

# BREAKFAST

Served 7:00am – 10:00am

## PLATES

### Perfect Avocado Oat Seed Toast

avocado, almonds, green onion, lemon, red peppers, nasturtium, saba, oat seed toast  
269 calories | 18g fat | 19g carb | 6g protein | df | v

### Spiced Tofu Scramble

heirloom tomato, organic mushroom, tofu, smoked paprika, curry, garden herbs  
165 calories | 9g fat | 10g carb | 15g protein | gf | df | v

### Morning Mezze

roasted carrot hummus, lemon marinated beans, kale, sesame, sunny side up organic egg, green onion verde, grilled focaccia  
380 calories | 15g fat | 30g carb | 19g protein | df

### Breakfast Bowl

scrambled organic eggs, black beans, turmeric rice, kale, queso fresco, radish, poppy seed lime crema, gluten free tortilla, chipotle sauce  
370 calories | 19g fat | 36g carb | 15g protein | gf

### House Migas

scrambled organic eggs, pico de gallo, avocado, queso fresco, gluten free tortilla crisps  
242 calories | 18g fat | 5g carb | 15g protein | gf

## FAVORITES

### Vegan Pancakes

coconut yogurt, macerated berries  
145 calories | 6g fat | 17g carb | 4g protein | gf | df | v

### Acai Smoothie Bowl

acai, banana, dragon fruit, house granola, goji berries, chia seed, mixed berries  
272 calories | 7g fat | 45g carb | 11g protein | gf | df | v

### Superfruit Bowl

pineapple, berries, goji berries, dragon fruit, grapes, pomegranate, vanilla, light agave nectar, pistachio, hemp seeds  
107 calories | 1g fat | 21g carb | 1g protein | gf | df | v

### Fruit & Vegan Yogurt Parfait

coconut yogurt, blueberry chia seed jam, housemade granola  
244 calories | 9g fat | 28g carb | 4g protein | gf | df | v

### Chia Seed Pudding

coconut milk, chia seed, roasted almonds, mixed berries, maple honey syrup  
222 calories | 19g fat | 37g carb | 15g protein | gf | df | v

### Flax & Chia Seed Oatmeal

choice of classic, blueberry - hazelnut, brown sugar - maple or apple - cinnamon  
270 calories | 5g fat | 48g carb | 7g protein | gf | df | v

### Superfood Muffin

apple, cinnamon, almond, chia seed, flaxseed, local honey  
346 calories | 20g fat | 39g carb | 4g protein

## SIDES

### Two Eggs Any Style

164 calories | 12g fat | 0g carb | 13g protein | gf | df

### Tofu Scramble

188 calories | 10g fat | 5g carb | 9g protein | gf | df | v

### Uncured Bacon

30 calories | 3g fat | 0g carb | 2g protein | gf | df

### Turkey Bacon

35 calories | 2g fat | 0g carb | 6g protein | gf | df

### Veggie Patty

70 calories | 3g fat | 3g carb | 9g protein

### Lady Bird Hash

175 calories | 4g fat | 31g carb | 7g protein | gf | df | v



*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.*

## WELLNESS SHOTS

### Golden Aura

carrot, orange, turmeric, cayenne, ginger  
43 calories | 0g fat | 12g carb | 1g protein | gf | df | v

### Root to Sky

coconut water, carrot, beet, turmeric, ginger, lime, B12, flax oil, oreganol  
36 calories | 0g fat | 6g carb | 0g protein | gf | df | v

## SMOOTHIES

### Good Morning Lake Austin

pineapple, dragon fruit, banana, mango, lime, hemp protein, maca, coconut oil  
323 calories | 5g fat | 66g carb | 9g protein | gf | df | v

### Vibrance - C

orange, pineapple, banana, mango, goji berry, bee pollen  
269 calories | 1g fat | 65g carb | 3g protein | gf | df



*Acai berries are touted as a superfood with anti-aging and weight loss properties. Some studies show that acai fruit pulp is even richer in antioxidants than cranberries, raspberries, blackberries, strawberries, or blueberries. People eat acai 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 full day of activities."

– Executive Chef Stephane Beaucamp