



## *Featured Breakfast Fare* [SERVED UNTIL 10AM]

### **AVOCADO TOAST** 6.5

*two slices of millet-flax bread · avocado · nutritional yeast · himalayan pink salt · zesty special sauce*

**ADD AN OVER-EASY HERB-N-SPICE EGG +2**

### **FRESH EGG SANDWICH** 8.5

*millet-flax bread · sun-dried tomato cashew spread · fermented cabbage · romaine · over-easy herb-n-spice pasture raised egg*

### **KALE + EGGS** 8

*garlic & onion sautéed kale · two over-easy herb-n-spice pasture raised eggs · millet flax toast · rosemary apricot spread*

### **BUCKWHEAT WAFFLE** 8

*fresh ground buckwheat-oat waffle · cinnamon cashew butter · toasted pecans · local maple syrup*

**ADD AN OVER-EASY HERB-N-SPICE EGG +2**

### **LOADED PEANUT BUTTER OATMEAL** 6.5

*organic gluten-free oats · chia · peanut butter · banana · maple toasted pecans · hemp seeds*

### **SPICE OF THE EARTH SMOOTHIE BOWL** 8.5

*our Spice of the Earth Smoothie topped with  
toasted coconut chips · curry cashews · goji berries · spicy pumpkin seeds · dark chocolate chips*

### **FRUIT + NUT SMOOTHIE BOWL** 8

*our Peanut Butter & Jelly Smoothie topped with  
goji berries · green apple · salty almonds · raw sunflower seeds · romaine*

### **CARAMEL CRUNCH APPLES** 6.5

*wholesome caramel dip · apples · maple toasted pecans*

*\* According to the FDA, consuming undercooked eggs may increase your risk of food borne illness.*