

# GOOD MORNING

EAT, DRINK & BE HEALTHY

*Please let your server know if you have any allergies, dietary restrictions, or preferences*

GOOD SIGNATURE DISHES  
ARE HIGHLIGHTED **GOOD**

## AVOCADO TOASTS

PLAIN | 7

### LOADED

Chili Campana, balsamic glaze, avocado crema and microgreens

SINGLE | 8 DOUBLE | 14

### LOADED WITH A SIDE | 11

A choice of sweet potato hash, hash browns or grits

ADD BACON OR EGG\* +2

## AVOCADO NACHOS

AVOCADO NACHOS | 13 **GOOD**

Avocado wedges topped with Chili Campana and gruyere, double-dressed with avocado crema and balsamic glaze then topped with microgreens

ADD BACON +2

## PANCAKES

GLUTEN-FREE PANCAKES **GOOD**

*Served with whipped butter & real maple syrup*

3 TRADITIONAL PANCAKES | 11

3 SEASONAL PANCAKES | 13

## SIDES

TOAST | 2

EGGS | 4

BACON | 5

SWEET POTATO HASH | 4

FRUIT | 5

GRITS | 5

SAUSAGE | 5

HASH BROWNS | 4

**\*ADVISORY:** THESE FOODS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

## BREAKFAST BOWLS

VEGGIE BOWL | 12

Two scrambled eggs\* topped with kale, mushrooms, peppers, onions and gruyere cheese served over sweet potato hash

AVOCADO BACON BOWL | 14 **GOOD**

Two scrambled eggs\* with avocado, bacon and gruyere cheese served over hash browns

CARNIVORE BOWL

Two scrambled eggs\* with cheddar cheese and your choice of meat served over hash browns

BACON OR SAUSAGE | 14

GRASS-FED STEAK\* | 16

## BREAKFAST BURRITOS & QUESADILLAS

AVOCADO & BACON BURRITO | 13

VEGGIE BURRITO | 11

Kale, mushrooms, peppers & onions

BACON OR SAUSAGE BURRITO | 13

BACON QUESADILLA | 12

VEGGIE QUESADILLA | 11

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## GOOD DRINKS

### COFFEE *Proudly serving East Pole Coffee*

DRIP 12 OZ | 4

POUR OVER 12 OZ | 5.50

ESPRESSO 2 OZ | 4

CORTADO 4.5 OZ | 4.25

CAPPUCCINO 7 OZ | 4.50

LATTE 12 OZ | 5

MOCHA 12 OZ | 5.50

CHAI LATTE 12 OZ | 5.50

MATCHA LATTE 12 OZ | 5.50

ESPRESSO TONIC 13 OZ | 5.50

Espresso poured over an orange zest with tonic

CHURRO LATTE 12 OZ | 5.50

Latte with honey & cinnamon

ALTERNATIVE MILKS +1.50

Oat, coconut or chocolate

ORANGE JUICE | 4.50

### ORGANIC TEAS | 3.50

*Two leaves & a bud*

**GREEN** Ginger, Tropical, Tamayokucha or Jasmine Petal

**BLACK** Asain Breakfast, Darjeeling or Earl Gray

**HERBAL** Chamomile or Peppermint

**ROOIBOS** African Sunset

### HOUSEMADE DRINKS | 4.50

LEMONADE

ORGANIC TROPICAL GREEN ICED TEA

ICED BLACK TEA

### BOTTLED & CANNED

MONTANE SPARKLING WATER | 4

TOPO CHICO | 4

KOMBUCHA | 6

### BEER & WINE

*We have a rotating selection of local beer & natural wine.*

*Ask your server for the GOOD wine and beer menu.*