Breakfast All Day



EGGS YOUR WAY GF 8.50 Two Farm-Fresh Eggs, Bacon or Turkey Sausage, Potatoes, Fruit, Toast

PANCAKES 9 8.50 Whipped Cream, Syrup

Açaí, Strawberries, Banana, Agave, Granola, Peanut Butter, Almond Milk, Chia Mix

STEEL-CUT OATMEAL 9 6.00 Berries, Chia Mix



BREAKFAST TACOS

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Add sliced avocado 0.25

AMERICAN 3.00

Bacon, Eggs, Potatoes, Cheddar

TEXICAN 3.00

Chorizo, Eggs, Grilled Corn, Cotija

SMOOTHIES

STRAWBERRY BANANA (F) 9 5.25 Strawberry, Greek Yogurt, Banana, Agave

SUNRISE GF 9 5.25 Mango, Pineapple, Carrot, Greek Yogurt, Orange

Juice, Turmeric

leaven

COCOA COLD BREW (GF) 9 5.25 Banana, Almond Milk, Cold Brew Coffee, Greek Yogurt, Agave, Cocoa

> KALE-YEAH! GF 9 5.25 Kale, Greek Yogurt, Banana, Fresh Lemon



START OFF STRONG, ADD A BOOST Collagen, Protein, or

Extra Greens +\$2 Peanut Butter or Agave +\$0.50



WRAPS or HASHES

Served wrapped or on potato hash; accompanied by fresh fruit ----sub gluten-free wrap \$2----

DAGWOOD GF 8.25

Bacon, Eggs, Potatoes, Arugula, Cheddar

MARKET OFFER 9 8.75

Veggie Sausage, Eggs, Sprouts, Tomatoes, Avocado

EARLY BIRD GF 8.75 Turkey Sausage, Egg Whites,

BORDER TOWN (F) 825

Spinach, Arugula, Swiss

Chorizo, Eggs, Cotija, Avocado Mash



□ SWEETS

SOFT DRINKS. ICED TEA 2.25

HOUSE-MADE TRAIL MIX @ @ 3.00

COFFEE, COLD BREW, HOT TEA 2.25

COOKIE 9 2.00

GF GLUTEN-FREE Available upon request



VEGAN

STARTERS



AVOCADO TOAST 9 6.00 Mulit-Grain Toast, Avocado Mash, Cucumber, Radish, Hard Cooked Egg, Everything Spice

CLASSIC HUMMUS (F) 4 5.00 Choose veggies, chips, or grilled flatbread

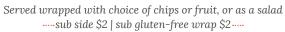
HOUSE GUACAMOLE GF 6.50 Choose veggies, chips, or grilled flatbread

ROASTED EGGPLANT DIP 6 5.50 Choose veggies, chips, or grilled flatbread

FIREWORK SHRIMP (GF) 7.25 Corn Starch Fried Shrimp, Iceberg, Carrots, Green Onion Cilantro, Sweet Thai Chili Aioli



WRAPS or SALADS



CHICKEN

UNLEAVENED GF 9.25 Chicken Salad, Lettuce. Carrots, Sprouts, Tomatoes, Ranch

EPIC GF 10.25 Grilled Chicken, Arugula, Pico, Feta, Kalamata Olives, Cucumber Dill Balsamic Vinaigrette

WEEKENDER (GF) 12.00 Buttermilk Fried Chicken,

Bacon, Lettuce, Tomatoes. Carrots, Green Onion, Ranch

TURKEY

CLUBHOUSE GF 10.25 House-Roasted Turkey, Bacon, Lettuce,

Sprouts, Tomatoes, Avocado Mash, Harissa Crema

TUNA

SEASIDE GF 10.50

Skinny Tuna Salad,

Arugula, Sprouts, Tomatoes, Cucumbers, Carrots, Avocado Mash, Green Goddess

VEGETARIAN

FARMSTAND GF 9.75 Portobello and

Zucchini, Arugula, Hot Cherry Peppers, Pickled Onion, Feta, Roasted Eggplant, Green Goddess

PORK

DEEP SOUTH GF 9.75 **Bourbon-Glazed Pulled** Pork, Horseradish Pickles, Kale, Pickled Onion, Ranch

HAVANA GF 10.50 Guava-Glazed Pulled Pork. Ham, Horseradish Pickles, Red Cabbage, Swiss, Honey Mustard

STEAK

SOUTHWESTERN (GF) 12.25 Grilled Fajita Steak,

Sautéed Peppers and Onions, Red Cabbage, Hominy, Pico, Cotija, Avocado Mash, Salsa

SHRIMP

WEST COAST GF 12.25

Corn Starch Fried Shrimp, Arugula, Iceberg, Green Onion, Cilantro, Carrots, Sliced Avocado, Sweet Thai Chili Aioli

WARM BOWLS

ADD PROTEIN AND OPTIONS

.... grilled chicken + \$4 ···· sustainable salmon + \$5 ---- center-cut sirloin + \$4

---- fried egg + \$1

CASHEW SESAME GF 9 8.50 Curried Cauliflower, Brown Fried Rice, Asian Slaw.

Chopped Cashews



LEMON PESTO GF 9 8.50

Portabello, Zuchini, Tomatoes, Sauteed Spinach, Crimson Lentils, Arugula, House Pesto, Grilled Lemon

MOLÈ VERDE GF 9 8.50 Garlic Charred Broccoli, Roasted Sweet Potatoes, Pico, Sliced Avocado, Poblano Feta Sauce.

Shaved Chocolate



SWEET POTATO FRIES 🚱 🥹 3.00 Curried Ketchup

GRILLED SWEET CORN (GF) (9) 3.00 Fresh-Shucked Corn, Shallot, Harissa Crema, Lime, Ancho,

Cilantro, Cotija HOPPIN' JUAN GF 3.00

Chorizo, Cotija, Black-Eyed Peas, Shaved Kale

CHIPS 1.50

FRESH FRUIT AND BERRIES

GF) 🕹 3.00 Seasonal Selection

BROCCOLI SLAW GF 9 3.00 Chopped Broccoli, Red Cabbage.

Carrots, Raisins, Chia, Sunflower Seeds, Green Goddess

> HOUSE SALAD GF 9 3.00 Seasonal Selection Balsamic Vinaigrette

DAILY HOUSE-MADE SOUP





CHICKEN LITTLE 6.75

Tenders (fried or grilled)

Ranch or Honey Mustard

LIBERTY 6.75

Served with choice of fruit, chips, or sweet potato fries and kid's drink - 12 and under

RUTH 6.75 Chicken quesadilla

WYNNE 6.75

Peanut Butter and Sliced Strawberries Roll-up

Grilled Cheese

DELANEY 6.75 Pepperoni Pizza Roll-up