

BREAKFAST



Tofu can be substituted for scrambled eggs.

Mexican Scramble \$14

Two eggs with potatoes, cheese, peppers, onion & tomato. Comes with salsa, corn tortillas, beans & rice.

Ham & Cheese Scramble \$14

Comes with a side of home-fries and toast with jam & butter.

Two Egg Breakfast \$10

Cooked to order with a side of home-fries and toast with jam & butter.

3 Egg Omelet \$13

Choose 4 ingredients from the ingredients list. Comes with toast (or sub home-fries).

BYO Scramble \$11

Choose 4 ingredients to scramble with 2 eggs. Comes with toast (or sub home-fries).

French Toast \$12

Made with our sourdough bread. With real maple syrup & butter. Kid's size \$8.

Huevos Rancheros \$14

Two eggs poached in mild salsa. Served with beans, rice and corn tortillas.

Breakfast Enchiladas \$14

Flat enchilada filled with veggies & cheese. Topped with enchilada sauce and 2 eggs

cooked how you like with beans & potatoes.

Biscuits & Gravy \$9

Two home-made biscuits with sauteed mushrooms & vegetarian mushroom gravy. Add pork sausage for \$2 more.

SANDWICHES

Made on our home-made bread.

Tempeh \$8

Grilled tempeh with lettuce, tomato & carrot relish.

Turkey \$9

Turkey breast roasted in-house with mayo, lettuce, tomato & carrot relish.

Vegetarian \$8

Herb cream-cheese with lettuce, tomato & carrot relish.

Garden Veggie (vegan) \$8

Home-made hummus with avocado, cucumber, lettuce, carrots & tomato.

Tuna Salad Sandwich \$8

Home-made albacore tuna salad with lettuce & tomato.

Fried Egg Sandwich \$8

Two fried eggs with lettuce, tomato & carrot relish.

Tuna Melt \$15

Tuna salad & melted jack cheese grilled toasty. Comes with a small side salad.

SIDES

Home Fries \$4

Toast (with jam & butter) \$2

Small Side Salad \$8

Avocado Toast \$5

Beans or Rice \$3

Bacon or Sausage \$4

Bagel & Cream Cheese \$4

INGREDIENTS

Avocado Onion Peppers Broccoli Basil
Kale Garlic Jalapeno Lettuce Spinach
Artichoke Mushrooms Olives Cabbage
Pineapple Home-Fries Tomato Ground
Beef Bacon Ham Chicken Sausage
Pepperoni Turkey Black-Beans Tempeh
Tofu Cheddar Monterey-Jack Mozzarella
Cream Cheese Salsa Sour-Cream

BURRITOS

Add non-meat items from the ingredients list for \$1 each. Meat ingredients for \$2

Breakfast Burrito \$10

Two eggs, potatoes & cheese. With pepper, onion and tomato.

Bean & Cheese Burrito \$5

Home-made pinto beans & Monterey Jack.

Burrito Supreme \$11

Bean & cheese burrito with lettuce, tomato & olives. Plus sour cream and avocado.

SALAD

Large House Salad \$9

Greens, cucumber, tomato, carrots and cabbage. Comes with our fresh bread & butter.

Avocado Chef Salad \$15

House salad topped with Jack cheese, olives, artichoke hearts & avocado. Comes with our fresh bread & butter.

Tostada Salad \$8

Pinto beans on crispy corn tortillas topped with shredded lettuce, salsa & jack cheese.

Soup & Salad \$15

A cup of our fresh soup and a small side salad served with our fresh bread.

BURGERS

Local & grass-fed from Knee-Deep Cattle Company on our home-made buns. Comes with home-fries or sub small salad for \$3. Sub grilled sliced tempeh for patty. Add cheese for \$1, or bacon for \$2

Basic Burger \$14

With lettuce, tomato, pickles & onions.

Mushroom Swiss \$16

Basic burger with sauteed mushrooms and melted swiss cheese.

Jalapeno Jack \$16

Basic burger with sauteed jalapenos and melted jack cheese.

California Burger \$16

Basic burger with melted swiss cheese and fresh avocado.

Patty Melt \$16

Basic burger with sauteed onions & mushrooms under melted swiss cheese.

PLATES

Quesadilla Plate \$9

Two flour tortillas grilled with melted jack cheese inside. Comes with a small side of black beans plus lettuce, salsa, sour cream & avocado.

Spaghetti Plate \$18

Choose vegetarian or meat sauce. Comes with small side salad and 3 pieces of our fresh baked bread.

Turkey Mole Plate \$15

Our house roasted turkey in mole sauce.

Comes with black beans & rice and 3 corn tortillas. May sub tempeh for turkey.

Fish Taco Plate \$18

Alaskan cod lightly breaded and pan-fried.

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