AVOCADO TOAST
Sourdough or Rye $5.49
on plain bagel add $.95

VEGAN WAFFLE
Freshly baked Vegan Waffle topped with powdered sugar $11.59
Each additional side (served on side) Blueberry, Strawberry, Apple Cinnamon $.95

OATMEAL N’FRUIT
Served with Oatmeal and Fresh Fruit $11.49

FRESH FRUIT PLATE
Served with Sourdough or Rye toast $11.99

A.L.T. SANDWICH
Avocado, Lettuce, and Tomato on toasted Sourdough served with tomato slices $10.49

VEGAN SALAD
Raw Spinach, Greenleaf, Mushroom, Avocado, Tomato, Caramelized Onion, Raisins $12.99
Half Salad $10.49

VEGAN HALF SANDWICH & HALF SALAD $13.29

FRUIT $6.49
1/2 GRAPEFRUIT $2.39
1/2 MELON $3.79
HASH BROWNS $3.99
TOAST, SOURDOUGH OR RYE $2.45
OATMEAL OR GRITS $6.49
BAGEL $2.65
SIDE SALAD $5.29
BROCCOLI $4.69
SPINACH $4.69
SLICED AVOCADO $3.69
TOMATO SLICES $2.79
FLOUR TORTILLAS $2.49