

BRUNCH

PLEASE ALERT YOUR SERVER OF YOUR DIETARY PREFERENCES!

V=vegan VEG=vegetarian C=contains local meat

*GF= can be made gluten free

Vegan options come with house cashew vegan spread

SUBSTITUTE HOUSE MADE GLUTEN FREE OR BRIOCHE \$2.

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

Served with toast or tortillas

+HASHBROWNS \$3

+CHOICE OF PROTEIN \$3.5

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

+AVOCADO \$2

+BROWN RICE \$1

GOOD MORNING HEALING EARTH \$10.5 V, VEG *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

ADD BROWN RICE \$1

ADD BEETS \$3

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, scrambled with three eggs, or tofu.

DEADWOOD \$11 V, VEG, C *GF

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

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

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

CHAKRA KHAN \$11 V, VEG *GF

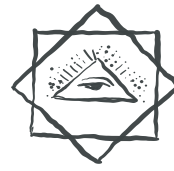
Sauteed onions, green pepper, mushrooms, roasted beets, carrots, broccoli, zucchini, kale, garlic, scrambled with brown rice, two eggs or tofu, and local cheddar.

****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.**



SPECIALTIES

Add avocado \$2

Add tvp or pork chorizo \$2.5

Substitute gluten free bread \$2.

SOUTHSIDE HASH \$14 WHOLE / \$10 HALF V, VEG, C *GF

An order of hashbrowns cooked with onions, green peppers, mushrooms, and roasted jalapenos. Topped with melted cheddar, 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

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

Two eggs your way or seasoned scrambled tofu served on an order of hashbrowns, melted local cheddar, ranchero sauce and poblano sour cream. Served with cabbage salsa, avocado and corn tortillas.

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.

MIGAS \$11 V, VEG, C *GF

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

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..

Make it a bowl served with corn tortillas. *gf

HEART ATTACK AND VINE \$10 VEG, C *GF

Grassfed beef or tempeh burger, pork or tvp chorizo, cheddar, sunny egg, avocado, sriracha mayo on grilled potato bun.

BREAKFAST SANDWICHES

ADD HASHBROWNS, CROQUE SALAD, OR GARLIC KALE. \$3

ADD AVOCADO \$2

CABBIE \$8 VEG, *GF

Local cheddar, basil mayo, tomato, spring mix, and two eggs scrambled with roasted jalapenos.

ADD PROTEIN \$2.5

JONATHAN RICHMAN \$8 V

Fried tofu, veggie sausage, tofu spread, basil mayo, tomato, spring mix.

BLT/TLT \$9.5

grilled bread choice, bacon or tempeh, tomato, basil mayo, lettuce.

Add an egg \$1.5

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 *GF

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

DRINKS

BOTTOMLESS ORGANIC FAIR TRADE COFFEE \$3

FULL ESPRESSO MENU (SEE BLACKBOARD)

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

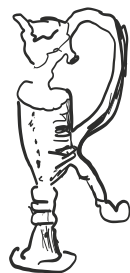
Maine Root Root Beer, Ginger Beer, Virgils Black Cherry, Mexican Coke, Zero-Cal Cola, Seasonal Choices

TAPUAT KOMBUCHA \$4

FORAGE KOMBUCHA \$3.5

LACROIX \$1.5

COBRA VERDE \$4



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

Sourdough 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, choice of milk

SIDES

SIDE SALAD \$4

HASHBROWNS \$3 HALF / \$5 WHOLE

GARLIC KALE \$3.5

ORGANIC 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

ADD CHEESE \$2

CABBAGE SALSA \$3

AVOCADO \$2

HOLLANDAISE** \$2

PROUD DISTRIBUTORS

Organic fair trade coffee B&W Specialiaty 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