

## STARTERS

**CINNAMON BUN** 3

**ALMOND CROISSANT** 3

**BANANA BREAD** honey butter 4

**EVERYTHING BAGEL** toasted with cream cheese 3

**AVOCADO TOAST** microgreens, everything bagel spice, EVOO 7 | Add a sunny egg +2 **V, GFO**

**MADE TO ORDER GUACAMOLE** organic blue corn chips 8 **V, GF**

**BRUSCHETTA** fig & fava bean, goat cheese, basil, white balsamic vinegar, olive oil 8 **VO, GFO**

**ARTICHOKE & SPINACH DIP** toasted flatbread 8 **GFO**

## BREAKFAST 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

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

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

**TOFU SCRAMBLE** teese cheese, tomatoes, spinach, mushrooms, turmeric, hash browns 9 **V, GF**

**BYRD'S MILL GRITS** egg, bacon, kale, cherry tomato, cheddar 9 **GF**

**TRADITIONAL BENEDICT** english muffin, Edwards ham, hollandaise, home fries 10

**TRUFFLED MUSHROOM BENEDICT\*** english muffin, wild mushrooms, herbs, truffle hollandaise, home fries 10

**CRAB CAKE BENEDICT\*** english muffin, crab cake, citrus hollandaise, home fries 15

**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**

## SOUPS & SALADS

Twin Oaks Tofu +5 / Organic Chicken +6 / Grass Fed Beef +6 / All Natural Shrimp +6 / Eco Salmon +8

**LENTIL SOUP** 4/6 **V, GF** **SOUP DU JOUR** 4/6

**MIXED GREEN SALAD** cucumber, tomato, carrots, choice of dressing 6/8 **V, GF**

**ORGANIC CAESAR\*** romaine, shaved parmesan, croutons, caesar dressing, white anchovies 7/9 **GFO**

**ORGANIC KALE** pumpkin seeds, pecorino, apples, pomegranate, honey-apple cider vinaigrette 8/10 **VO, GF**

**BEEF & ARUGULA** goat cheese, toasted pistachio, fig jam, sea salt, balsamic reduction, basil oil 9/13 **VO, GF, N**

**QUINOA** mixed greens, carrots, peppers, tomatoes, chickpeas, feta, almonds, lemon chipotle vinaigrette 8/10 **GF, VO, N**

**CHOPPED** romaine, tomato, avocado, cucumber, blue cheese, bacon, buttermilk herb dressing 8/10 **GF**

## SANDWICHES

(Teese cheese or vegemaise available upon request, Gluten-Free bread +2)

Choice of: quinoa tabbouleh, side salad, french fries, sweet potato fries, chickpea salad

**CERTIFIED ANGUS BURGER\*** burger house style, cheddar, lettuce, tomato, onion, brioche bun 10 **GFO**

**ALL NATURAL TURKEY BURGER** guacamole, pickled red onions, white cheddar, whole wheat bun 9 **GFO**

**VEGGIE BURGER** house made patty, lettuce, tomato, onion, whole wheat bun 9 **V, GFO, N** cheddar or avocado +1

**WHITE CHEDDAR AVOCADO BLT** applewood bacon, lettuce, tomato, chipotle aioli, toasted multigrain 10 **GFO**

**TLT SANDWICH** tempeh bacon, lettuce, tomato, guacamole, white bread 10 **V**

**CHICKEN PANINI** all natural chicken, white cheddar, arugula, tomato, caramelized onions, chipotle aioli 11 **GFO**

**ROAST TURKEY PANINI** goat cheese, fig jam, arugula pesto 9 **GFO**

**CALIFORNIA CLUB** roast turkey, swiss, bacon, avocado, lettuce, tomato, whole grain mustard aioli, toasted multigrain 9 **GFO**

**CRAB CAKE** lemon cracked pepper aioli, arugula, brioche bun 14

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. \*