

# CAFÉ BREAKFAST (Everyday - 7am to 11 am)

### **WHAT'S THE STORY...**

# breakfast pastries V daily selection

# bagel 6.75 V

with cream cheese **v** with smoked salmon, capers & red onion ....**15.75** NF

yogurt & seasonal fruit 14 V,GF, NF gluten free/nut free granola, honey

# **Superfood Smoothies**

12 ea Vg, GF,NF

#### maqui superfruit

banana, sacha-inchi protein, apple, coconut milk, maqui berry, blueberry, lemon, cauliflower

#### tropical green

pineapple, mango, coconut milk, sacha-inchi protein, carrot, lemon, wheatgrass, spinach

#### bold cocao

banana, coconut milk, sacha-inchi protein, lucuma, dutch cacao, coconut water, carrot

## apple spice

sacha-inchi protein, apple, coconut milk, banana, lucuma, coconut water, ceylon cinnamon, carrot, sweet potato

#### mango sunrise

mango, coconut milk, sacha-inchi protein, banana, orange, carrot, coconut water, turmeric

#### berry banana

strawberry, banana, coconut milk, sacha-inchi protein, lucuma, beet, lemon

#### **IUICE**

natalie's fresh squeezed juices (16 oz) 7.5 Vg

#### ...MORNING GLORY

## breakfast burrito \* 22 NF

sunny side egg, fried potatoes, chorizo jack cheese, sour cream, smashed avocado salsa roja & salsa verde

#### johnny cakes 18 NF

corn meal pancakes, vanilla butter hickory syrup, turkey sausage links make it blueberry pancakes.... add 2

## avocado croast\* 14 NF

smashed avocado, poached egg, arugula, aged manchego cheese on croissant add smoked salmon ... add 10

## BPM croissant sandwich \* 14 NF

1 egg, country ham & cheddar on toasted croissant

#### all american breakfast \* 21 NF

2 eggs, hash brown, turkey sausage links -or- bacon, toast

#### appalachian breakfast\* 21 NF

nora mills white grits, pan fried country ham, fried eggs, red eye gravy, buttermilk biscuit

#### ON THE SIDE

bacon, or turkey sausage 8 NF, GF, DF
hash brown or buttered grits 5 NF, V
toast or biscuits butter & jam 4 NF, V

V= ovo, lacto Vg=100% plant based
GF=Gluten free DF = Dairy free NF=Nut Free
Please inform your server of all allergens,
and we will do our best to accommodate

<sup>\*</sup>Consuming raw or undercooked foods such as meat poultry, seafood, shellfish, and eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.