

MORNING KITCHEN

AVAILABLE TILL 11 AM

SANDWICHES

- THE GREYSTONE**6
EGG, PEPPER JACK, BACON, TOMATO, ARUGULA,
MAPLE SRIRACHA ON BAGUETTE
- THE GONZA**6
EGG, PEPPER JACK, BACON, GREEN
SALSA, AVOCADO, CILANTRO, LIME ON BAGUETTE
- ORIGINAL EGGWICH**4
EGG, CHEDDAR - V
- GARDEN VEGGIE EGGWICH**5
EGG, PEPPER JACK, CHERRY TOMATO, ONION,
PEPPADEW, ARUGULA, BASIL -V
- SMOKED SALMON**9.25
SALMON, HERB CREAM CHEESE OR AVOCADO,
TOMATO, CUCUMBER, ONION, CAPERS, DILL,
ON BAGEL OF CHOICE
- STAFF EGGWICH**.....7.95
EGG, CHEDDAR, BACON, SAUSAGE,
CREAM CHEESE, MAPLE SRIRACHA
ON AN EVERYTHING BAGEL

MINI OMELETS SERVED ON A BED OF GREENS

- FARMSTYLE**5.75
EGG, CHEDDAR, HOUSEMADE SALSA, BACON
CILANTRO , LIME - GF
- THE GONZA**6
EGG, PEPPER JACK, BACON, GREEN SALSA,
SMASHED AVOCADO, CILANTRO, LIME - GF
- GARDEN VEGGIE**5
EGG, PEPPER JACK, ROASTED TOMATO, ONION,
PEPPADEW, BASIL - V/GF

BOWLS

- BREAKFAST BOWL**6.75
ARUGULA, AVOCADO, QUINOA,
JAMMY EGG*, FETA, TOMATO, PEPPADEW, LIME,
CILANTRO, + MAPLE SRIRACHA
OPTION OF BACON, SALMON, TURKEY -V/GF
- ACAI BOWL**11
ORGANIC ACAI, MIXED BERRIES, BANANA, +
OAT MILK BASE, TOPPED W/ SOLA GRANOLA,
BANANA, SEASONAL FRUIT, COCONUT FLAKES,
CHIA SEEDS, HONEY -V/GF

HOT MINI DONUTS

1/2 DOZEN \$2.5 DOZEN \$5

CINNAMON SUGAR, POWDERED SUGAR, ESPRESSO, PINK
PANTHER, BABY CAKES, COOKIE , GONZA, CARDAMOM

LIGHTER FARE

BAGEL

- W/ BUTTER2.25
W/ CREAM CHEESE.....3

SOLA GRANOLA4.25
SEASONAL FRUIT, CHOICE OF MILK - V/GF

FRUIT PARFAIT5.5
SEASONAL FRUIT, GREEK YOGURT,
SOLA GRANOLA + HONEY- V/GF

AVOCADO SLICED IN HALF

- W/ CRACKED PEPPER + MALDON SALT - V/GF..... 3.25
W/ EVERYTHING BAGEL SEEDS - V/GF..... 3.50

BIRCHER MUESLI.....6.25

OVERNIGHT OATS, BANANA, BLUEBERRY, PINEAPPLE,
BLUEBERRY YOGURT, COCONUT FLAKES, CACAO NIBS
- V/GF

TOAST BAR

AVO SMASH5.50
SMASHED AVOCADO, RED PEPPER FLAKES,
PEPPER, MALDON SALT, ON MULTIGRAIN - V

AVO SMASH + HEIRLOOMS6.25
SMASHED AVOCADO, BABY HEIRLOOM TOMATO,
MICRO GREENS, FETA, DUKKAH, ON SOURDOUGH -V

NUT BUTTER TOAST.....6.50
PEANUT BUTTER OR ALMOND BUTTER, BANANA OR
GRANOLA, OR BOTH, HONEY, ON MULTIGRAIN - V .

SMOKED SALMON8.00
SMASHED AVOCADO OR HERB CREAM CHEESE,
CUCUMBER, PICKLED ONION, CAPERS, DILL, ON
SOURDOUGH

JAMMY EGG + WHIPPED FETA.....7.00
WHIPPED FETA, JAMMY EGG*, CHILI OIL, PARSLEY - V

STRAWBERRY TOAST.....6.50
CHOICE OF NUTELLA OR SWEET CREAM, STRAWBERRY,
POWDERED SUGAR ON MULTIGRAIN - V

BLUEBERRY + GOAT.....6.00
BLUEBERRY COMPOTE, GOAT CHEESE, THYME, ON
MULTIGRAIN - V

ADD

- SMOKED BACON (1)..... +1
SAUSAGE..... +2
DOUBLE EGG..... +1.5
SMASHED AVOCADO.. +1.5

JAMMY EGG..... +2

SIDES

- SMOKED BACON (2).....+2
SAUSAGE PATTY.....+2
TOAST..... +1.25

SUBSTITUTE

- SOURDOUGH..... +2
BAGEL..... +1
CROISSANT..... +1
GF BREAD..... +1

V- VEGETARIAN / GF- GLUTEN FREE

PLEASE NOTE: WE ARE NOT A
GLUTEN FREE KITCHEN.

* THIS ITEM IS SERVED UNDER COOKED.
CONSUMING RAW OR UNDERCOOKED
MEATS, POULTRY, SEAFOOD, SHELLFISH,
OR EGGS. MAY INCREASE YOUR RISK OF
FOODBORNE ILLNESS.