Steel-cut Oats – Not Your Mom’s Oatmeal
Served with dried cranberries, toasted almonds and roasted apples, topped with brown sugar or Andersen’s Maple syrup. 4.00

Breakfast Sandwich
Your choice of Pork Sausage patty, hickory smoked slab bacon, or Canadian bacon, topped with Scrambled egg and cheese, on a toasted whole-wheat English muffin 5.00

All American
2 eggs Hashed browns, choice of bacon or sausage and your choice of toasted white, sprouted wheat or whole wheat bread. 6.00

A Toast to you
Avocado
Toasted Italian or sprouted wheat bread topped with your choice of sliced avocado. 5.00
Add a fried egg 1.00

Nutter Butter
Almond or Peanut butter topped with and roasted apples or sliced bananas and drizzled with maple syrup. 5.00

Breakfast - Grab and Go
Protein Pack
Hardboiled Eggs, Cheese cubes and almonds 3.00

Yogurt cups 2.00

Fruit and Granola Cups 3.00

Naked Juice Smoothies, Berry Blast, Protein Power, Green Machine 4.00

Apple, Orange Tomato Juice and Cranberry Juice 2.00

Sip and Stay
French Press Coffee
Pot for One 2.00
Pot for Two 4.00

Tazo Brand Supreme Tea
Pot for One 2.00
Pot for Two 4.00
Earl Grey, Jasmine, Green & Mint

Muffin of the Day 1.50
Breakfast Pastry 1.50