOKED SALMON NICOISE

honey smoked salmon, roasted red peppers, onions, cucumbers, kalamata olives, roasted red potatoes and a hard boiled egg on top of greens with a side of corn dill vinaigrette 14

CRANBERRY & GOAT CHEESE SALAD

sliced apples, toasted walnuts, cranberries & goat cheese on greens with a side of walnut raspberry vinaigrette 12

QUINOA CHICKEN CAESAR

parmesan, quinoa, kale, roasted red peppers, cucumbers, chicken breast, shredded romaine, homemade croutons with a side of caesar dressing 13

STRAWBERRY & SPINACH WITH CHICKEN

strawberries, sliced almonds, feta and chicken breast on a bed of spinach with a side of balsamic honey vinaigrette 13

EVERYTHING ZEN BOWL

arugula, quinoa, edamame, toasted pumpkin seeds, shaved beets, shaved carrots and avocado with a side of tahini dressing 11

CERES BOWL

orzo pasta mixed with greek dressing and topped with cherry tomatoes, pickled red onions, bell peppers, cucumbers, kalamata olives, feta cheese, mint, red pepper hummus, tzatziki and toasted naan bread 12

KALE & BLACK BEAN BOWL

cilantro rice topped with black beans, sautéed mushrooms, baby kale, feta cheese, roasted cherrytomatoes, avocado, green chili sauce, pickled red onions and vegan chipotle aioli 12



SANDWICHES ETC.

CHICKEN & PESTO SANDWICH

grilled chicken breast, pesto aioli, havarti cheese, arugula tossed with lemon and olive oil, sliced tomatoes and pickled red onions on a brioche bun served with chips or balsamic mixed greens 12

CHIPOTLE TURKEY WRAP

roasted turkey breast, havarti cheese, baby kale, tomatoes, avocado red onion and chipotle aioli in a whole wheat wrap served with with chips or balsamic mixed greens 12

TUNA MELT

albacore tuna mixed with green onions, celery, apples and mayo served grilled with melted cheddar and sliced tomato served with chips or balsamic mixed greens 12

PULLED PORK & PICKLED ONION

slow roasted pulled pork with melted havarti cheese, pickled red onion and horseradish aioli on a brioche bun served with chips or balsamic greens 12

THE DEN BURGER

a beyond burger patty with havarti cheese, romaine, red onions, tomatoes and mayo on a brioche bun and served with fried potatoes or balsamic mixed greens 13