



Sunrise Menu

Bakers Biscuits & Jam (veg)

Freshly Baked Buttermilk Biscuits, Honey "Butter", House Made Jam / \$9

Overnight Oatmeal Skillet (v/gf)

Steel Cut Oatmeal, Fresh Fruit & Berries,
Coconut Yogurt
Organic Cinnamon Sugar / 14

Classic Rise & Shine (gf)

Scrambled Eggs, Applewood Smoked Bacon / 14

Provençale Mushroom Omelet (veg/gf)

Organic Grape Tomato & Spinach,
Roasted Garlic, Fresh Herbs / 16

Crushed Avocado Toast (veg)

Toasted Mountain Bread, Sunny Side-Up Eggs
Organic Tomato Arugula, Lemon Dressing / 17

Blueberry Multigrain Pancakes (veg)

Warm Maple Syrup & House Made Berry Preserves
Short Stack (3) / 10 Tall Stack (5) / 14

Farmer's Table Palooza

Blueberry Multigrain Pancakes, Scrambled Eggs,
Chicken Sausage, Applewood Smoked Bacon / 18

Twist 'N' Rise Breakfast Sandwich (veg)

House Made Pretzel Roll, Shirred Egg,
Cheddar Cheese, Organic Tomato / 14

Add Bacon / 2

Served with a Choice of

Red Bliss Potato Hash or Seasonal Fruit

Morning Beverages

Organic Milk, Soy, Almond or Coconut Milk
Decaffeinated available

Organic Coffee Service

Latitude 23.5 Roast Master Blend / 4

Cappuccino

Espresso, Hot Frothed Milk / 5

Latte

Espresso, Steamed Milk / 5

Flavored / 6

Mint Chocolate, Chocolate Hazelnut
Pumpkin Spiced Caramel

Espresso

Single / 4 Double / 6

Americano

Espresso & Hot Water / 4

Café Mocha

Espresso, Chocolate & Steamed Milk / 6

Chai Tea Latte

Organic Black Tea, Chai Spice
Steamed Milk & Cinnamon Sprinkle / 6

Organic ~ Trend Teas / 5

English Breakfast

Full Bodied & Smooth

Chamomile & Mint

Lemon Peel, Licorice Root (Caffeine Free)

Jade Cloud

Lively & Light Green Tea

Lemon Ginger

Chinese Green Tea with Lemon Myrtle

Reiki Blend

Flower Blossoms, Herb & Dried Fruit
(Caffeine Free)

Juices / 4

Orange, Grapefruit, Apple, Cranberry