



Eggs

LIGHT-HEARTED — 13

three egg whites, local tofu, caramelized onion, mushrooms, spinach, wheat berries, fingerling potatoes, choice of toast

BENEDICT — 15

two poached Maine family farm eggs, smoke house Canadian bacon, hollandaise, English muffin, fingerling potatoes

OMELETTE — 15

two Maine family farm eggs, fingerling potatoes and choice of toast, with choice of three items:

local ham, smoked salmon, bacon, cheddar, goat cheese, ricotta, mushrooms, onions, tomatoes, bell peppers, spinach

STANDARD — 14

two Maine family farm eggs, fingerling potatoes, fruitwood smoked bacon or maple sausage, choice of toast

RED FLANNEL HASH & POACHED EGGS — 16

corned beef, onions, fingerling potatoes, local beets, slow-poached eggs, choice of toast

Toast

SIMPLE BEGINNINGS — 15

freshly baked croissant, local artisanal cheese, local ham, hard boiled egg, fennel mustard, fig jam, berries

AVOCADO TOAST — 15

avocado, whole wheat toast, poached egg, chili & lime marinated tomatoes, grains of paradise

SMOKED SALMON — 17

tartine style, pumpernickel, hard boiled egg, pickled onion, capers, petite greens, "everything spice"

PAIN PERDU — 13

vanilla brioche French toast, local maple syrup, whipped butter, grated cinnamon

Bowls

FRESH START — 12

Greek yogurt, fresh berries, wildflower honey, bee pollen, house-made toasted granola

ARTISAN ROLLED OATMEAL — 9

caramelized apples, housemade raisins, brown sugar, toasted walnuts

WARM CHAI-SPICED QUINOA — 13

coconut milk, bruleed banana, pecans, cocoa nibs

GRILLED CHICKEN & APPLE SAUSAGE — 17

white corn porridge, poached egg, roasted mushrooms, shaved parmesan

HUEVOS RANCHEROS — 16

sunny eggs, white corn tortillas, chipotle crema, braised black beans, ground tomato salsa, cilantro

Sides

DETOX SMOOTHIE — 9

banana, apple, pear, spinach, kale, celery

KICK-STARTER CLEANSE — 6

organic apple cider vinegar, fresh ginger & turmeric, honey, lemon, cayenne

TOAST — 3

ENGLISH MUFFIN — 4

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

For your convenience, a 20% gratuity will be added to parties of eight 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.