

AMBOS

SERVED DAILY

BREAKFAST 8:00 AM – 10:00 AM

PASTRIES

Blueberry Eincorn Muffin	6
Ham, gouda, ricotta empanada	7
Rhubarb empanada	7
Thyme biscuit	5
Mixed berry scone with berry vanilla icing	7
Honey buckwheat cookie (gf)	5
Strawberry hazelnut cookies (n)	5
Everything walnut cookie (n)	5

DAILY FRESH JUICE

Pressed juice: celery, cucumber, kale, apple, ginger (gf, df, v)	15
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BREAKFAST

Mel's toast, homemade jam, butter	8
Seasonal quiche with flax crust (gf)	8
Yogurt bowl, seeded granola, berries, jam homemade (gf, df)	12
Fruit plate, stone fruit, berries, watermelon, melon (gf, df,v)	12
Bacon, egg and cheese sandwich, buttermilk biscuit	15
Scrambled eggs, spinach, toast, butter	18
Polenta, roasted mushrooms, poached egg, scallion (gf)	24
Bacon, fried egg, marinated kale	22
Bone broth, fermented cayenne peppers & turmeric (gf, df)	7 CUP 14 BOWL

SIDES

Bacon (gf,df)	7
Fried egg (fg,df)	5
Toast	4

COFFEE

Drip	3 M 4 L
Cold brew	6
Americano	4
Espresso	4
Macchiato	4
Cortado	5
Cappuccino	5
Latte	5
Chai Latte	5
Hot chocolate	7

G – GLUTEN FREE D – DAIRY FREE N – NUT FREE V – VEGAN

ALL PASTRIES BAKED FRESH EACH MORNING

GRANOLA, JAMS, BONE BROTH, AND JUICES MADE IN HOUSE