

DAILY MENU SERVED
Monday - Friday | 9:30 AM - 3:00 PM

BRUNCH MENU SERVED
Saturday | 9:00 AM - 2:00 PM

INTELLIGENT GOURMET

eat fresh & be happy

COMMITTED TO ORGANIC, FRESH, GRASS-FED

STORE HOURS
Monday - Friday | 9:30 AM - 6:30 PM
Saturday | 9:00 AM - 4:00 PM

TOASTS

ADD an EGG any style to your toast + \$1.90

AVOCADO TOAST **V** 10.50

Sourdough, sliced avocado, roasted tomato, extra virgin olive oil, basil, cracked black pepper, micro greens.

Cal 250

SUB gluten-free bread (+2.00)

ABLT 12.50

Garlic Rosemary Sourdough, 2 strips of thick uncured bacon, sliced avocado, shallot-garlic aioli, micro greens, cracked black pepper. Cal 370

SUB gluten-free bread (+2.00)

GREEK AVOCADO TOAST **VEG** 11.75

Red bell pepper sourdough- sliced avocado, diced tomato, red onion, fresh basil, kalamata olives, feta, extra virgin olive oil, cracked black pepper, micro greens. Cal 450

SUB gluten-free bread (+2.00)

KIMCHI AVOCADO TOAST **V** 10.50

Simple Sourdough, house kimchi, sliced avocado, cherry tomato, green onion, sesame seed, lime, sea salt, cracked black pepper, micro greens Cal 325

SUB gluten-free bread (+2.00)

HOUSE SPECIALTIES

Make it a combo meal served with choice of Two Large Eggs (160 cal) Toast and one item below: (Cal 390)

Bacon | Chicken Sausage | Hash Brown| + 5.50

FLORIDA BUTTERMILK PANCAKES **VEG** 12.50

3 inch buttermilk pancakes, banana, strawberry, blueberries, drenched in 100% pure maple. Dolloped with whipped cream. Cal 560

WAFFLES **VEG** 14.95

2 Belgian style waffles with banana, strawberry & blueberry drenched in 100% pure maple dolloped with whipped cream. Cal 750

STACKED FRENCH TOAST SANDWICH 15.50

2 slices of cinnamon breakfast bread french toast, stuffed with 3 thick strips of bacon, hash browns, Swiss - gruyere cheese, fresh arugula, and topped with an over easy egg, finished with our house made hot honey. Cal 1325

BUILD YOUR OWN OMELET **VEG** 12.95

3 large eggs omelet served with toast. Cal 1325

Cheese: Swiss, Cheddar or Mozzarella.

Fillings: Mushrooms, Onion, Spinach, Tomato, Red Bell Pepper, Zucchini.

SEASONAL

PUMPKIN PANCAKES **GF, DF, EGG FREE, NUT FREE, SOY FREE** 12.95

3 large pancakes with banana, strawberry & blueberry drenched in 100% pure maple dolloped with dairy free whipped cream.

BUTTERMILK - PUMPKIN PANCAKES **VEG** 12.95

3 large buttermilk, pumpkin pancakes with banana, strawberry & blueberry drenched in 100% pure maple dolloped with whipped cream.

HOUSE RULES

Alert your server if you have any special dietary restrictions or allergies. Gluten free & low carb options are available for most items.

*These items are served raw or undercooked or contain (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness.

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SIDES

Fresh Seasonal Fruit (7 oz)	6.00
Hash Brown Patty	4.25
Chicken Sausage Links	2.99
Uncured Sliced Bacon 2 strips (cal 97)	3.49

TOAST & BREAD CHOICES

Whole grain, Sourdough, Breakfast Bread (apple strudel) (Cal 135 - 200)	3.50
SUB gluten-free whole grain bread (+2.00)	
SUB gluten-free bun (+2.00)	

BEVERAGES

Natalies Juices	MKT
Morning Boost Juice beet, carrot, apple, ginger	7.25
Immunity Juice 12 oz Ginger, lemon, cucumber, red apple	7.25
2 oz Espresso	3.25
Coffee	3.10
Cappuccino	4.99
Iced Latte	4.25
Iced Tea	3.75
Italian Espresso Soda	6.25

BOWLS

POWER BOWL VEG, GF 14.25
Sweet potatoes, turkey sausage, mushrooms, spinach, scrambled organic whole eggs, pesto (Cal 660)
SUB eggs for crispy tofu

RANCHERO BOWL VEG, GF 13.50
Pico de gallo, corn & black beans, 2 large eggs any style, cilantro-lime rice. topped with chipotle aioli
SUB eggs for crispy tofu

HANDHELDS

CHICKEN & PESTO SAMMI 12.99
Roasted chicken breast, house pesto, arugula, mayo-mustard blend, mozzarella, ciabatta roll. (Cal 900)

APPLE WALNUT CHICKEN SALAD WRAP 14.99
House-made apple walnut chicken salad, mustard-mayo aioli, whole grain wrap (Cal 560)

CHIPOTLE CHICKEN WRAP DF 15.50
Chipotle chicken breast, arugula, cilantro-lime rice, roasted tomato, corn & black bean house salsa (corn, black beans, lime, tomato, jalapeno, cilantro, & chipotle seasoning), tomato, avocado, chipotle creme, whole grain wrap (Cal 450)

Chipotle Burrito Wrap also available (V) 12.50

BURGERS

BEEF | CHICKEN | BLACK BEAN V | BEET V 18.50
all burgers come with: avocado, lettuce, tomato, red onion & potato salad.
Beef & Chicken Burgers have aioli
Beet & Black Bean have chipotle aioli (vegan)
SUB gluten-free bread (+2.00)

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