

BREAKFAST

FARMER FRITTATA

Farm Fresh Eggs with Onion, Spinach, Mushrooms, Sun-Dried Tomato, Fresh Basil, & Local Goat Cheese

GARDEN FRITTATA

Farm Fresh Eggs, Zucchini, Tomato, Sweet Peppers, Green Onion, & Cheese

HUEVOS RANCHEROS

Cheesy Eggs, Brown Rice, Refried Black Beans, Avocado, Warm Tomato Salsa, & Corn Tortillas

GARDEN GNOME

Tofu Scramble, Green Banana & Cassava Hashbrowns, Sautéed Garden Greens, Veggie Fried Rice, Homemade Kim Chi

BREAKFAST SALAD

Fresh Baby Spinach with Dried Fruit, Toasted Nuts, and a Vanilla Balsamic Dressing

PAPAYA BOAT

Seasonal Fruit Salad and Chia Pudding served in a Fresh Papaya Half topped with Coconut Yogurt, Toasted Macadamia Nuts, and Hemp Seeds

TROPICAL FRUIT SALAD

Seasonal fruit served with a cold chia pudding and coconut yogurt

TROPICAL SMOOTHIE

Seasonal frozen fruit blended with plant based milk and superfoods

DRINKS

INFUSED WATER

ORANGE JUICE

TROPICAL JUICES

HERBAL TEAS

ORGANIC COFFEE

BAKERY

BLUEBERRY MUFFINS

Super omega muffins with chia, flax, hemp seed, and walnuts

BANANA BREAD

With local macadamia nuts and chocolate chips

GRANOLA

Peanut butter & maca or five seed & date

TOAST

Gluten-free or whole wheat toast served with butter, jam, & nut butters

