

Breakfast (All Day) with One Side	
Breakfast Special - \$9.35 • Monday - Friday (7am to 9am)	
Breakfast Burrito Mexican chorizo, scrambled eggs, mozzarella cheese, red peppers, onions, and home-fried potatoes wrapped in a low-carb wheat tortilla. Gluten-free wrap +\$2.80.	\$12.15
Coco Berry Bowl Greek yogurt, blackberries, raspberries, cherries, coconut flakes, dark chocolate pieces and peanut butter.	\$11.22
French Toast Brioche French toast topped with blueberries, raspberries, blackberries, strawberries, bananas, and sweet cream.	\$13.08
Farm Omelette 3 Fresh eggs, spinach, red peppers, red onions, mushrooms, tomatoes, mozzarella, and zucchini.	\$13.08
*Tasty English Muffin Fresh smoked salmon, egg, avocado, cream cheese, and fresh dill on a toasted English muffin.	\$11.22
Avocado Toast Boiled egg and avocado on a 21-grain whole wheat toast, served with arugula, radish, and balsamic glaze. Add fresh smoked salmon +\$3.74	\$13.08
*Breakfast Bowl Applewood pork bacon, Mexican chorizo, two eggs, home-fried potatoes, red peppers, red onions, and mozzarella cheese.	\$14.02
*Roasted Sweet Potato Bowl Turkey bacon, two eggs, roasted sweet potatoes, red peppers, onions, and sautéed spinach.	\$14.02
Kids Breakfast (No Side) Turkey bacon, egg, fruit cup and toasted pita bread.	\$8.41
Southern Breakfast Two eggs, two slices of pork bacon, and two slices of 21-grain whole wheat toast.	\$11.22
BYO Breakfast Sandwich (No Side) Bacon, egg, and cheese. Bread Options: Panini, Bagel, Croissant, Wrap, 21 Grain Bread or Muffin	\$5.61

Breakfast Sides	
Pork Bacon (2 pcs) GF DF	Turkey Bacon (1 pc) GF DF
Greek Yogurt and Berries GF V	Home Fried Potatoes V DF
Oatmeal V DF	Mix Fruit Bowl V GF DF
Grits V GF	
Soups	
Tomato Soup GF DF Garnished with fresh basil. Add Grilled Cheese - Mozzarella, Muenster, and Parmesan cheese on a toasted panini +\$4.67.	\$9.35
Chicken Soup GF DF Culantro, cilantro, carrots, celery, potatoes, green beans. Add Buttery Toasted French Baguette	\$9.35
Vegetable Soup GF DF Carrots, celery, green beans, potatoes, tomatoes, red onions and cilantro. Add Buttery Toasted French Baguette	\$8.41



Shareable Plates	
Traditional Hummus Chickpeas, tahini, and toasted pita.	\$9.35
Chicken Skewers GF Marinated chicken, cilantro dressing, zucchini, cherry tomatoes, onions and red peppers on a bed of arugula.	\$10.28
Mexican Trio Guacamole, chorizo cheese dip, Pico de Gallo, and corn chips.	\$12.15
Spicy Feta Dip V Baked feta with roasted jalapeño, Greek yogurt, and toasted pita.	\$9.35
Mediterranean Trio V Spicy feta, hummus, and tzatziki served with toasted pita, carrot sticks, and celery.	\$14.95

Pick 2 Lunch Special for \$12.15

Monday – Friday (11am – 2pm)

- Baked Mac and Cheese** V
- Quinoa Stuffed Avocado** (One halve) V GF DF
- Chicken Pasta Bowl** V V
- Vegetable Soup** V V
- Roasted Beet Salad** GF V
- Greek Salad** V
- Chicken Salad**
- Chicken Soup**
- Tomato Soup (No Grilled Cheese)** GF V V
- Smashed Cheeseburger**

Entrées (All entrees include one free side)	
Fried Fish Hand-breaded 8oz flounder served with fried yuca, tartar sauce, and coleslaw.	\$16.83
*Fresh Salmon Wrap Grilled 8oz Faroe Islands fresh salmon with caramelized onions and Greek cilantro dressing, wrapped in a low-carb wheat tortilla. Gluten Free Wrap +\$2.80	\$18.70
Fish Sandwich Fried or Grilled Fresh flounder, coleslaw, English cucumber and Tartar sauce, on a toasted brioche bun. Gluten Free Bun +\$2.80	\$15.89
*Grilled Fresh Salmon GF 8oz Faroe Islands fresh Salmon served over quinoa, carrots, green beans, broccoli, zucchini and asparagus.	\$22.43
Two Sautéed Shrimp Tacos GF All-American wild-caught grilled shrimp served on spinach corn tortillas with red onions, red and white cabbage, and Greek cilantro dressing.	\$13.08
Rotisserie Chicken GF DF Half of chicken. Served with Pico de Gallo and Guacamole.	\$14.02
*Big Tasty Burger Smashed beef patty, grilled onions, tomatoes, romaine leaf, mayo, ketchup, muenster cheese and english cucumber, on a toasted brioche bun. Extra patty +\$2.80 Gluten Free Bun +\$2.80	\$12.15
*Steak Wrap Grilled 8oz Angus skirt steak with romaine lettuce, tomatoes, sautéed red peppers, caramelized onions, avocado, and mozzarella cheese wrapped in a low-carb wheat tortilla. Homemade medium habanero mayo served on the side. Gluten Free Wrap +\$2.80	\$23.36
Spicy Chicken Sandwich Fried or grilled chicken with romaine lettuce, tomato, muenster cheese, and aioli on a toasted brioche bun. Gluten Free Bun +\$2.80	\$14.02
Ultimate Shrimp Wrap All-American wild-caught fried or grilled shrimp with crispy applewood bacon, red onions, romaine lettuce, tomatoes, and mozzarella cheese wrapped in a low-carb wheat tortilla, with homemade buttermilk ranch. Gluten Free Wrap +\$2.80	\$18.70
*Steak with Pasilla Cream GF Grilled 8oz Angus skirt steak finished with Pasilla cream, served with mashed potatoes.	\$26.17

Entrée Sides or Personal Appetizer			
Grilled Asparagus V DF	\$4.67	Roasted Beets Salad V GF	\$5.61
Baked Mac and Cheese V	\$5.61	Chicken Salad GF	\$4.67
Sautéed Broccoli V GF DF	\$3.74	(Shredded Chicken, potatoes, carrots, celery, green beans, garden peas and mayo)	
Grilled Mix Vegetable V GF DF	\$4.67	Caribbean Potato Salad GF	\$4.67
(carrots, green beans, broccoli, zucchini and asparagus)		(Potatoes, eggs, carrots, apples, red onions, beets and mayo)	
Sweet Potatoes Fries V	\$2.80	Grilled Green Beans V GF	\$3.74
Fried Yuca V	\$3.74	Fresh Cajun Potato Chips V	\$2.80

*These items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. 20% gratuity will be added to parties of 6 or more adults

GF -Gluten-Free DF -Dairy-Free V -Vegetarian V -Vegan