

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

Caff  Umbria Coffee

regular and decaf

J'enwey Tea

Grapefruit Juice

fresh-squeezed

Orange 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.



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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
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DRINKS

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regular and decaf

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