

# 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 |
|------------------------------------------------------------------|----|

## BREAKFAST

|                                                                   |               |
|-------------------------------------------------------------------|---------------|
| Mel's toast, homemade jam, butter                                 | 8             |
| Seasonal quiche with flax crust (gf)                              | 8             |
| Buckwheat pancakes, butter, local maple syrup, fresh berries (gf) | 15            |
| 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 |

## COFFEE

## SIDES

|               |         |                   |   |
|---------------|---------|-------------------|---|
| Drip          | 3 M 4 L | Bacon (gf,df)     | 7 |
| Cold brew     | 6       | Fried egg (fg,df) | 5 |
| Americano     | 4       | Toast             | 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