

ORGANIC LOOSE LEAF TEAS *individual pot of tea* 5

ORGANIC BLACK TEA *(full caffeine)*

english breakfast

rich, full-bodied blend of malty assam and ceylon

assam

full body and malty sweet tasting tea from India

earl la crème

classic earl grey with hints of vanilla

ORGANIC GREEN TEA *(medium caffeine)*

jasmine blueberry

organic blueberries are mingled with jasmine green tea

spring green

unique buttery flavor and light sweet taste

brown rice green

matcha green tea blended with toasted brown rice

roasted la creme *(contains trace amount of dairy)*

a twist on green tea with vanilla & white chocolate

green yerba mate

pure unaged Brazilian yerba mate

ORGANIC HERBAL TEA *(caffeine free)*

chamomile

calming organic Egyptian chamomile

peppermint

soothing and refreshing, peppermint is known as a digestive tonic

wonder woman

nettles, raspberry leaf, peppermint, chamomile, ginger,

dandelion leaf, oatstraw, horsetail, stevia & rose

coconut lavender

coconut, lavender, rooibos

aphroditea

damiana, kava kava, cinnamon, ginger, cloves, cardamom, anise,

rose petals, licorice

executive chef: JANINE DORAN *sous chef:* CHEYENNE PEACOCK

MORNING LIBATIONS *garden flora / mimosa* 11/9

VITAMIN C KOMBUCHA TONIC 8

PASSIONFRUIT MANGO NOG **GF, V** 7

breakfast

breakfast is available from 9am - 2pm

CINNAMON ROLL

*baked fresh every morning with caramelized sugar, maple toasted pecans, and vanilla icing **V, SF****

5.75

BISCUITS & GRAVY

*housemade rosemary bisuits, vegan country gravy **V***

6/12

SOUTHERN PLATTER

*eggs or seasoned tofu, smoky collard greens & a housemade rosemary biscuit with vegan country gravy **V****

14

BREAKFAST PLATTER

*eggs or seasoned tofu, roasted potatoes or cheesy grits, garlicky greens & fresh fruit **GF, V****

13

BREAKFAST QUESADILLA

roasted yams, poblano peppers, corn, & pepper jack cheese inside an egg wrapped flour tortilla, topped with snappy sauce & tomatillo

salsa, served with mixed green salad

\$2 to add avocado slices and lime creme fraiche

14

ROASTED BRUSSELS PORTOBELLO SCRAMBLE

*eggs or seasoned tofu, roasted brussels sprouts, portobello mushrooms, sauteed leeks, lemon parsley pesto, & pecorino cheese **GF, V*, SF****

13

ASPARAGUS SCRAMBLE

*eggs or seasoned tofu, asparagus, lacinato kale, spinach, red onion, fresh garlic, & feta **GF, V*, SF***

13

RANCHO COLORADO SCRAMBLE

*eggs or seasoned tofu, slow cooked rancho beans, tomatillos, fresh chilis, & sweet corn, queso fresco, blue corn tortilla chips **GF, V****

13

scrambles

(scrambles are served with a choice of cheesy grits or roasted potatoes)

starters, soups & salads

YAM FRIES <i>cayenne aioli GF, V*</i>	6
FRIED OLIVE & HUMMUS PLATTER <i>fried castelvetro olives, seasonal fresh vegetables, hummus with chili oil, marcona almonds, and mint GF, V, SF*</i> \$2 to add house pita bread GF*, V	10
SEASONAL SOUPS <i>selections rotate daily</i>	5/8
HOUSE SALAD <i>organic greens & vegetables in herbed balsamic vinaigrette GF, V, SF</i>	7/11
CAESAR SALAD <i>romaine, herbed croutons, parmesan, fried capers GF*, V*</i>	7/11
SUPERFOOD SALAD <i>kale, brussels sprouts, cabbage, broccoli, onion, carrots, creamy apple cider vinaigrette, hemp seeds, mulberries, orange supremes, & almonds V, GF, SF*</i>	13
RHUBARB WATERCRESS SALAD <i>roasted rhubarb, watercress, toasted hazelnuts, fresh basil, english peas, grilled endive, goat cheese, parsley-lemon dressing GF, V*, SF</i>	13
MARKET FRUIT BOWL	6



breakfast available 9am - 2pm, lunch available 11am - 5pm
consuming raw or undercooked eggs may increase your risk of food borne illness

Parties of 6 or more - we do not offer split/separate checks.
Feel free to discuss your options with your server. Thank you.

sandwiches

FRENCH DIP <i>portobello mushrooms, caramelized onions, & swiss cheese on a seeded baguette with mushroom garlic au jus GF*, V*</i>	15
ITALIAN BURGER <i>grilled black bean burger, basil pesto aioli, sundried tomato jam balsamic tossed arugula, soft potato roll V*, GF*</i> add mozzarella \$.50	15
FALAFEL <i>chickpea croquettes on warm pita, with romaine, cucumber & tomato, fresh herbs, sumac vinaigrette, and tahini GF*, V</i> add feta \$1	14
APPLE CHEDDAR SANDWICH <i>apples, smoked almond pesto, red onion confit, arugula, white cheddar, served on focaccia bread V*, GF*, SF</i>	15



pizzas

SPRING ASPARAGUS PIZZA <i>asparagus, red bell peppers, red onion, watercress, cherry tomatoes, chimichurri, mozzarella, & parmesan on wheat crust V*, GF*, SF</i>	17
HEIRLOOM POTATO PIZZA <i>local heirloom potatoes, fresh herbs, pickled pepper sour cream, green onions, chili oil, gruyere, & fresh mozzarella on wheat crust GF*, V*, SF*</i>	17
CHEESE FLORENTINE PIZZA <i>marinara, spinach, garlic, smoked mozzarella, & parmesan on wheat crust GF*, SF</i>	16

please inform your server of food allergies or dietary restrictions

GF = gluten free / * available gluten free (our fryer is used for items containing gluten)
\$1 to substitute gluten free pita, \$2 to substitute gluten free pizza dough

V = vegan / * available vegan

SF = soy free / * available soy free