

# BREAKFAST

**PLEASE ALERT YOUR SERVER OF YOUR DIETARY PREFERENCES!**

V=vegan VEG=vegetarian C=contains local meat

\*GF= can be made gluten free

**\*\*THESE ITEMS CONTAIN RAW OR UNDERCOOKED EGGS EATING THESE ITEMS CAN INCREASE CHANCES OF FOOD BORNE ILLNESS.**

**AS WE DO OUR BEST TO ACCOMMODATE DIETARY RESTRICTION**

**WE ARE NOT AN ALLERGEN FREE KITCHEN.**

**POACHED OR SUNNY SIDE EGGS.\*\***

**SUBSTITUTE HOUSE MADE GLUTEN FREE OR BRIOCHE \$2.**

## ORGANIC EGGS OR TOFU \$5 V, VEG, C

Served with toast or tortillas.

**+HASHBROWNS \$3**

**+CHOICE OF PROTEIN \$3.5**

**+GARLIC KALE, BEETS, OR VEGGIES \$3**

**+AVOCADO \$2**

## GOOD MORNING HEALING EARTH \$10.5 \*GF

Two eggs your way or curried tofu served over a bed of stir fried onions, green pepper, mushrooms, roasted beets, carrots, broccoli, zucchini, kale. Topped with tahini sauce. With toast or tortillas.

## EVERGREEN \$11 V, VEG, C \*GF

Two eggs your way or curried tofu served over a bed of garlic kale, with your choice of protein. Topped with tahini sauce. With toast or tortillas.

## SCRAMBLES

**SERVED WITH CHOICE OF TOAST OR CORN TORTILLAS**

**SUBSTITUTE HOUSE GLUTEN FREE OR BRIOCHE FOR \$2**

**ADD HASHBROWNS \$3**

**ADD AVOCADO \$2**

## BEET UP \$11 V, VEG, C \*GF

Bacon or tempeh, roasted beets, fresh thyme, chevre or cashew spread scrambled with two eggs, or tofu.

## DEADWOOD \$11 V, VEG, C \*GF

Bacon or tempeh, roasted jalapenos, scrambled with eggs or tofu, local cheddar or cashew spread.

## SURFS UP \$11 V, VEG, C \*GF

Bacon or tempeh, house pickled jalapenos, cream cheese, or cashew spread scrambled with two eggs or tofu topped with avocado, and poblano sour cream.

## CHAKRA KHAN \$11 V, VEG \*GF

Sauted onions, green pepper, mushrooms, roasted beets, carrots, broccoli, zucchini, kale, garlic, scrambled with brown rice, eggs or tofu, and local cheddar or cashew spread.



## SPECIALTIES

### SOUTHSIDE HASH \$14 WHOLE / \$11 HALF V, VEG, C \*GF

An order of hashbrowns cooked with onions, green peppers, mushrooms, and roasted jalapenos. Topped with melted cheddar, or cashew spread, tvp or pork chorizo, two eggs your way or seasoned scrambled tofu, and poblano sour cream.

Served with choice of toast or corn tortillas

**SUBSTITUTE HOUSE GLUTEN FREE OR BRIOCHE FOR \$2**

**ADD AVOCADO \$2**

### HASHBROWN RANCHEROS \$13 WHOLE / \$9 HALF V, VEG, C \*GF

Two eggs your way or seasoned scrambled tofu served or an order of hashbrowns, melted cheddar, or cashew spread ranchero sauce and poblano sour cream.

Served with cabbage salsa, avocado and corn tortillas.

**ADD TVP OR PORK CHORIZO \$2.5**

### POLENTA RANCHEROS \$11 V, VEG, C \*GF

Two easy eggs or tofu basted in ranchero sauce, served over fried house polenta and black beans. Topped with poblano sour cream and a side of cabbage salsa.

**ADD AVOCADO \$2**

**ADD TVP OR PORK CHORIZO \$2.50**

### MIGAS \$11 V, VEG, C \*GF

Fresh fried corn tortillas, roasted jalapenos, jack cheese, or cashew spread tossed in house ranchero sauce, poblano sour cream and two eggs your way or scrambled tofu. Served with black beans and cabbage salsa.

**ADD AVOCADO \$2**

**ADD TVP OR PORK CHORIZO \$2.50**

### BREAKFAST BURRITO \$10 V, VEG, C

Spanish rice, pickled jalapenos, grilled queso fresco, black beans, scrambled egg or tofu, in a flour tortilla grilled and topped with ranchero sauce, poblano sour cream, and cabbage salsa.

**ADD AVOCADO \$2**

**ADD TVP OR PORK CHORIZO \$2.50**

**MAKE IT A BOWL WITH CORN TORTILLAS \* gf**

## GRAINS AND CAKES

**PANCAKES \$5** single / **\$8** double *V, VEG \*GF*

Buttermilk or vegan gluten free with real maple syrup and butter

**ADD BLUEBERRIES, WILD RICE, BACON \$1 /PER CAKE**

**ADD FRUIT COMPOTE \$2**

**ADD AN EGG OR TOFU \$1.5**

**ADD PROTEIN \$3**

**ADD HASHBROWNS \$3**

**FRENCH TOAST \$8** *VEG, V \*GF*

Sour dough or multi-grain, butter, powdered sugar, and real maple syrup.

**SUB BRIOCHE OR GLUTEN FREE ADD \$2**

**ADD FRUIT COMPOTE \$2**

**OATMEAL \$7** *V, VEG \*GF*

Organic oats, candied nuts, fruit compote, choice of milk.

**GRANOLA \$6** *V, VEG \*GF*

Tahini granola with candied nuts, crisped rice, dried fruit and choice of milk.

## BREAKFAST SANDWICHES

Add hashbrowns, croque salad, or garlic kale. \$3

**ADD AVOCADO \$2**

**CABBIE \$8 VEG \*GF**

Choice of bread, local cheddar, basil mayo, tomato, spring mix, and two eggs scrambled with roasted jalapenos.

**ADD PROTEIN \$2.5**

**JONATHAN RICHMAN \$8 V**

Grilled rye or sourdough, tofu spread, basil mayo, fried tofu, veggie sausage, tomato, spring mix.

## CROQUES

Grilled open faced sandwich served on brioche or gluten free bread.

**WITH CHOICE OF HASHBROWNS, GARLIC KALE, OR SALAD**

**ADD AVOCADO \$2**

**MONSIEUR \$10 C \*GF**

Local ham or tempeh, melted gruyere.

**MADAM \$12\*\* C \*GF**

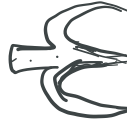
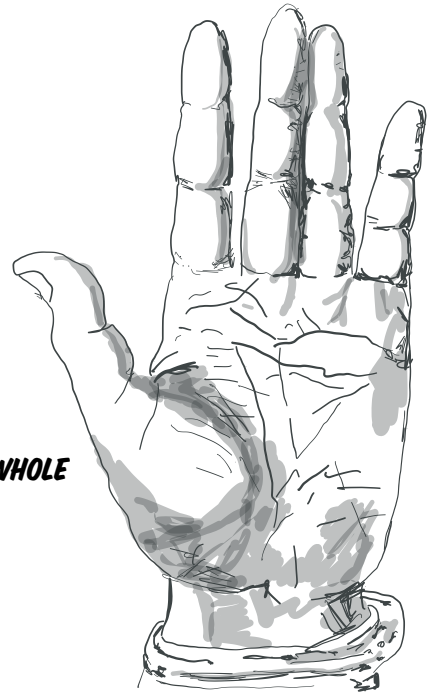
Local ham or tempeh, melted gruyere poached eggs.

**BENEDICT \$13 \*\*VEG \*GF**

Grilled tomato, spinach, melted gruyere, poached eggs and hollandaise.

**JOHN PAUL \$13 \*\*C, VEG \*GF**

Bacon, ham or tempeh, melted gruyere, poached eggs, hollandaise.



## SIDES

**SIDE SALAD \$4**

**HASHBROWNS \$3 HALF / \$5 WHOLE**

**GARLIC KALE \$3.5**

**MIXED VEGGIES \$3**

**ROASTED BEETS \$3**

**BROWN RICE \$2**

**WILD RICE \$2**

**PROTEIN \$4**

Bacon, pork sausage, turkey sausage, pork chorizo, turkey, veggie sausage, tvp chorizo, tempeh, seitan.

**EGG \$1.5/ \$2.5**

**FRIED OR SCRAMBLED TOFU \$2.5**

**ADD CHEESE \$2**

**CABBAGE SALSA \$3**

**AVOCADO \$2**

**HOLLANDAISE\*\* \$2**

## DRINKS

**FULL ESPRESSO MENU (SEE BLACKBOARD)**

**BOTTOMLESS ORGANIC FAIR TRADE COFFEE \$3**

**COLD PRESS \$3.50/ \$4**

**HOUSE MADE CHAI \$3.75/ 4.25**

**TEA \$2.5**

**JUICE \$3**

**COW OR SOY MILK \$2.5**

**KIDS JUICE, MILK, CHOCOLATE MILK \$1.5**

**SODA 2.75**

(Maine Root Root Beer, Ginger Beer, Virgil's Black Cherry, Mexican Coke, Zero-Cal Cola, seasonal choices.)

**TAPUAT KOMBUCHA \$4**

**FORAGE KOMBUCHA \$3.5**

**LACROIX \$1.5**

**COBRA VERDE \$4**

## PROUD DISTRIBUTORS

Organic fair trade coffee B&W specialty coffee

Tea from Tea Source

Pork from Beelers, Peterson Craftsman Meats,

Pastures of plenty and Turnip Rock Farms

Ground beef from Turnip Rock Farms

Eggs and seasonal produce from Dragsmith Farms

Organic produce from Coop Partners Warehouse, and Shared Ground Farmers Coop

Organic beans from Rising Wind Farm

Chicken and Turkey from Larry Schultz Organic Farm

Ground and smoked turkey from Ferndale Market

Tempeh from Tempeh Tantrum