



## Everyday Favorites



**THE CHAFFLE** *for the cheese lover!*  
Skip the carbs with this cheesy egg "waffle", topped with savory sausage and our green goddess sauce, served with fresh fruit \$8.00



**THE PROTEIN BOWL**  
Quinoa and chickpeas, topped with sauteed mushrooms and greens, seasoned tomatoes, guacamole and an egg \$11.00



**THE SWEET SAVORY BOWL**  
Maple mashed sweet potato topped with sauteed spinach, topped with coconut flakes, nuts and two eggs \$10.00



**THE SCRAMBLE** *hearty!*  
Scrambled eggs, skillet potatoes, choice of cheese, black beans, corn, peppers & onions \$11.00



**THE BASIC**  
Two eggs served your way, bacon or sausage, served with fresh fruit & toast \$9.00



**THE BOSS** *light + filling!*  
Three fluffy scrambled eggs, loaded with nutrient dense greens, and topped with tangy feta, served with fresh fruit \$9.00



**THE OATS** *warm + comforting!*  
Hearty oatmeal loaded with flax seed, chia seed, honey, cinnamon & fruit \$6.00



**THE 61** *61% of your daily fiber*  
Creamy yogurt layered with crunchy, tasty, high fiber cereal and fresh fruit \$6.00

# ALL DAY Brunch

SENIORS: Enjoy your first coffee or tea on us!

All-Natural Cold Pressed Juice, 12 oz. \$6.00

*Pressed fresh daily, see cooler for available flavors*

Infused Detox Water, 32 oz. \$6.00

Coffee \$2.00 Tea \$2.00

Gourmet Coffee \$5.00 Matcha \$5.00

Liquid Gold \$5.00  
*A blend of pure turmeric, cinnamon, ginger, black pepper, ashwagandha & curcumin*



**THE WAKE-UP WRAP**  
A soft tortilla loaded with eggs, seasoned potatoes, peppers, onions, corn, black beans & cheddar, served with fresh fruit \$10.00



**THE SUNRISE SAMMY**  
Savory bacon and a skillet fried egg topped with your choice of cheese between a toasted english muffin \$5.00

*Add avocado spread +\$1.00*

*Substitute for a Costanzo roll +\$0.50*



**THE FRITTATA**  
Three egg quiche with spinach, seasoned tomatoes, onion & mozzarella-provolone blend, served with fresh fruit \$9.00



**THE CAFE FRENCH TOAST**  
Two slices of thick cut french toast bursting with fresh berries and creamy peanut butter and topped with a sweet berry drizzle, served with fresh fruit \$10.00



**THE MAKER**  
Three egg omelette loaded with your choice of the following\*:

|           |            |         |
|-----------|------------|---------|
| Tomatoes  | Peppers    |         |
| Mushrooms | Greens     | Onions  |
| Cheddar   | Mozzarella | Feta    |
| Ham       | Bacon      | Sausage |

...served with fresh fruit \$10.00

*\*Choose up to 3 items, add 50¢ per item after that*



**THE POPPERS** \$5.00  
Two scrambled egg cups made to order: (whole egg or egg whites)  
• Tomato, spinach, feta  
• Bacon & cheddar  
• Pepper, onion, tomato