

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*

**plum berry**

*roasted oolong, schizandra berries, rosehips, hibiscus, plum essence*

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*

**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:* RACHEL MEYERS

MORNING LIBATIONS *rise & shine / garden flora / mimosa* 11/9

VITAMIN C KOMBUCHA TONIC 8

PASSIONFRUIT MANGO NOG 7

GOLDEN MILK *(served warm)* 7

breakfast 9am-2pm

CINNAMON ROLL 5.75

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

MARKET FRUIT BOWL 6

BISCUITS & GRAVY 6/12

*housemade rosemary biscuits, vegan country gravy V*

SOUTHERN PLATTER 14

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

BREAKFAST PLATTER 13

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

BREAKFAST QUESADILLA 14

*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**

ASPARAGUS SCRAMBLE 13

*eggs or seasoned tofu, roasted asparagus, spring onions, lemon ricotta, chives GF, V\**

RANCHO COLORADO SCRAMBLE 13

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

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

<b>YAM FRIES</b> <i>cayenne aioli GF, V</i>	6
<b>RED LENTIL PATE</b> <i>red lentil pecan pate, cherry onion chutney, mama lil's peppers, cornichons, &amp; local radishes, croccantini (GF*, V, SF)</i>	12
<b>SEASONAL SOUPS</b> <i>selections rotate daily</i>	5/8
<b>HOUSE SALAD</b> <i>organic greens &amp; vegetables in herbed balsamic vinaigrette GF, V, SF</i>	7/11
<b>CAESAR SALAD</b> <i>romaine, herbed croutons, parmesan, fried capers GF*, V*</i>	7/11
<b>MOROCCAN CARROT SALAD</b> <i>watercress, fennel, carrot, dates, apple cider &amp; orange blossom vinaigrette, feta, toasted almonds, &amp; fresh tarragon V*, GF, SF</i>	13
<b>SUPERFOOD SALAD</b> <i>kale, cabbage, broccoli, onion, carrots, spinach, creamy apple cider vinaigrette, hemp seeds, currants, blood oranges, &amp; almonds V, GF, SF*</i>	14
<b>RADISH AVOCADO TOAST</b> <i>multigrain sunflower toast, mashed avocado &amp; spring peas, local radishes, sesame salt, pea shoots, mint parsley gremolata V, , SF</i>	10

**please inform your server of food allergies or dietary restrictions**

**GF** = gluten free / \* available gluten free  
 \$1 to substitute gluten free pita, \$2 to substitute gluten free pizza dough  
**V** = vegan / \* available vegan  
**SF** = soy free / \* available soy free

sandwiches are served with choice of yam fries or house salad

sandwiches

<b>FRENCH DIP</b> <i>portobello mushrooms, caramelized onions, &amp; swiss cheese on a seeded baguette with mushroom garlic au jus GF*, V*</i>	15
<b>ITALIAN BURGER</b> <i>grilled black bean burger, basil pesto aioli, sundried tomato jam balsamic tossed arugula, soft potato roll V, GF* add mozzarella \$.50</i>	15
<b>FALAFEL</b> <i>chickpea croquettes on warm pita, with romaine, cucumber &amp; tomato, fresh herbs, sumac vinaigrette, and tahini GF*, V add feta \$1</i>	14



pizzas

<b>SQUASH BLOSSOM PIZZA</b> <i>local squash &amp; squash blossoms, grilled sweet onions, fresh dill, &amp; manchego cheese on wheat crust V*, GF*, SF</i>	17
<b>CHEESE FLORENTINE PIZZA</b> <i>marinara, spinach, garlic, smoked mozzarella, &amp; parmesan on wheat crust GF*, SF</i>	16

**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!