

the TABLE

BE PRESENT - BE FILLED

KAFFEPAUSE

HOUSE COFFEE	3.25	
ESPRESSO	2.65	
AMERICANO	3.55/4.55	
CAPPUCCINO	3.85	
RAW CAPPUCCINO	4.10	
<i>Honey and raw sugar</i>		
COLD BREW	4.45	
<i>With milk and honey</i>		5.10
LATTE	4.85/5.85	
<i>Vanilla, Caramel, Sugar and Spice, SF Vanilla, SF Caramel, SF Chocolate, SF White Chocolate</i>		
MOCHA	4.85/5.85	
<i>White, Dark, or White Lavender</i>		
CORTADO	3.45	
FRENCH PRESS	6.25	

BREAKFAST

TOMATO PIE	8.10
<i>Ode to our origins, traditional tomato pie served with greens and a scone</i>	
Add garlic roasted mushrooms... 1.75	
Bacon... 3.10	
Individual Mini Pie	6.35
GF Pie	8.60
QUICHE	8.50
<i>Cheese, seasonal, served with greens and a scone</i>	
Gluten-free in mini-pie size	7.35
BAKED OATMEAL	6.10
<i>Served with milk - Your choice of Seasonal, Blueberry, OR Gluten Free Honey Oatmeal</i>	
CHIA PUDDING	4.95/6.75
<i>Vegan, GF; topped with seasonal fruit and homemade granola</i>	
CLASSIC EGG	7.25
<i>Two eggs prepared your way with toast and choice of one side*</i>	
*Seasonal fruit, grit cake, roasted potatoes, roasted squash	
Gluten free bread... 1.75	
Add chicken feta sausage... 3.60	
Bacon... 3.10	
VAFFEL	7.35
<i>Two traditional Norwegian waffles, served with syrup, jam, and honey butter</i>	
Sveler (Norwegian Pancakes)	7.35
<i>Our take on traditional folded Norwegian pancakes. Two pancakes, served with cinnamon honey butter and syrup</i>	
Stuffed with berries	8.90
CHICKEN + VAFFEL	12.00
<i>Cornflake-crusting chicken breast, vaffel, sweet sriracha, syrup and cinnamon honey butter</i>	
Pure maple syrup	1.50

TEA + STEAMERS

LOOSE LEAF	
<i>Rooibos, Earl Grey, English Breakfast, Peppermint, Green, Ginger Lemon</i>	
POT OF TEA	3.95
LONDON FOG	4.25/4.70
<i>Earl grey tea steeped in steamed milk and sweetened with vanilla</i>	
HONEY LAVENDER FOG	4.25/4.70
<i>English Breakfast tea steeped in steamed milk and sweetened with honey lavender syrup</i>	
RED TEA FOG	4.25/4.70
<i>Sweetened with honey, topped with cinnamon</i>	
CHAI	4.45/5.45
GOLDEN CHAI	4.65/5.85
HOT CHOCOLATE	3.80/4.80
MATCHA	4.95/5.95

COLD

HERB LEMONADE	3.65
FRESH BREWED ICED TEA	3.65
BOTTLED DRINKS	3.25
MILK 12 oz.	2.75
CHOCOLATE MILK 12 oz.	3.25
MILKSHAKE	5.95
<i>Vanilla, Strawberry, Chocolate, Espresso, Chai, Chocolate Chip, Mango</i>	
SMOOTHIE	5.45
<i>Mango, Pineapple, Strawberry, Green Machine</i>	
ADD:	
Vegan Vanilla Protein 1.50 / Grass-fed Collagen 1.50	

SMØRREBRØD - TOASTS

Gluten free bread GF	1.75	
AVO + EGG	7.45	
<i>Multigrain, mashed avocado, sunny egg, spinach, sweet sriracha drizzle</i>		
MUSHROOM + GOAT	7.75	
<i>Creamy goat cheese, sautéed garlic mushrooms, parmesan, and balsamic reduction drizzle</i>		
Add egg		1.75
STRAWBERRY BANANA NUTELLA	6.75	
<i>Multigrain, sliced banana and strawberries, finished with powdered sugar and fresh lemon zest</i>		
BRISKET TOAST	9.95	
<i>Multigrain, house smoked brisket, balsamic onions with feta.</i>		

SIDES


SEASONAL FRUIT BOWL	5.65	GF	V
ROASTED POTATOES	3.75	GF	V
PARMESAN GRIT CAKE	3.45	GF	
ROASTED SQUASH	3.65	GF	V
GARLIC ROASTED MUSHROOMS	1.75	GF	V
BACON	3.10	GF	
CHICKEN FETA SAUSAGE	3.65	GF	
SWEET POTATO WAFFLE FRIES	5.00	GF	V


MENU


BREAKFAST BOWLS


Served with two over-easy eggs over choice of seasoned potatoes, warm grains, or grit cakes


Make it a "Flipper" w/ toast and a side 2.15
Substitute GF bread 1.75


BREAKFAST SAUSAGE  11.45
Roasted mushrooms, herbed sausage, kale, tomatoes, and parmesan

CALI  11.00
Bacon, ham, feta, spinach, avocado and cilantro lime sauce

SAUSAGE AND SQUASH HASH  10.55
Herbed sausage, kale, and roasted butternut squash with feta

THE MEATS  11.25
Ham, bacon, sausage, 50/50 cheese

THE VEGGIE  10.00
Spinach, roasted red peppers, balsamic onions, garlic roasted mushrooms and 50/50 cheese

BRISKET BOWL  13.45
House-smoked brisket, balsamic onions, roasted red peppers, 50/50 cheese, and sweet sriracha

BREAKFAST WRAPS

Make your wrap GF  1.75

VEGGIE EGG WRAP 7.25
Scrambled eggs, roasted red peppers, spinach, balsamic onions, garlic roasted mushrooms and 50/50 cheese

EGG + CHEESE WRAP 6.15
Scrambled Eggs and cheddar
Add bacon or herbed sausage 3.10 Add brisket 6.00

PRETZEL

BREAKFAST SANDWICH 8.00
Grilled pretzel bun, two fried eggs, cheddar, bacon, spinach, raspberry honey mustard or sweet sriracha
Put it on a Vaffel. 3.45

LUNCH BOWLS

Add Chicken 3.85 Add brisket 6.00

CILANTRO LIME   10.85
Warm grains, spinach, balsamic onion, tomato, roasted garlic mushrooms, avo, and cilantro lime sauce


PESTO CHICKEN  11.35
Pesto, chicken, mozzarella, spinach, tomatoes, balsamic onions, balsamic reduction drizzle, and warm grains


CHIPOTLE  10.55
Warm grains, black beans, roasted red peppers, corn, tomatoes, avo and chipotle ranch


SOUPS + SALADS

TAKE TWO 11.00
Choose **two** items from our handhelds, salads, and soup du jour

SOUP DU JOUR 4.00/5.45

FETA + BERRY SALAD  10.45
Greens, spinach, seasonal berries, feta, red onion and almonds, served with maple balsamic vinaigrette

KALE COBB  11.00
Lemon kale, bacon, avo, hard boiled egg, feta, tomatoes, and red onion

GARDEN  7.95
Cucumber, carrots, tomato, red onion, 50/50 cheese, mixed greens

ADD:
Chicken 3.85 / Bacon 3.10 / Hard Boiled Egg 1.75
Avo 1.75 / Brisket 6.00

DRESSINGS:
HOUSE VINAIGRETTE
MAPLE BALSAMIC VINAIGRETTE
CILANTRO LIME
CREAMY PARM
RASPBERRY HONEY MUSTARD
CHIPOTLE RANCH



HANDHELDS

Served with chips or greens
Sub waffle fries, soup, or chia pudding 3.45

BRISKET SANDWICH 13.00
House-smoked brisket, horsey sauce, balsamic onions, and cheddar on a toasted pretzel roll

SMOKED BURGER 13.95
House-smoked beef burger with bacon, cheddar, and LTO

CUBAN 12.45
House-roasted cuban pork loin, black forest ham, swiss, dill pickle, 50/50 mustard on ciabatta

PESTO CHICKEN PANINI 11.25
Seasoned grilled chicken breast, mozzarella, roasted red peppers, spinach, and house pesto on ciabatta

TOMATO PIE BLT 11.55
Our take on the classic - tomato pie topping, bacon, lettuce, tomato on sourdough

CURRIED CHICKEN SALAD CROISSANT 10.45
Seasoned chicken breast, lettuce, sliced tomatoes, grapes, red onion, almonds, celery, coconut curry mayo

Make your wrap GF  1.75

VEGGIE WRAP 8.75
Spinach, roasted red peppers, balsamic onion, cucumber, garlic roasted mushrooms and dill sauce

CHIPOTLE CHICKEN WRAP 10.75
Seasoned grilled chicken breast, black beans, corn, roasted red peppers, 50/50 cheese, red onion, chipotle ranch

CHICKEN BACON RANCH WRAP 10.75
Crispy cornflake chicken, bacon, tomato, 50/50 cheese, chipotle ranch

MENU

 Denotes a Gluten Free item.

 Denotes a Vegan item.

*Despite our careful precautions, we are not a gluten-free facility. **Please make a staff member aware of any allergies.**

**Consuming raw or undercooked meats, seafood, shellfish, or eggs may increase your risk of food-borne illness.