

Breakfast menu

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

Breakfast toast 8.99

1. Sautéed garlic, spinach & over easy egg* (LF)
2. Tomato, pesto, basil, mozz & balsamic drizzle
3. Turkey bacon, tomato, parsley & avocado (LF)
4. Sautéed Shrimp, pesto, goat cheese & balsamic glaze
5. Hummus, cucumber & pickled garlic carrot (VN), (VG), (LF)

Tofu scramble 8.99

Create your own with 3 veggies (extra veggie +50c)

Omelettes (1 sides) 8.99

1. Three eggs, spinach, onions, tomatoes & goat cheese
2. Three eggs, peppers, tomatoes, onions & parmasen cheese
3. Four 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, parmasen , cheddar & peppers jack

Pancakes (1 sides) 8.99

Multigrain pancake – Plain, Banana, Blueberry, Dark chocolate or Peanut butter

Gluten free pancake- Plain, Banana, Blueberry, Dark chocolate or Peanut butter

Vegan pancake – Plain, Banana, Blueberry, Dark chocolate or Peanut butter

Keto pancake- Plain, Blueberry, Dark chocolate or Peanut butter (low carb)

Overnight Oats 6.99

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

Oatmeal 6.99

oats, cinnamon, vanilla, raisans, almond milk
side fruits, nuts and seeds

Kids 6.99

Pancake- your choose of pancake & topping

Cheese omelette- two eggs & cheddar cheese

Peanutbutter banana sandwich- multigrain bread

Quesadilla – cheddar & parmasen cheese (grilled chicken 2.99)

Sides 2.99

- yogurt & granola - grits

- Hashbrown - toast

- Apple sauce - Eney ball

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

Drink menu

Fresh squeezed juices 6.99 (16 oz)

Anti-inflammatory juice

carrot, pineapple, orange & turmeric

Green booster

kale, spinch, lime, apple & cucumber

Medicinal

apple, beets, carrot, celery, ginger & lemon

Hydration

orange, pineapple, spinach & watermelon

Natural energy

apple, carrots, orange & pineapple

Flu shot

carrot, ginger, lemon, orange & pineapple

Ph balance

apple, cucumber, lemon & pineapple

Cold fighter

orange, lemon, spinach & apple

Detox

apple, celery, lemon & ginger

Orange juice

Apple juice

Smoothies 5.99 (16 oz)

Sunshine- Mango, banana, pineapple & o.j

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

Sunrise- Strawberries, pineapple, mango & o.j

Purple rain- Blueberries, mango, banana & o.j

Peanutbutter cup

Banana, dark chocolate, oats & peanutbutter

Green magic

Spinach, kale, mango, pineapple, lime & green apple

Refreshing

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

Sweet oats

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

Valentines

Strawberry, banana, dark chocolate & almond milk

Pina colado matcha

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

Vegan & lactose free no sweetener added.

Ask to add yogurt or honey

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

Café au lait-half coffee & half steamed milk

2.55 / 2.70 / 2.85

Espresso- 2.25 extra shot 50c

Breve-espresso with steamed half and half

3.85 / 4.25 / 4.75

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% mlik, 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