

Smoothies

Create your Own Smoothie
with three of the following ingredients:
Strawberries, Blueberries, Raspberries, Blackberries, Bananas, Apple, Mangos and Peaches

\$6. Add Whey Protein \$1.50

Smoothies are made with
Non Fat Yogurt and Apple Juice

Wheat Grass Shots

\$3

House-Made Granola
Sliced Bananas
Yogurt, Skim Milk or Soy Milk
\$9

Corn Flake Crusted French Toast
Cinnamon Raisin Brioche, Caramelized Bananas
Maple Syrup

\$9

Eggs any Style
Served with Toast or Bagel,
Apple-wood Smoked Bacon,
Breakfast Potatoes or Fruit
\$12

Egg White Frittata
Jumbo Asparagus and Seasonal Mushrooms
Topped With, Spinach, Feta and Sun-Dried Tomatoes
\$12

Grandma Gobel's Swedish Pancakes
Lingonberries and Maple Syrup
\$9

Breakfast Sandwich
Two Scrambled eggs, American Cheese, Apple-wood Smoked Bacon
On Sourdough, Wheat or Bagel
\$8

Huevos Rancheros
Eggs any Style, Black Bean Puree, Cheddar Cheese
Sour Cream, Diced Tomato, Avocado and Tomatillo Sauce
\$12