



## Breakfast - Summer 2020

### eggs, pancakes, and more

<b>Fried Chicken &amp; Cheddar Biscuit</b>	<b>7</b>
Fresh house-made biscuit! (Flour not bleached or bromated)	
<b>Make-Your-Own Egg Sandwich +</b>	<b>8</b>
Two local, cage-free eggs your way and 3 of your favorite ingredients on your choice of toast <b>(Go Low Carb with no bread to make a scrambled egg bowl)</b>	
<b>Make-Your-Own Omelet</b>	<b>13</b>
It's your day! Choose 3 favorite ingredients, Three local eggs	
<b>Rise &amp; Shine Breakfast +</b>	<b>14</b>
Two local, cage-free eggs your way, choice of applewood smoked bacon, turkey or pork sausage; side of potatoes, sautéed veggies or cheesy grits; choice of toast. Upgrade to house-made biscuit or GF toast \$1	
<b>Huevos Rancheros+</b>	<b>15</b>
Tostadas, weekly meat selection, two local, cage-free eggs your way, sweet & spicy black beans, crema, pico de gallo *Can be modified to fit vegan & gluten-free diets!	
<b>"Which Came First?" Breakfast +</b>	<b>14</b>
Two local, cage-free eggs your way, buttermilk fried all-natural chicken & toast or biscuit	
<b>Vegetarian or Meat Quiche V</b>	<b>10</b>
Local, cage-free eggs in a delicate, house-made crust, delicious veggie & meat ingredients change weekly!	
<b>Tofu Scramble VN GF</b>	<b>12</b>
"Scrambled" tofu, red onion, broccoli, grape tomatoes, turmeric & lemon Add avocado 3.50, add mushrooms .75	
<b>Breakfast Burrito</b>	<b>10</b>
Three Scrambled, local, cage-free eggs, avocado, cheddar, tomato, side of pico de gallo Add potatoes inside \$2.00	
<b>Challah Cinnamon French Toast V</b>	<b>13</b>
House-made Challah, fruit garnish, 100% Maple Syrup & powdered sugar	
<b>VEGAN Pancakes VN</b>	<b>14</b>
Coconut milk & spices make these amazing! Add blueberries or chocolate chips .50	
<b>Signature Lemon Ricotta PancakesV</b>	<b>13</b>
Fresh fruit garnish, 100% Maple Syrup Add blueberries or chocolate chips .50	

### open-faced sandwiches

<b>Fresh, Local Eggs &amp; Avocado +</b>	<b>10</b>
Two local, cage-free eggs your way, fresh avocado spread, tomato & arugula on toasted 9 <sup>th</sup> St Bakery 7-Grain bread	
<b>Smoked Salmon Avocado</b>	<b>10</b>
Smoked salmon, fresh avocado spread, tomato & red onion on toasted 9 <sup>th</sup> St Bakery 7-Grain bread	
<b>Crispy Bacon Avocado</b>	<b>9</b>
Applewood bacon, fresh avocado spread, tomato & red onion on toasted 9 <sup>th</sup> St Bakery 7-Grain bread	
<b>Vegan Pico &amp; Avocado</b>	<b>8</b>
Fresh avocado spread, arugula & house-made pico de gallo on toasted 9 <sup>th</sup> St Bakery 7-Grain bread	
<b>Peanut Butter, Banana &amp; Honey V</b>	<b>7</b>
On toasted 9 <sup>th</sup> St Bakery 7-Grain bread	

### sides

<b>Cheesy Grits GF</b>	<b>3.5/4.5</b>
<b>Two Local, Cage-Free Eggs Your Way + GF</b>	<b>3.5</b>
<b>Applewood Smoked Bacon GF</b>	<b>4</b>
<b>Turkey or Pork Sausage GF</b>	<b>4</b>
<b>Breakfast Potatoes VN</b>	<b>4</b>
<b>Toast V, VN or GF</b>	<b>2</b>
<b>Biscuit V</b>	<b>2</b>
<b>Seasonal Fruit or Vegetable Salad VN GF</b>	<b>5</b>
<b>Signature Baked Oatmeal V</b>	<b>4/5</b>

### smoothies & cold-pressed juices

<b>Green Machine</b>	<b>6</b>
Kale, spinach, apple & avocado	
<b>Fresh Strawberry</b>	<b>6</b>
Greek yogurt, honey, vanilla, 2% milk & strawberries	
<b>Cold-Pressed Juice</b>	<b>5</b>
Check the beverage cooler for the latest blends!	

### kids stuff

<b>Halcyon Special</b>	<b>6</b>
Scrambled eggs, bacon & toast	
<b>Banana Nutella Sandwich</b>	<b>6</b>
<b>One Lemon Ricotta Pancake</b>	<b>6</b>

**N – Contains Nuts**

**V – Vegetarian**

**VN – Vegan**

**GF – Gluten Friendly**

+ Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness.

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