

HOT AND READY

CLASSIC BACON BREAKFAST BURRITO 7.25

eggs / bacon / potato hash / queso fresco / chipotle aioli

CLASSIC SAUSAGE BREAKFAST BURRITO 7.25

eggs / turkey sausage / potato hash / queso fresco / chipotle aioli

ENGLISH MUFFIN BREAKFAST SANDWICHES 3.75

bacon egg / cheese egg / cheese / egg white with veggies

FROM THE KITCHEN (10-15 min)

AVOCADO TOAST 6.45  

garlic aioli / avocado / cherry tomatoes / balsamic glaze / nori / choice of english muffin / sour dough / whole grain / gluten free bread 1

FIVE GRAIN OATMEAL 7  

farro / steel cut oats / quinoa / pearl barley / brown rice / dried fruit compote / honey

CHICKEN PORRIDGE 7  

rice / quinoa / chicken meatballs / seaweed / chicken stock

FRIED EGG AND RICE BOWL 7.5  

chinese sausage / sesame seaweed / crispy shallots

ASIAN CHICKEN SAUSAGE BURRITO 7.5

eggs / chicken sausage / potato / cheddar jack cheese / asian herb chilli sauce

SAMO BREAKFAST SANDWICH 7.75 

sourdough bread / eggs / maple bacon / avocado / tomato / cheddar jack cheese / spicy aioli

THE LEAN OMELETTE 9 

egg whites / turkey / goat cheese / cherry tomatoes / avocado (served with side salad)

TWO EGGS ANY STYLE

EGGS 3.5

choose style of eggs / add cheese .75 / veggies .5 (refer to "add ons") protein 2 / (extra eggs 1.5 each)

CREATE YOUR OWN EGG BURRITO OR SANDWICH

COMES WITH 7.50

2 eggs / 1 protein / 1 add-on / 1 salsa
(extra protein \$2 / extra add-on \$.5 / egg whites \$1)

GRAINS

flour tortilla / spinach tortilla / sourdough / nine grain bread / gluten free bread

PROTEINS

bacon / ham / chicken turkey apple sausage / avocado

ADD-ONS

onion / green onion / mushroom / spinach / queso fresco / zucchini / tomato / bell pepper / potato hash / cheddar / swiss / goat cheese / pico de gallo

SALSAS

chipotle aioli / pico de gallo / chipotle salsa

SIDES

tiato potatoes 2 / cottage cheese 2 / fruit 2
applewood smoked maple bacon 4 /
organic chicken turkey apple sausage 4 /
toast 2 – choice of whole grain / gluten free /
sourdough / english muffin



GLUTEN-FREE



VEGETARIAN



NEW



DAIRY-FREE



VEGAN

* CAN BE MODIFIED TO BE GLUTEN-FREE OR VEGETARIAN