



MEAT FREE

EGG FREE

DAIRY FREE

DELICIOUS

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## BREAKFAST

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### BREAKFAST BOWL (GF) \$9

Country potatoes, black beans, soy-rizo & mushrooms, spinach, pico de gallo, and avocado.

Your favorite breakfast cooked with avocado oil, Himalayan salt, and lots of veggies.



### QUINOA CEREAL (GF) \$6

Quinoa, nut milk, seasonal fruit, chopped almonds, agave, chia seeds, cinnamon, nut butter +\$0.50

Naturally gluten-free, protein rich, and nutrient dense.

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## TOAST

SOURDOUGH BREAD

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### HUMMUS & AVOCADO \$4

Homemade hummus with avocado slices, drizzled with extra virgin olive oil, Himalayan salt, pepper, & herbs to garnish.

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### NUT BUTTER & FRESH FRUIT \$4

Choice of almond or peanut butter, seasonal sliced fruit, & chia seeds to garnish.

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## DRINKS

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### CUCUMBER LEMONADE \$3

A refreshing cucumber lemonade with chia seeds and light sweetener.