

# Breakfast / Brunch

## Chocolate Chip Zucchini Pancakes 12

With fresh bananas, all natural peanut butter

## Carrot Cake Oatmeal (Made with milk) 12

With raisins, walnuts, coconut flakes, cinnamon

## Yogurt Parfait 11

With seasonal fruit, homemade müsli (Oats, dried fruit, sliced almonds, cinnamon), candied chickpeas

## Eggs Florentine 14

100% whole wheat english muffin, salmon, spinach, 2 eggs Florentine, yogurt sauce

## Breakfast Hash 14

Mix of roasted Yukon gold and sweet potatoes, choice of sausage, bacon, turkey bacon, or ham, spinach, candied carrots and beats, candied chickpeas, goat cheese, mixed nuts.

## SOS (Salt, Onion, Sesame) Bagel 12

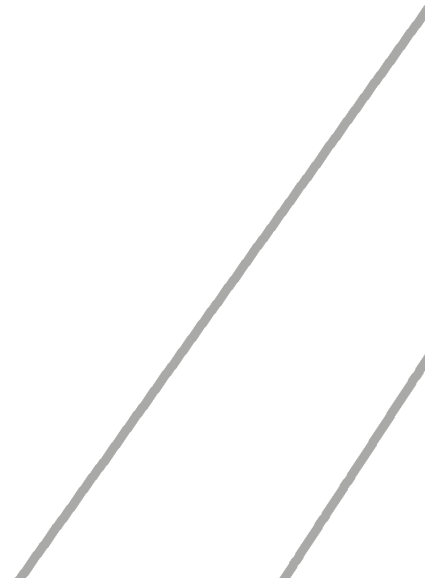
Fresh cream cheese, salmon, onion, tomato. Side of seasonal mixed fruit.

## Avocado Toast 13

On multi-grain bread, with poached egg, mushrooms, tomatoes, goat cheese

## Sides/ Add Ons

- Toast and jam 3
- Egg 2
- Seasonal mixed fruit 2
- Roasted sweet or yukon gold potatoes 3
- Homemade musli (oats, dried fruit, sliced almonds, cinamon) 2
- Bacon/ turjeu bacon/ sausage/ ham 3



# Lunch / Dinner

## Runners Wrap 11

100% whole wheat wrap, all natural peanut butter, jalapeño jam, apple and banana slices.  
Side salad.

## Builders Burger 13

All natural beef patty, blue cheese, sunny side up egg, onion/ lettuce/ tomato/ pickles,  
avocado aioli spread, on SOS bagel. Side choice of roasted potatoes or salad.

## House Burger 12

All natural beef patty, pepper jack cheese, onion/ lettuce/ tomato/ pickles, ketchup,  
mustard, on 100% whole wheat bun. Side choice of roasted potatoes or salad.

## Pineapple Chicken 13

Over seasoned jasmine rice. Side of parmesan baked asparagus.

## Honey Teriyaki Salmon 14

Over mashed sweet or Yukon gold potatoes (made with milk.) and spinach.  
Topped with green onion and tropical fruit salsa. Side of roasted broccoli.

## Red Wine Steak 15

Lean steak seared in a red wine, date glaze. Side of hearty mashed potatoes and  
red wine mushroom gravy (made with milk.)

**Make your own** (add extra grain, protein, cheese, or veggies or extra cost.) All with side of seasonal mixed fruit. 11

**Sandwiches** (toasted upon request): 1 grain, 1 Protein, 1 cheese, 2 veggies, 1 sauce.

**Grain bowl:** 1 grain, 1 protein, 1 cheese, 2 veggies, 1 sauce

**Salad:** choice of mixed greens, romaine, spinach, or kale. Homemade croutons, choice of 3 veggies, 1 protein, 1 sauce.

- Grain: Multi-grain break, 100% whole wheat bread, SOS bagel, sourdough bread, 100% whole wheat pita, brown rice, seasoned jasmine rice, 100% whole wheat pasta
- Protein: Grilled chicken, Steak, Turkey, Bacon, Turkey Bacon, Ham, Sausage, salmon, shrimp, egg
- Dairy: Goat cheese, cheddar, pepper jack, mozzarella, blue cheese, Swiss
- Veggies: Tomatoes, onion, lettuce, spinach, candied chick-peas, avocado, sweet potatoes, Yukon gold potatoes, mushroom, mixed beans.
- Sauce: Balsamic Vinaigrette, avocado aioli, mustard, honey mustard, ketchup, pesto, tomato sauce, tropical fruit salsa.

## Sides/ Add ons:

- Roasted sweet or Yukon gold potatoes
- Roasted broccoli 3
- Parmesan baked asparagus 3
- Side salad 3
- Seasonal mixed fruit 3

## Desserts

### Warm Zucchini Brownie 5

With slow churned vanilla ice cream, seasonal fruit, and chopped mixed nuts.

### Banana Carrot Cake 6

baked with chopped nuts and chocolate chips. Served warm and topped with a white chocolate glaze.

### Banana-Split Sunday 4

Chocolate and vanilla ice-cream with candied beats, chopped nuts, whipped cream, and warm chocolate fudge. Fresh cherry on top.

## Drinks

- Coffee (Regular or Decaf) 2
- Tea (Black, decaf black, peppermint, chamomile, lemon, ginger) 1.75
- Fresh squeezed Orange Juice 2.50
- Fresh squeezed apple juice 2.50
- Milk 1.75
- Chocolate milk 1.75
- Homemade ginger beer 2.50

### 21+

- Spicy bloody marry 4.50
- Fresh squeezed Mimosa 4.50
- Kalua coffee 4
- Ginger Goddess: Gin, homemade ginger beer, elderflower liquor 5
- House Margarita (frozen or on the rocks): Tequila, fresh lime juice, agave 5
  - Flavors vary with season- ask waiter 5.50
- Whiskey Fizz: Whiskey, bitters, homemade simple syrup, orange peel 5
- Well drinks 3
- Red and white house wine 4
- Beer on tap 3

