



BREAKFAST (7:00am-11:00am)

Juices + Smoothies

Cold Pressed

ORANGE | 10 GRAPEFRUIT | 10

IMMUNITY | 11
orange, turmeric, ginger, pineapple

HEARTBEET | 11
kale, cucumber, ginger, lemon, bell pepper, raspberry

REBOOT | 11
turmeric, lime, orange, basil, cayenne

GREEN BEAST | 12
kale, spinach, broccoli, chard, cucumber, celery
apple, ginger

Smoothie

KALE | 9
spinach, mango, apple, coconut water

STRAWBERRY | 9
date, yogurt, coconut water, cinnamon

Toast

*choice of sourdough, country wheat, sourdough rye
gluten-free millet*

SEASONAL MARMALADE + RICOTTA | 6
honey, sea salt

PB + BANANA | 6
sunflower seed butter, everything honey

AVOCADO | 10
hard-boiled egg, queso fresca, pickled + fried onion, mint

HAM + CHEESE | 11
smoked speck ham, goat cheese, watercress

SMOKED SALMON | 13
everything cream cheese, tomato, red onion, caper, sprouts

Cereals + Seeds

GRANOLA + YOGURT | 9
greek yogurt, honey, fruit

CHIA SEED CUSTARD | 9
coconut milk, toasted seeds, fruit

BIRCHER MUESLI + FRUIT | 8
greek yogurt, oats, walnuts, fruit

STEEL CUT OATMEAL | 7
dried fruit, brown sugar, toasted seeds

Egg Bowls

substitute egg white or scrambled tofu

CARROT-FALAFFEL | 12
1 soft egg, roasted carrot, quinoa, dill yogurt, hazelnut

DUNGENESS CRAB CAKE | 16
1 soft egg, asparagus, red flint polenta, aged cheddar, spring onion
arugula

PORK BELLY | 14
1 soft egg, heirloom beans, fava leaves, mushroom, smoked tomato

SHRIMP + GRITS | 15
1 soft egg, stone ground grits, okra, charred onion, red chermoula

Plates

THE SHAKSHUKA | 14
2 soft eggs, braised tomatoes + peppers, chickpeas, feta, flatbread

2 EGGS + TOAST | 12
olive oil fried eggs, arugula salad, choice of toast, marmalade

EGG FRITTATA | 14
2 eggs, mushroom, spring peas, onion, goat cheese

EGGS BERNARD (THE BERNIE) | 17
2 soft eggs, smoked salmon, avocado, foccacia
cilantro salsa verde

EGG WRAP | 14
egg whites, bacon, kale, tomato, avocado, hummus
aged cheddar

QUICHE | 14
choice of quiche, arugula salad, + side of fruit

FRENCH TOAST | 12
strawberry, yogurt, pecan

CORNMEAL PANCAKE STACK | 12 or 14
plain or blueberry, honey-butter, maple syrup

BUCKWHEAT WAFFLE | 13
cranberry, yogurt, granola

Sides

MARKET FRUIT | 4

BERRIES | 5

TOAST + BUTTER | 3
choice of toast

POTATOES | 4
onion, za'atar

1 EGG | 2.5
choice of soft, hard,
or olive oil fried

ARUGULA SALAD | 4
sherry vinaigrette

PORK SAUSAGE PATTY | 4

CHICKEN - APPLE SAUSAGE | 4

UNCURED BACON | 5

TOMATOES | 3

AVOCADO | 3

GREEK YOGURT | 4

Bakery

CROISSANTS | 4 **MUFFINS | 3**

BUTTER BLUEBERRY

CHOCOLATE GANACHE APPLE + OAT

ALMOND CROISSANT MEYER LEMON + CHIA SEED

HAM + CHEESE

PASTRIES | 4 **TEA CAKES | 3.5**

BACON + CINNAMON BUN STRAWBERRY + FENNEL

RHUBARB + CHEESE BANANA + WALNUT LOAF

APPLE VANILLA DANISH CHOCOLATE +ORANGE

HAND PIES | 9 **QUICHES | 8**

SMOKED PORK BACON + ONION
egg, olive, cheddar, spinach

GRASSFED BEEF SMOKED SALMON
hearts of palm, garlic, turmeric

MUSHROOM + CHEESE SMOKED SALMON
spring onion, kale