

Breakfast

Served 7:00am – 10:00am



Dukkah 101

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.



Pitaya

Pitaya, also known as Dragon Fruit, is a superfruit indigenous to Central and South America that is now grown all over the world. It has many health benefits: it is rich in magnesium, vitamin C and B2, high in fiber, a good source of iron, rich in antioxidants, and much more.

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

Almond milk and 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

Açai Bowl

Açai blended with banana and pitaya topped with house made granola, goji berry, chia seed, mixed berries

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

Breakfast Bagel

Open face toasted bagel, tzatziki, smoked salmon, tomato, cucumber, scramble eggs

380 calories / 15g fat / 30g carb / 29g protein

SIDES

Two Eggs Any Style

164 calories / 12g fat / 1g carb / 13g protein GF DF

Uncured Bacon

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

Turkey Bacon

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

Veggie Patty

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

Sweet Potato Hash

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



Sunflower Seeds

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.



Açai Berries

Açai berries are touted as a superfood with anti-aging and weight loss properties. Some studies show that açai fruit pulp is even richer in antioxidants than cranberries, raspberries, blackberries, strawberries, or blueberries. People eat açai berries to address various health conditions.

"We've created a healthy start to your day that incorporates 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