



## 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, pumpnickel, 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

### SMOKED TURKEY 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.*