

BREAKFAST

served

monday – friday: 7am – 11am
saturday & sunday: 9am – 2pm

VEGAN MUFFINS 2.5

see display for today's options

CHIA PUDDING 5

chia seeds • fruit coulis • berries • almond granola

THIRTEEN MUESLI 8.5

Thirteen muesli classic blend • choice of milk •
seasonal fruit • Michael's Dolce jam

TOAST 5

almond butter • banana • cinnamon • hemp seeds

or

avocado • tomato • cucumber • sprouts

CHEERFUL 8

tempeh bacon • tomato • avocado • greens • garlic aioli •
ciabatta

BREAKFAST WRAP 8

Italian sausage crumble • tofu scramble • quinoa • tomato •
coconut bacon • greens • chipotle mayo • side buffalo sauce

additions

(+) greens 4

(+) lemon rosemary smashed potatoes 4

STANDARD 12

tofu scramble • lemon rosemary smashed potatoes •
tempeh bacon • sautéed kale • toast

SMOOTHIE BOWLS

SMALL 6 • REGULAR 10

berry acai smoothie • granola • pumpkin seeds • coconut •
banana • strawberries

or

chocolate maca smoothie • granola • coconut •
hemp hearts • cocoa nibs • banana • strawberries

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