

Breakfast & Shakes

breakfast

\$11.99

Homemade Waffle

Cooked perfectly with your choice of 100% pure maple syrup, butter, homemade strawberry preserves or peanut butter

Oatmeal

Our steel-cut heart-healthy oatmeal made with your choice of milk or water and served with your choice of brown sugar, raisins or fresh-cut fruit

Omelet or Skillet

Our handcrafted omelet or skillet served with your choice of 3 items:

Applewood smoked ham

Bacon

Mozzarella

Cheddar

Spinach

Onions

Tomato

Additional items available for \$1 each

Yogurt and Fruit

Vanilla yogurt topped with fresh seasonal fruit, heart-healthy granola, super seed mix and lightly drizzled with honey

Add a Side

Croissant

Whole Wheat Bagel

Whole Wheat Toast

Applewood Smoked Ham (1 slice)

Chicken Sausage (2 halves)

Applewood Smoked Bacon (2 slices)

shakes & smoothies

Strawberry Sunrise

\$6.29

Organic strawberries and banana, orange juice and whey protein

Ultimate Protein

\$6.29

Organic milk, two organic fruits and whey protein

Whey of Life

\$6.29

Organic milk, two organic fruits, yogurt and whey protein

Mocha Madness

\$6.29

Organic milk, mocha java boost and whey protein

Body Builder

\$6.79

Organic milk, two organic fruits, yogurt, creatine and whey protein

Organic Fruits & Extras

Strawberries

Blueberries

Bananas

Peanut Butter

Protein Options

Grass-fed Whey Protein

· Vanilla

· Chocolate

Plant-Powered Vegan Protein

· Vanilla

rare

STEAK & SUSHI