

AMBOS

SERVED DAILY

BREAKFAST 8:00 AM – 11:00 AM

PASTRIES

Blueberry eincorn muffin	6
Ham, gouda, ricotta empanada	7
Thyme biscuit	5
Apple crumb loaf	5
Cinnamon swirl scone with vanilla icing	5
Honey buckwheat cookie (gf)	5
Brown butter chocolate chip cookie (n)	5
Seasonal quiche, flaxseed crust (gf)	8

DAILY FRESH JUICE

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

Chia seed pudding, cardamom, oat milk, maple, flax seed, berries (df)	12
Yogurt bowl, seeded granola, berries, jam homemade (gf)	12
Seasonal fruit plate (gf,df,v)	12
Mel's toast, homemade jam, butter	8
Hot cereal, oatmilk, flax, maple, olive oil (df)	12
Buckwheat pancakes, butter, local maple syrup, fresh berries (gf)	15
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 (gf)	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 (gf,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 – CONTAINS NUTS V – VEGAN

ALL PASTRIES BAKED FRESH EACH MORNING

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