

# BREAKFAST

## STARTERS

**GRAPEFRUIT** bruleed with cane sugar 3 **V, GF**

**CINNAMON BUN** served warm 5

**ALMOND CROISSANT** 3 **N**

**BANANA BREAD** with honey butter 4

**EVERYTHING BAGEL** toasted with cream cheese 3

**AVOCADO TOAST** micro greens, everything bagel spice 7 add sunny side up egg +2 **VO, GFO**

## BOWLS

**LOCAL GRANOLA** organic berries, greek yogurt, local honey 8 **VO, N, GFO**

**BEE KIND** blended almond milk, acai, banana, peanut butter, topped with chia seeds, coconut, bananas, honey & granola 9 **VO, GF, N**

**GINGER BERRY** blended coconut milk, acai, berries, spinach, ginger, topped with pomegranate, blueberry & local granola 9 **V, GF, N**

**QUINOA** raisins, dried cranberries, cinnamon, greek yogurt, mixed berries 8 **VO, GF**

**CHIA** mixed berries, almonds, coconut, bananas, soy milk, vegan chocolate sauce 8 **V, GF, N**

**STEEL CUT OATMEAL** brown sugar, raisins, pure maple syrup 7 **V, GF**

## PANCAKES & SUCH

**PANCAKES** topped with berries, bananas, pure maple syrup Organic Buttermilk 8 / Organic Buckwheat 9 **V, GF**

**FRENCH TOAST** Texas toast, berries, cinnamon, vanilla, local honey butter 9 **GFO**

**POWER BREAKFAST** scrambled egg whites, chicken sausage, buckwheat pancake 11 **GF**

## ORGANIC EGGS & SUCH

Egg whites, tofu teese cheese or daiya cheese available upon request.

Substitute organic berries for home fries for \$3

**SUNRISE SPECIAL\*** two eggs any style, toast, home fries 6 **GFO**

**QUICHE** daily selection, side salad MKT

**EGG SANDWICH\*** croissant, scrambled eggs, ham or bacon, cheddar, home fries 8 **GFO**

**TWO EGGS ANY STYLE\*** choice of meat, byrd's mill grits or home fries, wheat toast 9 **GFO**

**TOFU SCRAMBLE** daiya cheese, tomatoes, spinach, mushrooms, turmeric, home fries 9 **V, GF**

**HAM & SWISS OMELET\*** edwards country ham, swiss cheese, home fries 9 **GF**

**AVOCADO, WHITE CHEDDAR & TOMATO OMELET\*** home fries 10 **GF**

**WILD MUSHROOM OMELET\*** asparagus, goat cheese, home fries 10 **GF**

**LUMP CRAB OMELET\*** spinach, tomatoes, goat cheese, home fries 13 **GF**

**HUEVOS RANCHEROS\*** sunny side up eggs, chorizo, avocado, corn tortillas, black beans, pico, white cheddar, home fries 12 **VO, GF**

**BREAKFAST BURRITO\*** scrambled eggs, chorizo, black beans, pico, scallions, cheddar, avocado, lime crema, home fries 12 **VO, GFO**

## SIDES

**ORGANIC BERRIES** 5 **V, GF**

**LOCAL EGG** 2 **GF**

**CHICKEN SAUSAGE LINK** 3 **GF**

**APPLEWOOD SMOKED BACON** 3 **GF**

**SAUSAGE CRAFT SAUSAGE PATTY** 3 **GF**

**VEGETARIAN SAUSAGE PATTY** 3

**BYRDS MILL GRITS** 3 **GF**

**HOME FRIES** 2 **V, GF**

**TOAST** 2 **GFO**

We are not a gluten free facility.

**DIETARY GUIDE:** **V**- Vegan / **VO**- Vegan Optional / **GF**- Gluten Free / **GFO**- Gluten Free Optional / **N**-Contains Nuts / **PO**-Paleo Optional

\* Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Some foods may be cooked to order. \*

## BRUNCH COCKTAILS

**THE DAILY BLOODY** *prairie organic vodka, sassy mary, celery* 8

**THE SPICY BLOODY MARY** *absolut cilantro, sassy mary, jalapeno* 8

**THE SKINNY BLOODY MARY** *skinny girl vodka, sassy mary, olives, celery, lemon, lime* 8

**THE BACON BLOODY MARY** *bakon vodka, sassy mary, brown sugar, rock salt rim* 8

**PAMA CHAMPAGNE COCKTAIL** *prosecco, pama liquor, solerno blood orange liquor, fresh orange juice* 8

**MIMOSA** *your choice: pomegranate, passionfruit, pineapple, cranberry, orange juice, grapefruit* 6

**ELDERFLOWER COOLER** *hendricks, elderflower liquor, fresh lemon and lime juices, soda water* 8

**STRAWBERRY LIMEADE** *cruzan citrus rum, fresh squeezed limeade, soda water* 8

**DAILY TODDY** *spiced rum or bourbon, honey, lemon, cinnamon, hot water* 6

**RUMCHATA** *cracken spiced rum, coconut water, almond milk, honey, cinnamon* 8

## MOCKTAILS

**COCONUT LATTE** *coconut water, organic espresso, splash of almond milk, over ice* 5

**COCONUT MOJITO** *coconut water, lime, agave, mint, soda* 5

**STRAWBERRY LIMEADE** *strawberries, lime juice, simple syrup, mint* 5

**CUCUMBER COOLER** *muddled cucumber, coconut water, lime, basil* 5

**LEMONGRASS GINGER SODA** *lemongrass simple syrup, candied ginger, soda* 5

**PASSIONFRUIT LIME SODA** *passionfruit juice, muddled lime, mint, soda* 5

## COFFEE, TEA, JUICE

**ESPRESSO** 3

**DOUBLE ESPRESSO** 6

**CAPPUCCINO** 5

**LATTE** 5

**AMERICANO** 4

**GREEN TEA** 4

**CHAI TEA** 4

**CHAI LATTE** 5

**HOT CHOCOLATE** 4

**ASSORTED HOT TEAS** 4

**LEMON OR LIMEADE** 4

**ORGANIC ORANGE** 4

**ORGANIC GRAPEFRUIT** 4

**LUMI Cold Pressed Farmhouse Greens (10oz bottle)** 8

**LUMI Cold Pressed Upbeat Pear (10oz bottle)** 8

**LUMI Hot Shot, Beet, Lime Jalapeno (2oz bottle)** 6

*We are not a gluten free facility.*

**DIETARY GUIDE:** **V-** Vegan / **VO-** Vegan Optional / **GF-** Gluten Free / **GFO-** Gluten Free Optional / **N-** Contains Nuts / **PO-** Paleo Optional

\* Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Some foods may be cooked to order. \*