

All Day BREAKFAST



SWEET TREATS

Sweet Toast

Two toasted multigrain bread slices with your choice of one spread: Nutella®, peanut butter, or almond butter, topped with fresh banana, strawberries, and blueberries, finished with powdered sugar and served with pure maple syrup on the side. \$12.99



Power Protein Pancakes

Two pancakes (30g of protein) topped with vanilla greek yogurt and mixed berries. \$14.99



Blueberry Protein Pancakes

Two pancakes (20g of protein) filled and topped with blueberries and powdered sugar. Served with pure maple syrup on the side. \$13.50



Yucca Waffle

Topped with banana and mixed berries. Served with powdered sugar, pure maple syrup and whipped cream on the side. \$13.99



Banana Berry Oatmeal

Warmed quick-oats mixed with mashed banana and almond milk. Topped with mixed berries, hemp seeds and your choice of one: Nutella®, peanut butter or almond butter. \$12.50
Add Protein: Vegan Chocolate or Vanilla Whey \$2



Vanilla Yogurt Parfait

Vanilla greek yogurt, granola, strawberries, blueberries and mixed berry jam. \$11.99



SAVORY DISHES

Prime Steak & Eggs*

6oz Picanha steak served with three over-medium eggs and roasted potatoes on the side. \$21.50



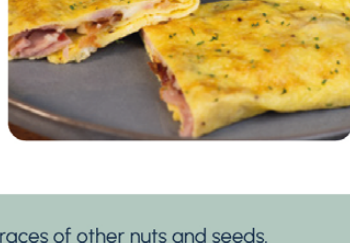
Avocado Toast

Toasted multigrain bread topped with mashed Avocado and Pico de Gallo. \$8.99
Add : Three eggs served your way. \$12.99



The Works Omelette

Three egg omelette filled with bacon, ham, red pepper, red onions and cheese blend. Served with a choice of one side: Roasted potatoes, multigrain toast or house salad. \$15.50



Veggie Omelette

Three egg omelette filled with mushrooms, red onions, zucchini and cheese blend. Served with a choice of one side: Roasted potatoes, multigrain toast or house salad. \$15.50

Caprese Omelette

Three egg omelette filled with Pesto-Basil sauce, fresh tomatoes and mozzarella cheese. Served with a choice of one side: Roasted potatoes, multigrain toast or house salad. \$15.50

SMOOTHIE BOWLS

Açaí

Base: Açaí.
Topped with chia pudding, granola, banana, mixed berries and your choice of one: Nutella®, peanut butter or almond butter. \$14.50



Açaí-Berry Protein

Base: Açaí, banana, mixed berries, Vanilla whey protein. Topped with chia pudding, granola, blueberries, strawberries and your choice of one: peanut butter or almond butter. \$15.50



Chocolate Protein

Base: Banana, strawberries, Vegan chocolate protein, cacao, almond milk and peanut butter. Topped with chia pudding, granola, coconut flakes, blueberries and strawberries. \$14.50



Breakfast Platter*

Two eggs your way, two strips of bacon, roasted potatoes and multigrain toast on the side. \$9.99

Replace for toast:
Half Yucca Waffle \$2 




Breakfast Sandwich*

Choose one:
• Ham and cheese
• Ham, egg and cheese
• Bacon, egg and cheese
• Bacon, egg whites and avocado

Choice of Bread:
Everything Bagel, Ciabatta Roll or Butter Croissant. \$9.99
*Upgrade to: Arepa \$2



Veggie Breakfast Sandwich

Pressed multigrain bread, grilled veggie burger, spring mix, tomato, red onion and guacamole. (16g) of plant-based protein. \$11.50 



BLTE Yucca Waffle Sandwich*

Filled with bacon, lettuce, tomato, garlic aioli and two over easy eggs. Topped with grilled mozzarella cheese, sliced avocado and hemp seeds on the side. \$17.50

 Allergy advice: This product contains peanuts and may contain traces of other nuts and seeds.

 Gluten free

 Vegan

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase risk of food borne illness, especially if you have certain medical conditions.