

Breakfast platter (1 sides) 12.99

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

Tofu scramble (1 sides) 8.99

Create your own with 3 veggies and (**vegan cheese & extra veggie +50c**)

-Veggies- onion, tomato, pepper, garlic, mushrooms, spinach

Omelettes (1 sides) 8.99

1. Three eggs, spinach, onions, tomatoes & goat cheese
2. Three eggs, peppers, tomatoes, onions & parmesan cheese
3. Egg whites, ground turkey, mushrooms, onions & cheddar cheese
4. Create your own- three eggs with four toppings (**extra 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 8.99

1. Caprese toast
2. Strawberry, goat cheese & maple syrup
3. Sautéed garlic, spinach & over easy egg*
4. Hummus & sautéed mushrooms (VN)
5. Hummus, cucumber & carrot salad (VN)
6. NC shrimp, pesto, feta cheese, tomatoes & balsamic drizzle
7. Avocado, tomato, parsley & turkey bacon (add eggs* +\$1)

Pancakes (1 sides) 8.99

Multigrain pancake – Plain, Espresso, Banana, Blueberry,

Dark chocolate or Peanut butter

Gluten free pancake- Plain, Espresso, Banana, Blueberry,

Dark chocolate or Peanut butter

Vegan pancake – Plain, Espresso, Banana, Blueberry, Dark

chocolate or Peanut butter

Overnight Oats (cold) 6.99

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

Espresso overnight oats (cold) 7.99

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

Breakfast menu

Kids (1 sides) 6.99

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)

Sides 2.99

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

Fresh squeezed juices 6.99 (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, lemon, orange & pineapple

Medicinal

apple, beets, carrot, celery, ginger & lemon

Orange juice

Apple juice

Cold fighter

orange, lemon, spinach & apple

Detox

apple, celery, lemon & ginger

In season juice - ask

Add fresh herbs to the juices +50c (basil or mint)

Smoothies 5.99 (16 oz)

no sweetener added.

Sunshine- Mango, banana, pineapple & o.j

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

Purple rain- Blueberries, mango, banana & yogurt

Valentines- Strawberry, banana, dark chocolate & almond milk

Peanutbutter cup

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

Green magic

Spinach, kale, mango, pineapple, lime & apple

Refreshing

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

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 to your smoothie +\$2 (vanilla, chocolate or vegan)

Add fresh herbs to the juices & smoothie +50c (basil & mint)

Kombucha - \$5.50 Ask about today's flavor

Adult smoothies / 10

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

2.15 / 2.35 / 2.50

Iced coffee by cup- fresh brewed and chilled

2.15 / 2.35 / 2.50

Americano- two of espresso with hot water

3.25 / 3.50 / 3.75

Cappuccino-espresso, milk with more foam

4.25 / 4.50 / 4.75

Café latte-espresso with steamed milk

3.85 / 4.25 / 4.75

Mocha- espresso, dark chocolate & milk

4.35 / 4.75 / 5.05

Espresso- 2.25 extra shot 50c

Chai latte- milk with chai and vanilla syrup

4.35 / 4.65 / 5.05

Dirty chai latte- espresso, milk and chai

4.65 / 5.05 / 5.35

Red eye-coffee with a shot of espresso

3.25 / 3.50 / 3.75

Caramel macchiato

espresso, milk, vanilla & caramel drizzle

4.35/ 4.65/ 5.05

Bullet proof

coffee,steamed heavy cream and coconut oil

4.35 / 4.65 / 5.05

Matcha latte

steamed coconut milk & green tea powder

4.35/ 4.65/ 5.05

Milk

Whole milk, 2% milk, half and half (almond, coconut, soy, oats milk and heavy cream +50c)

Flavours

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

Unsweet tea / 2.50 Perrier / 2.50 Bottle water / 1.00

GF-gluten free

VG-vegetarian

VN-vegan

LF- lactos free

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness