

## PLATES

### Protein Smoothie Bowl\*

a creamy banana smoothie with almond butter, topped with granola, berries, hemp seeds, and toasted coconut

GF . V . Nuts 293 . 43 . 7 . 13 . 8 . 102  
Tree Nuts . Sesame . Coconut . Seeds

### Smoked Salmon Toast\*

sourdough toast topped with cream cheese, smoked salmon, crisp cucumber, red onion, capers, and dill

237 . 30 . 12 . 8 . 2 . 559  
Milk . Wheat . Fish . Onion

### Breakfast Plate\*

a wholesome plate with your choice of two eggs, country potatoes, kale, maitake mushrooms, bacon or sausage, and a toasted English muffin

449 . 46 . 32 . 17 . 7 . 696  
Eggs . Wheat . Garlic . Onion

### Spiced Granola & Yogurt

house-made granola with oats, nuts, hemp seeds, and cinnamon, over creamy Greek yogurt and topped with fresh fruit

GF . Veg . Nuts 456 . 46 . 31 . 19 . 7 . 200  
Milk . Tree Nuts . Sesame . Seeds

### Breakfast Sandwich\*

savory shredded chicken, mozzarella, and your choice of one egg on a toasted English muffin with sweet potato hash and almonds

Nuts 468 . 47 . 31 . 20 . 8 . 520  
Milk . Eggs . Wheat . Tree Nuts . Onion

### Veggie Scramble\*

a veggie-packed egg scramble with onions, peppers, seasonal vegetables, and mozzarella, served with a side of herbed potatoes

GF . Veg 440 . 41 . 32 . 18 . 8 . 285  
Milk . Eggs . Onion

## SIDES

### Seasonal Fruit

GF . V 73 . 17 . 2 . 1 . 6 . 11  
None

### Cinnamon Oatmeal

hearty oats spiced with cinnamon and nutmeg, topped with mixed berries

GF . V 137 . 19 . 8 . 4 . 6 . 6  
None

### Country-Roasted Potatoes

GF . V 67 . 15 . 2 . 1 . 2 . 5  
None

### Choice of Eggs\*

vegan eggs are also available

GF . Veg  
Egg

### Breakfast Sausage

GF 147 . 1 . 15 . 9 . tr . 530  
Garlic . Onion

### Toasted English Muffin

butter & jam  
Veg 125 . 20 . 3 . 4 . 2 . 116  
Milk . Wheat

### Blueberry Protein Pancakes\*

two fluffy pancakes with yogurt, maple syrup, and pumpkin crunch

GF . Veg 369 . 53 . 13 . 13 . 7 . 57  
Milk . Egg . Seeds

### Seasonal Pastry

Veg  
Milk . Wheat

### Gluten Free Muffin

GF . Veg 163 . 23 . 3 . 7 . 1 . 114  
Milk . Egg . Seeds

## DRINKS

### Caffè Umbria Coffee

regular and decaf

### Orange Juice

fresh-squeezed

### J'enwey Tea

### Grapefruit Juice

fresh-squeezed

### Specialty Coffee & Tea Drinks

available upon request

### Pellegrino Sparkling Water

BREAKFAST



#### NUTRIENT ANALYSIS

calories . carb grams . protein grams . fat grams . fiber grams . sodium mg

#### PLEASE INFORM YOUR SERVER IF YOU HAVE ANY FOOD ALLERGIES

GF = Gluten-Free (no wheat, rye, or barley) DF = Dairy-Free  
V = Vegan (contains no animal product. May contain honey.) Veg = Vegetarian

\*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

We are very proud to be a partner with Monterey Bay Aquarium's Seafood Watch Program! Seafood Watch engages and empowers consumers and businesses to purchase seafood that is fished or farmed in ways that minimize their impact on the environment. We purchase exclusively sustainably farmed or sustainably caught seafood. Check out [seafoodwatch.org](http://seafoodwatch.org).



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Tree Nuts . Sesame . Coconut . Seeds

### Horchata Overnight Oats\*

creamy overnight oats made with oat milk, chia seeds, and cinnamon, topped with yogurt, walnuts, and strawberries

GF . Veg . Nuts 408 . 52 . 20 . 14 . 10 . 176  
Milk . Tree Nuts . Seeds

### Breakfast Tacos\*

corn tortillas filled with chorizo-spiced scrambled eggs, sautéed bell peppers and onions, creamy avocado, and beans

GF . Veg 490 . 49 . 30 . 20 . 13 . 269  
Eggs . Garlic . Onion

### Spiced Granola & Yogurt

house-made granola with oats, nuts, hemp seeds, and cinnamon, over creamy Greek yogurt and topped with fresh fruit

GF . Veg . Nuts 456 . 46 . 31 . 19 . 7 . 200  
Milk . Tree Nuts . Sesame . Seeds

### Breakfast Burrito\*

fluffy scrambled eggs, mozzarella cheese, paprika-spiced potatoes, kale, and avocado wrapped in a spinach tortilla

Veg 494 . 54 . 31 . 20 . 14 . 440  
Milk . Eggs . Wheat

### Red Salsa Benedicts\*

toasted English muffin layered with avocado, chicken, and cotija cheese, topped with your choice of two eggs and served with country potatoes

499 . 43 . 40 . 20 . 7 . 444  
Milk . Eggs . Wheat . Garlic . Onion

## SIDES

### Seasonal Fruit

GF . V 73 . 17 . 2 . 1 . 6 . 11  
None

### Cinnamon Oatmeal

hearty oats spiced with cinnamon and nutmeg, topped with mixed berries

GF . V 137 . 19 . 8 . 4 . 6 . 6  
None

### Country-Roasted Potatoes

GF . V 67 . 15 . 2 . 1 . 2 . 5  
None

### Choice of Eggs\*

vegan eggs are also available  
GF . Veg  
Egg

### Breakfast Sausage

GF 147 . 1 . 15 . 9 . tr . 530  
Garlic . Onion

### Toasted English Muffin

butter & jam  
Veg 125 . 20 . 3 . 4 . 2 . 116  
Milk . Wheat

### Cinnamon Protein Waffles

served with yogurt, candied walnuts, strawberry compote, and maple syrup  
GF . Veg 360 . 52 . 10 . 14 . 5 . 61  
Milk . Eggs . Tree Nuts

### Seasonal Pastry

Veg  
Milk . Wheat

### Gluten Free Muffin

GF . Veg 163 . 23 . 3 . 7 . 1 . 114  
Milk . Egg . Seeds

## DRINKS

### Caffè Umbria Coffee

regular and decaf

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