

# Breakfast

Served 7:00am - 10:00am



*Sunflower Seeds health benefits includes improving cholesterol levels, supporting bone health, promoting healthy detoxification, supporting the health of your skin, a good source of protein, helps promote weight loss, assist with cancer prevention*



**Hemp Seeds 101**  
*Hemp seeds are one of the few plant proteins that contain all of the amino acids our bodies need and can't produce on their own. Hemp is an entirely different plant than marijuana, but in the same family.*

## PLATES

**Tofu Scramble or two Vital Farm organic pasture raised eggs**

### Viva Las Migas

Organic eggs scrambled, pico de gallo, avocado, corn tortilla crisp, queso fresco

242 calories / 18g fat / 5g carb / 15g protein GF

### Chia Seed Pudding

Coconut milk, chia seed pudding, roasted almonds, mixed berries, maple honey syrup

222 calories / 8.5g fat / 29g carb / 10g protein GF DF

### Ladybird Bowl

Quinoa, sweet potato, avocado, portobello, sunflower seeds, broccoli pesto, sunny side up egg

370 calories / 19g fat / 37g carb / 15g protein GF DF

### Avocado Toast

Avocado, heirloom cherry tomato, dukkah, herbs, sunny side up egg on a multigrain toast

333 calories / 21g fat / 26g carb / 14g protein / Gluten Free Bread Available DF

### Lemon Quinoa Pancakes

Greek yogurt, hemp seeds, maple honey syrup

135 calories / 7.5g fat / 14g carb / 3.5g protein GF

## PLATES (cont.)

### Healthy Scramble

Egg white scrambled, broccolini, heirloom carrot, red onion, bell pepper, smoked gouda, parmesan

165 calories / 9g fat / 6g carb / 15g protein GF

### Berry Banana Smoothie Bowl

Almond, chia seed, coconut, banana, mixed berries, flaxseed oil

272 calories / 7.8g fat / 45g carb / 11g protein GF DF

### Getting Nutty

Toasted sprouted English muffin, marinated Portobello, seasonal greens, sesame avocado, cashew hollandaise

420 calories / 20g fat / 47g carb / 17g protein DF

## SIDES

### Two Eggs Any Style

164 calories / 12g fat / 13g carb / 13g protein

### Uncured Bacon

30 calories / 2.5g fat / 0g carb / 2g protein

### Turkey Bacon

35 calories / 1.5g fat / 0g carb / 6g protein

### Vegan Patties

50 calories / 2g fat / 4g carb / 5g protein

### Sweet Potato Hash

75 calories / 5g fat / 6g carb / 0g protein



### Dukkah 101

*Plus, in addition to benefiting your taste buds, the zesty spice is also good for your health, providing calcium, fiber, and magnesium via the sesame seeds, and protein, essential fats, and antioxidants from the nuts.*



### Quinoa 101

*Quinoa is gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids. It is also high in fiber, magnesium, B vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants.*

*"We've created a healthy start to your day that incorporate herbs and vegetables from our organic gardens - along with proteins and carbohydrates to give you an energy boost for a busy day of activities."*

**-Executive Chef Stephane Beaucamp**