

Available all day and online via Chow Now, Grubhub, MealPal and Postmates!

EGGS, BISCUITS & OMELETS

A three egg omelet served with breakfast potatoes and toast. Substitute egg whites at no additional charge!

EGGS YOUR WAY\$9

Two eggs any style, breakfast
potatoes, toast

BISCUITS & GRAVY\$8

Biscuits, sausage gravy

STEAK & EGGS\$24

All-natural Angus hormone-free skirt
steak

CHICKEN OMELET \$15.50

Chicken, bacon, avocado, onion,
tomato, jalapeno, cheddar

VEGETARIAN OMELET\$14

Spinach, broccoli, mushrooms,
peppers, tomato, onions, feta

SPICY FLAMENCO

OMELET

\$15

OMELET\$15

Chicken chorizo, jalapeno, onion,
tomato, avocado, cilantro, pepper jack
cheese, sour cream

CREATE YOUR OWN
OMELET\$14

1 protein, up to 3 veggies, choice of
cheese

CREATE YOUR OWN
BREAKFAST SANDWICH\$9

Your choice of 1 protein, 1 veggie,
cheese and toast

BREAKFAST BOWLS

Two eggs cooked your way, served with breakfast potatoes and toast

FARMLAND\$13

Spinach, mushroom, zucchini, tomato,
swiss cheese

MANA MOU \$18.50

Grilled hormone-free skirt steak,
mushrooms, red onions, peppers,
mozzarella

DOWN ON THE FARM \$15.50

Bacon, sausage, ham, onion, peppers,
tomato, cheddar cheese

JALAPENO \$15.50

Chicken chorizo, onion, tomato,
jalapeno, cilantro, avocado, pepper
jack cheese

BENEDICTS

Perfectly poached eggs served on our english muffin with a side of breakfast potatoes.

The Classic \$14.50

Canadian bacon, hollandaise sauce

The Irish \$15

Corned beef hash, hollandaise sauce

The Vegetarian \$13.50

Spinach, red onion, tomato, zucchini,
mild roasted salsa

FRENCH TOAST, WAFFLES, & PANCAKES

Topped with our exclusive 100% dark amber pure maple syrup, whipped cream, and a dusting of powdered sugar.

Traditional Challah French

Toast \$12.50

Banana Bread French

Toast \$14.50

House baked banana bread, pecans,
caramel

Plain Waffle \$11

Chicken and Waffles

Our house-made herb waffle, southern
fried chicken, maple bacon
marmalade, and a sunny-side-up egg

Fluffy Buttermilk Pancakes \$11

House-made batter

Maple Butter Pancakes \$13.50

Our house-made batter filled with
bananas and pecans, topped with
warm maple butter

Pancake Breakfast \$14.50

Buttermilk pancakes, scrambled eggs,
smoked Applewood bacon, and Meli
breakfast potatoes

CREPES

Our house-made crepes topped with whipped cream and powdered sugar. (Available GF)

Nutella \$14

Our homemade crepes filled with fresh
bananas, coco-hazelnut paste, and
chocolate syrup

Cobbler \$14.50

Folded crepes topped with fresh
berries, bananas, granola, caramelized
brown sugar crust, honey

Fresh Berry \$15

Our homemade crepes topped with
fresh berries and raw buckwheat
honey

Symphony \$15

Chocolate infused crepes filled with
banana filled with strawberries and
coco-hazelnut paste, topped with

pecans, bananas, strawberries

Healthy Habits

Oatmeal \$7.50

Banana, brown sugar, milk

Greek Yogurt \$9

Organic local raw buckwheat honey
and nuts

Fruit Parfait \$9.50

Strawberries, blueberries, low-fat
yogurt, whole grain fruit nut granola

House-Made Granola Cereal \$8

Natural oven-baked granola containing
whole grains, sun-dried fruit, butts,
bananas, and milk

Egg White Scrambler \$11.50

Asparagus, broccoli, roasted red
peppers, mushrooms, spinach

Bagles & Lox \$14

Smoked Salmon (Lox), capers, onions,
tomatoes, dill cream cheese

Lean & Mean\$14

Low-fat wheat tortilla, eggs,
mushrooms, spinach, jalapeño,
avocado, low-fat mozzarella, and a
side of fruit

Baked Oatmeal \$8.50

Bananas, raisins, brown sugar crust,
milk

Date N' Nut Parfait\$10

Almonds, pitted dates, our homemade
granola, raw buckwheat honey

VEGAN & GLUTEN-FREE

Gluten free cake batter and tortillas available

Polenta Gluten-Free

Pancakes\$14

Gluten-free cornmeal, rice-flower-
based pancakes, fresh blueberries,
bananas and honey

Vegan Pancakes \$14

Flour, soy, apple-cider base,
strawberry, banana, organic agave
syrup

Gluten-Free French Toast \$13

Seeded bread dipped in a soy-milk-
based custard, and topped with fresh
blackberries, raspberries, banana,
organic agave syrup

Tofu Scrambler \$12

Sautéed broccoli, asparagus, zucchini,
roasted red peppers, and organic tofu.
Served with your choice of toast.

Salsa Stacker \$13.50

Grilled tofu topped with roasted red
peppers, grilled onions, spinach,
avocado, and tomato salsa served on
an English Muffin

Avocado Toast \$14

Mashed avocado, grilled corn, black
beans, jalapeño, and chipotle aioli
served on multigrain toast and topped
with Mediterranean sea salt

SIDES

Fruit \$4.50

Applewood Smoked Bacon \$4.50

Corned Beef Hash \$5

Toast \$2

English Muffin \$3

Chicken Cherry Sausage \$4.50

Sausage \$4

Meli Breakfast Potatoes \$3.50

Bagel & Cream Cheese \$3.50

Smoked Ham \$4

Three-grain veggie patties \$3

Add An Egg \$1.50