



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

NANA-NUT BUCKWHEAT WAFFLE 8

fresh ground buckwheat-oat waffle · bananas · maple toasted pecans · cinnamon cashew spread · 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.*