



**START THE MORNING**

Fresh Orange, Grapefruit Juice	5	Sliced Seasonal Melon	8
Apple, Cranberry, Tomato, Pineapple Juice	4	Seasonal Berries	8
Yogurt Parfait - Fresh Berries, Granola	7	Sliced Fruit Platter With Yogurt	14
Bakery Basket- Muffin, Croissant, Danish, Toast		13	

**SMOOTHIES**

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Add Protein Powder, Avocado or Acai	
	3
Super Green - Coconut Water, Kale, Cucumbers, Green Apples, Ginger, Lemon	
Oatmeal Cookie - Oats, Almond Milk, Peanut Butter, Banana, Cinnamon, Raisins	
Seasonal - Mango, Strawberry, Peach, Yogurt, Honey, Mint	

**BREAKFAST BOWLS**

Gluten Free Available

<p><b>Acai Bowl 14</b> Acai Puree, Blueberries, Strawberries, Banana Honey, Granola, Coconut Flakes</p> <p><b>**Jerusalem Bowl 16</b> Warm Wheat Berries, Lentils, Za'atar Chicken Roasted Green Chillies, Bell Peppers, Fried Eggs, Yogurt</p>	<p><b>**Breakfast Bowl 14</b> Poached Egg, Farro, Kale, Onions Lemon Juice, Olive Oil, Fried Quinoa, Sunflower Seeds</p> <p><b>Vegetable Bowl 14</b> Farro, Arugula, Edamame, Carrots, Celery Yellow Beets, Parsley</p>
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**BREAKFAST SPECIALTIES**

<p><b>**Traditional Breakfast 12</b> Two Eggs Any Style Choice Of Honey Cured Bacon, Smoked Duroc Pork Loin, Sausage Home Fries, Toast</p> <p><b>**Three Egg Omelet 15</b> Choice Of Bacon, Ham, Sausage, Cheddar, Swiss, Pepper Jack Feta, Tomatoes, Spinach, Onions, Mushrooms, Peppers</p> <p><b>Smoked Salmon Plate 18</b> Red Onion, Sliced Tomato, Capers Lemon Dill Cream Cheese, Bagel</p>	<p><b>**Corned Beef Hash 16</b> Two Poached Eggs, Housed Made Corned Beef Hash, Yukon Potatoes, Toast</p> <p><b>**Eggs Benedict 16</b> Two Poached Eggs Over Smoked Duroc Pork Loin English Muffin, Hollandaise Sauce</p> <p><b>**Chef's Omelet 16</b> Chorizo, Roasted Chillies, Oaxaca Cheese, Cotija Cheese Avocado, Green Chilaquiles</p>
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**OTHER THINGS**

Steel Cut Oatmeal, Banana Brûlée	8	Croissant, Danish, Bagel, Muffin	4
Buttermilk Pancakes	10	Bacon, Sausage, Ham	4
Blueberry Pancakes	12	Greek Yogurt, Cottage Cheese	6
Belgium Waffle, Berries	12	Muesli, Berries	8

**BEVERAGES**

Coffee, Decaf, Herbal Teas, Hot Chocolate	4	Bloody Mary	12
Milk, Low Fat Milk, Skim Milk, Soy Milk	4	Mimosa	11
Cappuccino, Espresso, Latte	5	Sedona Sparkler	12
Still, Sparkling Water	6	Bloody Maria	12

**Shawn Murphy ~ Executive Chef**

\*\* These items may be raw or undercooked or may contain raw ingredients.

Consuming undercooked meats, poultry, seafood or eggs may increase your risk of food borne illness.

