



breakfast

served daily, from 8 to 11 AM

PLEASE LET US KNOW ANY ALLERGIES/RESTRICTIONS ON YOUR FOOD ORDER

GI PANCAKES 7

Cinnamon-Quinoa pancakes topped with yogurt dressing and berries.

BANANA PANCAKES 7 VEGAN

Whole wheat, oatmeal, cornmeal and banana.

GI PANCAKES & EGGS 9

Cinnamon-Quinoa pancakes and 2 organic eggs, any style.

GI OMELET 8

Quinoa-pesto omelet filled with asparagus, tomato, mushrooms and feta.

HOUSE CURED SALMON & EGGS 9

Two organic poached eggs, salmon flakes, capers, red onion and tomato.

ASPARAGUS & EGGS 9

Grilled asparagus, two organic poached eggs, shaved Parmesan and oven roasted tomato.

STEEL CUT OATMEAL 8 VEGAN ON REQUEST

Steel cut oats, garnished with apples and berries.

EGG & AVOCADO SANDWICH 9

Open face wheat sandwich bread, scrambled organic eggs, sliced avocado, organic spring mix and tomato.

TOFU SCRAMBLE 8 VEGAN

Organic tofu with asparagus, carrot, green onion, tomato and our house-blend of spices.

SWEET POTATO AND KALE HASH 8 VEGAN

Diced sweet potato, Poblano pepper, red onion and kale, seasoned with paprika.

CONTINENTAL BREAKFAST 6 VEGAN ON REQUEST

Wheat toast, jam and chia fruit salad. House coffee or breakfast tea is included.

ADD A SIDE OF	CHIA FRUIT SALAD 3	WHEAT TOAST & JAM 3
	ORGANIC BABY GREENS 3	TOREADOS 2
	3 JR GI PANCAKES 4	ORGANIC EGG 2

HOUSE COFFEE \$3.5

Fair-Trade Brazilian Prime Quality

ASSORTED TEAS \$3.5

Organic, Fair-Trade

HOT CHOCOLATE \$4

Organic raw cacao, honey, almond milk

MILK \$3

Organic 2%

COMPLIMENTARY 1 HR AT VALET OR SELF PARKING SERVICE WITH YOUR BREAKFAST ORDER. ONE STAMP PER CHECK ONLY.
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