



DAIRY, GRAINS, FRUITS & SMOOTHIES

BREAKFAST PARFAIT 14.

whipped homemade vanilla yogurt | berry compote | almond & honey granola

OVERNIGHT ANCIENT GRAINS 12. **PB VG**

almond milk soaked ancient grains | macerated seasonal fruit | whipped almond butter

STEEL CUT OATMEAL 12.

slow-cooked whole oatmeal | choice of milk | brown sugar | sundried fruits
supplemental banana +4. Supplemental blueberries +4.

SEASONAL CUT FRUITS 14.

VITAMIN C DETOX 11. **PB VG**

freshly blended juice of papaya | carrot | pineapple | lemon | ginger

THE POWER OF GREEN 12. **PB VG GF**

kale | banana | medjool dates | almond milk | supplemental protein powder +4.

HOMEMADE VANILLA YOGURT 8.

GREEK YOGURT 7.

HANDPICKED BERRIES

small 12. | large 18.

HONEY ALMOND GRANOLA 14.

CEREALS

Assorted choice 10.

BEVERAGES

Coffee 'Marseilles Dark Roast' | Regular or Decaffeinated | 9.

Cappuccino, Latte, Mocha 10.

Single Espresso 6.

Double Espresso 9.

Hot Chocolate 8.

Selection of Premium Teas from Tea Leaves 9.

Juice 7.

Soft Drinks 7.

San Benedetto | Italian Sparkling or Still Water | 500ml 8. 750ml 10.

PB – Plant Based **VG** – Vegan **GF** – Gluten Free

*Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, milk, poultry, or shellfish reduces the risk of food borne illness.
Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked.



GOOD MORNING SUNSHINE

BORN IN THE USA 34.

two organic eggs any style | breakfast potatoes & oven-roasted tomato | toast
choice of breakfast meat | juice | coffee or tea

CONTINENTAL 25.

freshly baked morning pastries | homemade vanilla yogurt or seasonal fruit & berries
juice | coffee or tea

VANILLA PANCAKES 19.

buttermilk vanilla pancakes | choice of blueberries, sliced bananas, sliced strawberries, or
chocolate chip

SALMON BAGEL * 22.

smoked salmon | sliced tomatoes | red onions | capers | whipped cream cheese | soda bagel

BENE Z* 23.

two poached eggs | english muffin & canadian bacon | hollandaise sauce
supplemental smoked salmon +3.

KETO OMELET* 22. **GF**

three eggs | local hot smoked salmon | avocado oven-roasted tomato | mozzarella cheese

AVOCADO TOAST 17. **PB VG**

fresh avocado | tomatoes | tomato jam | radishes | arugula

RANCHERO* 23.

two eggs | chorizo | queso fresco | black beans | ranchero sauce | pico de gallo | corn tostada

SIDES & PASTRIES

Breakfast Potatoes 5.

Single Organic Egg Any Style* 6.

Bourbon Bacon 8.

Pork Sausage 8.

Smoked Salmon* 10.

French Croissant 4.95

Pain au Chocolat 4.95

Blueberry Muffin 5.

Almond Croissant 7.

Ham & Cheese Croissant 7.

PB – Plant Based **VG** – Vegan **GF** – Gluten Free

*Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, milk, poultry, or shellfish reduces the risk of food borne illness.
Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked.