

## **Breakfast**

Nourish Crave

Balanced Nutrition + Deliciousness		Classic Favorites with a Modern Twist	
Vegetable Omelet* (VEG, GF)  Cage-free eggs, spinach, roasted red peppers, tomatoes, fontina & parmesan cheese - 368 cal  Optional: * Add turkey sausage or pork bacon +2 served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad  Egg White Brioche*	16 17	Two Eggs Your Way * Two fresh cage-free eggs, bacon, pork sausage or turkey sausage, toast - 640 cal. served with your choice of roasted fingerling potatoes, fresh fruit, or breakfast salad Western Poblano Omelet* (GF)	15 16
Cage-free egg whites, turkey sausage, fontina cheese with spicy aioli on a brioche bun - 360 cal served with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad		Cage-free eggs, roasted poblano peppers, onio bacon, salsa, & cheddar cheese - 377 cal. serve with choice of roasted fingerling potatoes, fresh fruit, or breakfast salad	ns,
Avocado Toast (VEG)  Avocado, everything seasoned bread, roasted tomatoes, arugula, & parmesan cheese 598 cal Optional: *Add an egg +2	12	Bacon, Egg & Cheese Croissant* Bacon, over-easy egg, & cheddar cheese on a croissant- 696 cal served with choice of roasted fingerling	14
Classic Oatmeal (V,GF) Oatmeal served with brown sugar, walnuts, & seasonal berries - 290 cal	10	potatoes, fresh fruit, or breakfast salad  Steak & Egg Bowl* (GF)  Hand-sliced flank steak with roasted fingerling potatoes, blend of cheddar cheese, over-easy egg, Hollandaise sauce, & chives - 788 cal	18
Sides		<b>Belgian Waffle (VEG)</b> Belgian waffle with a honey citrus syrup, orang	<b>16</b> es,
Roasted Fingerling Potatoes (V, GF) - 144 cal	6	fresh berries, & Greek yogurt -704 cal	
Fresh Fruit (V, GF) - 65 cal Breakfast Salad (V, GF) - 59 cal	4 5	<b>Toast</b> White sour dough or wheat	4
Arugula, roasted tomatoes, drizzled with vinaigrette	J	Blueberry Muffin	5
Bacon Pork Sausage	5 5	Beverages	
Turkey Sausage	6	Fresh Brewed Coffee	3
Flank Steak Boiled Eggs	9 4	Hot Tea	3
Single Egg	2	<b>Juice</b> Apple, Orange, or Cranberry	4

**GF** - Gluten-Free **V** - Vegan **VEG** - Vegetarian