

tulip noir

our breakfast menu empowers you to happily eat your fruits and veggies

p a n c a k e s

blue pancakeys

9.5

bananas - almonds - cinnamon - blueberry
chia seeds - hemp seeds
blueberry syrup

veggie fritters

10.5

spinach - artichokes - feta - herbs
chilled marinara - arugula (gf)

corn waffle

10.

black bean corn salsa - avocado sauce - spinach
tomato salsa - refried beans
(gf/vegan) (+2. with an egg)

e g g s

andy's eggs benedict

11.5

two poached eggs - canadian bacon - whole wheat english muffin
hollandaise sauce
greens tossed in house vinaigrette

sam's eggs benedict

10.

one poached egg - veggie fritter - vegetable saute
(kale, spinach, red bell pepper, onion, and roasted potatoes)
arugula - hollandaise (gf)

otto's summer omelet

11.5

two eggs - spinach - tomato - greek olives - feta - walnuts - balsamic
greens tossed in house vinaigrette
(add \$1.25 for toast)

basic breakfast

10.

two eggs - toast
choice of bacon, sausage, turkey sausage or barbequed tempeh
(add \$3. for potatoes)

s a n d w i c h e s

veggie quesadilla

10.

whole grain tortilla - zucchini - spinach - summer squash - onions
red bell pepper - avocado sauce - pepper jack cheese - salsa
(add + \$2. for scrambled egg)

breakfast sandwich

9.75

one egg - turkey pastrami - provolone cheese - arugula
pineapple sun-dried tomato pesto - corn english muffin
greens tossed in house vinaigrette

s i d e s

fresh fruit

5.

seasonal selections vary from day to day
it's all about flavor and freshness!

avery's salad

10.5

greens - spinach - red cabbage - fresh fruit
raw pecans - poppy seed vinaigrette (gf)

hot cereal

7.

choice of either oat/flax/barley cereal
or quinoa(gf)
fresh fruit - walnuts - cinnamon - rosemary honey
(vegan)

roasted potatoes

3.

yukon - red - sweet potatoes - herbs (gf)

toast

1 slice: 1.25/2 slices: 2.50

butter on wheat or pumpernickel

crazy cinnamon toast

6.5

butter - cinnamon - honey - dried sour cherries - raw almonds
whole wheat bread

cinnamon-ginger bacon (3 strips)

pork or turkey sausage (2/3 links)

barbequed tempeh

5.

b a c k e s

seasonal delights daily
ask about our freshly baked items of the day
including gluten free, dairy free or vegan items

g l u t e n - f r e e (g f) o p t i o n s

brown rice wrap or udi's multi-grain bread

1.25

glutino corn english muffin

3.5

available on all menu items for price listed above
thursdays are gluten free baking day!

please note

we offer dinner once a month; we call it *date night*
ask your server for more information

* please note:
pesto contains both cheese and nuts
consumption of raw or under cooked foods may cause serious illness or death
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