

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

Tofu scramble (1 sides) 8.99

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

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, parmesan , cheddar, peppers jack & vegan cheese

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

Keto pancake- Plain, Espresso, 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, raisins & almond milk, side of fruits, nuts and seeds

Breakfast menu

Kids (1 sides) 6.99

Pancake- your choose of pancake & topping
Cheese omelette- two eggs & cheddar cheese
Elvis sandwich- peanutbutter, banana & multigrain bread
Quesadilla – cheddar & parmesan cheese (ground turkey 2.99)
Grilled cheese-multigrain bread cheddar cheese (Vegan cheese +\$1)

Sides 2.99

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

Fresh squeezed juices 6.99 (16 oz)

Anti-inflammatory juice

carrot, pineapple, orange & turmeric

Green booster

kale, spinch, lime, apple & cucumber

Ph balance

apple, cucumber, lemon & pineapple

Flu shot

apple

carrot, ginger, lemon, orange & pineapple

Medicinal

apple, beets, carrot, celery, ginger & lemon

Orange juice

Apple juice

Cold fighter

orange, lemon, spinach &

Detox

apple, celery, lemon & ginger

In season juice - ask

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

Smoothies 5.99 (16 oz)

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 & green apple

Refreshing

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

Sweet oats

Banana, chia seeds, almond milk,oats, cinnamon & peanutbutter (add espresso +50c)

Pina colado matcha

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

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

no sweetener added.

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

Kombucha - \$5.50

Ask about today's flavor

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