

Breakfast platter (1 sides) 14.99

1. Omelette & pancake
2. Breakfast toast with omelette or pancake
3. Turkey bacon or turkey sausage with 2 eggs* & pancake

Tofu scramble (1 sides) 11.99

Create your own with 3 veggies and (**vegan cheese & extra veggie +1**)
-Veggies- onion, tomato, pepper, garlic, mushrooms, spinach mom

Omelets (1 sides) 10.99

1. Three eggs, spinach, onions, tomatoes & goat cheese
2. Three eggs, peppers, tomatoes, onions & parmesan cheese
3. Three eggs, ground turkey, mushrooms, onions & cheddar cheese
4. Create your own- three eggs with four toppings (**xtr topping 50c**)
 - Meat- turkey bacon, ground turkey, turkey sausage
 - Veggies- onion, tomato, pepper, garlic, mushrooms, spinach
 - Cheese- goat, feta, provolone, parm, cheddar, pepperjack & vegan

Breakfast toast or bagels 10.99

1. Caprese toast
 2. Strawberry, goat cheese & maple syrup
 3. Sautéed garlic, spinach & eggs*
 4. Hummus & sautéed mushrooms (VN)
 5. Hummus & cucumbers carrot salad (VN)
 6. NC shrimp, pesto, feta cheese, tomatoes & balsamic drizzle
 7. Avocado, tomato, parsley & turkey bacon (add eggs* +\$1)
- bagel- 3.99, bagel bacon egg & cheese-5.99
Plain, everything, blueberry, cinnamon raisin,(gluten free bagel)-\$2

Pancakes (1 sides) 9.99

Multigrain, Gluten free or Vegan

Plain, Espresso, Banana, Blueberry, Dark chocolate or Peanut butter

Sides 2.99

- Yogurt & Granola -Hashbrowns - Toast -Apple sauce - Energy balls

Overnight Oats (cold) 7.99

Oats and chia seed soaked in almond milk overnight topped with fruits

Espresso overnight oats (cold) 8.99

Oats and chia seed soaked in almond milk overnight added shot of espresso topped with crumbled energy balls

(GF-gluten free VG-vegetarian VN-vegan LF- lactos free)

Breakfast menu

Kids (1 sides) 7.99

- Pancake- 1 topping (extra topping +50c)
Cheese omelette- two eggs & cheddar cheese
Elvis sandwich- peanutbutter, banana & multigrain bread
Grilled cheese-multigrain bread cheddar cheese (Vegan cheese +\$1)

Fresh squeezed juices 8.50 (16 oz)

Anti-inflammatory juice

carrot, pineapple, orange & turmeric

Green booster

kale, spinach, lime, apple & cucumber

Ph balance

apple, cucumber, lemon & pineapple

Flu shot

Carrot, ginger, orange, lemon & pineapple

Medicinal

apple, beets, carrot, celery, ginger & lemon

Orange juice

Apple juice

Cold fighter

orange, spinach, lemon & apple

Detox

apple, celery, lemon & ginger

Add fresh herbs - Cilantro, Parsley or Basil (\$1)

Smoothies 7.50 (16 oz) no sweetener added.

Sunshine- Mango, banana, pineapple & o.j

Sunset- Strawberries, banana, pineapple, o.j & lime

Purple rain- Blueberries, mango, banana & oj

Valentines- Strawberry, banana, chocolate & almond milk

Green magic - Spinach, kale, mango, pineapple, lime & apple

Refreshing - Mango, ginger, apple, pineapple, carrot & o.j

Peanutbutter cup

Banana, darkchocolate, oats, almondmilk & peanutbutter (add espresso+50c)

Sweet oats

Banana, chia seeds, almond milk, oats, cinnamon & peanutbutter

(add espresso +50c, Gluten free oats +50c)

Pina colado matcha

Mango, pineapple, spinach, matcha green tea powder, coconut milk

Add protein powder +\$2 (vanilla, chocolate or vegan)

Add fresh herbs - Cilantro, Parsley or Basil (\$1)

Unsweet tea / 2.99 Perrier / 2.99 Bottle water / 1.00

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs

may increase your risk of foodborne illness

Adult smoothies / 11

Mango Mojito - mango, mojito wine

Strawberry daiquiri - strawberry, banana & wine

Pina colada - pineapple, coconut milk & lemon wine

Sangria - strawberry, banana, blueberry, o.j, & wine

Leprechaun - mango, spinach, kale, apple, pineapple & wine

Mango Margarita- mango, margarita spiked wine

Coffee

Coffee by cup-fresh brewed

3.00/ 3.25 / 3.50

Iced coffee by cup- fresh brewed and chilled

3.00/ 3.25 / 3.50

Americano- two of espresso with hot water

4.00/ 4.50/ 4.75

Cappuccino-espresso, milk with more foam

4.75/ 4.95/ 5.50

Café latte-espresso with steamed milk

4.75 / 4.95/ 5.50

Mocha- espresso, dark chocolate & milk

4.75 / 5.25 / 5.50

Espresso- 2.75 extra shot 75c

Chai latte- milk with chai and vanilla syrup

4.75 / 5.25 / 5.50

Dirty chai latte- espresso, milk and chai

5.25 / 5.75 / 5.95

Red eye-coffee with a shot of espresso

4.00 / 4.50 / 4.75

Caramel macchiato espresso, milk, vanilla & caramel drizzle

4.75 / 5.25 / 5.50

Bullet proof - coffee,steamed heavy cream and coconut oil

4.75 / 5.25 / 5.50

Matcha latte steamed coconut milk & green tea powder

4.75/ 5.25/ 5.50

Frappuccino - Mocha, Vanilla bean, or Caramel 16 oz

6.50

Milk

Whole milk, 2% milk, half and half (almond, coconut, soy, oats milk and heavy cream + 75c)

Flavours

Caramel, hazelnut, English toffee, marshmallow, coconut & French vanilla

Kombucha - \$6.50 Ask about today's flavor