

## BREAKFAST

### RISE & GRIND

served with fresh juice or trademark coffee (iced or hot)

#### THE CONTINENTAL 12

**CONTINENTAL BREAKFAST PLATE**  
daily selection of fruit and pastry

- OR -

**YOGURT PARFAIT**  
with our own sweet & salty granola

#### THE AMERICAN 22

**ANY ONE ENTRÉE**  
select from classics  
or fruit & cereal

**ANY ONE SIDE**  
select from sides

### FRUIT & CEREAL

<b>AÇAI BOWL</b>	13
almond milk, berries, peanut butter, banana, cocoa nibs	
<b>SEASONAL FRUIT SMOOTHIE</b>	9
almond milk, cocoa nibs, yogurt, agave	
add soy or whey protein	+3
<b>SEASONAL FRUIT &amp; BERRIES</b>	12
<b>GRAPEFRUIT BRÛLÉE</b>	8
with caramelized brown sugar	
<b>ORGANIC STEEL-CUT OATMEAL</b>	11
add red walnuts	
& apricot preserves	+3
<b>SWEET N' SALTY GRANOLA WITH SEASONAL FRUIT</b>	12
choice of milk	
add greek yogurt	+3
<b>GRIND COLD BREW COFFEE SMOOTHIE</b>	9
banana, oats, cocoa, flaxseeds, honey, almond milk	

## CLASSICS

<b>CLASSIC BREAKFAST</b>	16	<b>CINNAMON ROLL PANCAKES</b>	15
2 eggs any style, bacon, choice of toast, & rosemary fried potatoes,		cream cheese glaze	
<b>TRADEMARK OMELETTE</b>	16	<b>add</b>	
seasonal vegetables, aged cheddar, choice of toast		caramelized banana	+ 3
<b>BREAKFAST SANDWICH</b>	14	<b>WHOLE WHEAT WAFFLE</b>	14
applewood-smoked bacon, egg, american cheese, special sauce #1		<b>add</b>	
<b>THE NEW YORKER</b>	17	cultured butter & spiced almonds	+ 3
smoked salmon, new york bagel, cream cheese, capers, tomato		seasonal fruit & berries	+ 5
		<b>SEASONAL VEGETABLE FRITTATA</b>	15
		served with a nice little salad	

## SIDES

<b>BACON</b>	7	<b>NYC BAGEL</b>	4
<b>TURKEY SAUSAGE</b>	6	<b>DAILY LOAF</b>	4
<b>ROSEMARY POTATOES</b>	6	<b>DAILY MUFFIN</b>	4
<b>TOAST</b>	4		