

TRADITIONAL

LIGHT HEARTED

Three Egg Whites | Local Tofu
Caramelized Onion | Mushrooms | Spinach
Wheat Berries | Fingerling Potatoes
Choice of Toast 13

SIMPLE BEGINNINGS

Freshly Baked Croissant
Local Artisanal Cheese and Local Ham
Hard Boiled Egg | Fennel Mustard
Fig Jam | Fresh Berries 15

AVOCADO TOAST

Fork Mashed Avocado
Whole Wheat Toast | Poached Egg
Chili & Lime Marinated Tomatoes
Grains of Paradise 15

SMOKED SALMON

Tartine Style | Pumpernickel | Shaved Egg
Pickled Onion | Capers | Petite Greens
“Everything Spice” 17

PAIN PERDU

Vanilla Brioche French Toast
Local Maple Syrup | Whipped Butter
Grated Cinnamon 13

BENEDICT

Two Poached Farm Fresh Eggs,
Smoke House Canadian Bacon
Hollandaise | English Muffin
Fingerling Potatoes 15

Maine Cold Water Lobster 12 Additional

OMELETTE

Two Farm Fresh Eggs with Choice of
Three Items From Below

Local Ham | Smoked Salmon | Bacon
Cheddar | Goat Cheese | Ricotta
Mushrooms | Onions | Tomatoes
Bell Peppers | Spinach

Fingerling Potatoes | Choice of Toast 15
Maine Cold Water Lobster 13 Additional

STANDARD

Two Farm Fresh Eggs | Fingerling Potatoes
Fruitwood Smoked Bacon or Maple Sausage
Choice of Toast 14

HUEVOS RANCHEROS

Sunny Eggs | White Corn Tortillas
Chipotle Crema | Braised Black Beans
Ground Tomato Salsa | Cilantro 16

BOWLS

FRESH START

Greek Yogurt | Fresh Berries
Wild Flower Honey | Bee Pollen
House Made Toasted Nut Granola 12

ARTISAN ROLLED OATMEAL

Caramelized Apples | House Made Raisins
Brown Sugar | Toasted Walnuts 9

WARM CHAI

SPICED QUINOA
Coconut Milk | Bruiled Banana
Pecans | Cocoa Nibs 13

GRILLED CHICKEN and APPLE SAUSAGE

White Corn Porridge | Poached Egg
Roasted Mushrooms
Shaved Parmesan 17

red flannel hash and poached eggs

Corned Beef | Onions | Fingerling Potatoes
Local Beets | Slow Poached Eggs
Choice of Toast 16

SIDES

Toast	3
English Muffin	4
Petite Croissant	6
Fruitwood Smoked Bacon	5
Maple Sausage	5
Chicken Apple Sausage	5
Red Flannel Hash	7
Bagel Cream Cheese	5
Toasted Almond Granola Milk	7
Fresh Baked Muffin	4
Seasonal Berries	9
Local Farm Fresh Eggs One Two	3 4
Plain Local Yogurt	6
Fingerling Potatoes	4

BEVERAGES

Fresh Orange Juice	4
Milk Chocolate Milk	3
Detox Smoothie Banana Pear Spinach Kale Celery	9
Kick Starter Cleanse Organic Apple Cider Vinegar Fresh Ginger & Turmeric Honey Lemon Cayenne	6
Coffee by Design Coffee	5
UNION Hot Cocoa Local Whipped Cream	5
Artisanal Tea	5
Espresso single double	4 6
Cappuccino	6
Latte	6



FOOD + DRINK

FOR YOUR CONVENIENCE, AN 20% GRATUITY WILL BE ADDED TO PARTIES OF 8 OR MORE. PLEASE ADVISE US IF YOU HAVE ANY DIETARY CONCERNS OR FOOD ALLERGIES.

⚠️ CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESSES, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. DEC 2018