

coffees

Fresh Brewed Columbian Coffee 5
Regular or Decaf

Espresso / Americano 5/7
Single or Double

Café Latte / Mocha Latte 5/7
Single or Double

Cappuccino 5/7
Single or Double

Macchiato 5/7
Single or Double

Hot Chocolate 5
Organic Cacao and Agave, Choice of Milk

teas

Chai Tea Latte 5

White Lion Loose Leaf Tea 5

- Sedona Sun (Red)** Naturally Caffeine Free
- Kachina Moon (Hibiscus)** Naturally Caffeine Free
- White Cloud (White)** Naturally Low in Caffeine
- Desert Passion (Green)** Naturally Low in Caffeine
- Enchanting Journey (Oolong)**
- Classic English Blend (Black)**
- Earl Grey (Black)**

Additions:

Matcha Power or Fresh Tumeric 3

Baileys 10
Shots of Baileys Served on the Side

Milk Options

Skim, 2%, Whole, Unsweetened Vanilla Almond, Soy, Unsweetened Coconut or Oat

toasts

Choice of 9-Grain, Sourdough, Marble Rye, or Gluten-Free. Vegan, Gluten-Free Bread is Available by Request


Avocado Toast 15 
Goat Cheese, Over-Easy Egg, Za'atar and Harissa
CALORIES 390 • FAT 27G • CARBS 36G • PROTEIN 15G

Peanut Butter Toast 12 
Coconut Yogurt, Fresh Banana, Cacao Nibs
CALORIES 410 • FAT 29G • CARBS 30G • PROTEIN 13G

Smoked Salmon Bagel 18 
Onion, Tomato, Cucumber, Cream Cheese, Capers, Toasted Bagel
CALORIES 380 • FAT 9G • CARBS 52G • PROTEIN 22G

grains

Steelcut Irish Oatmeal or Gluten-Free Oatmeal 12 
Choice of Milk, Brown Sugar, Raisins and Berries
CALORIES 250 • FAT 5G • CARBS 42G • PROTEIN 9G

Milti-Grain Porridge 11  *veg*
Oats, Quinoa, Millet, Buckwheat, Almond Milk, Raspberry, Hemp Hearts and Nuts
CALORIES 240 • FAT 5G • CARBS 39G • PROTEIN 8G

 - Can be prepared Gluten-Free *veg* - Vegetarian *vegan* - Vegan
Please alert your server to any food allergies.

*Available cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

griddle

Buckwheat Banana Pancake 16 *veg*

Sliced Banana, Walnuts, 100% Pure Maple or Prickly Pear Syrup

CALORIES 100 • FAT 4G • CARBS 15G • PROTEIN 2G

ADD BERRIES: \$2

Berry Lemon French Toast 16

Challah Bread with Berry Compote, Lemon Lavender Ricotta, 100% Pure Maple or Prickly Pear Syrup

CALORIES 270 • FAT 9G • CARBS 31G • PROTEIN 15G

ADD BERRIES: \$2

skillet

House Hash and Organic Eggs 19

Two Eggs Any Style Over Seasoned Turkey Potatoes, Choice of Toast

CALORIES 350 • FAT 13G • CARBS 36G • PROTEIN 32G

Greens & Sausage Skillet 17

One Egg Any Style, Braised Greens, Chicken Apple Sausage, Caramelized Onion, Tumeric, Garlic, Choice of Toast

CALORIES 250 • FAT 16G • CARBS 8G • PROTEIN 20G

fruit

Seasonal Fruit Cup 6 *veg*

Coconut-Chia Seed Pudding

VARIES

Fresh Berry Parfait 10

Plain, Strawberry and Blueberry Yogurt, Mixed Berries, Housemade Granola

CALORIES 410 • FAT 18G • CARBS 53G • PROTEIN 11G

Acai Bowl 12 *veg*

Mixed Banana, Layered Fruit, Housemade Granola

Plain: CALORIES 250 • FAT 9G • CARBS 40G • PROTEIN 4G

Peanut Butter: CALORIES 310 • FAT 13G • CARBS 44G • PROTEIN 7G

Peanut Butter & Cacao:

CALORIES 320 • FAT 14G • CARBS 45G • PROTEIN 7G

 - Can be prepared Gluten-Free *veg* - Vegetarian *vegan* - Vegan
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eggs

Two Organic Eggs 18

Any Style Breakfast Potatoes, Turkey Bacon or Chicken Sausage, Choice of Toast

CALORIES 430 • FAT 19G • CARBS 37G • PROTEIN 21G

Organic Egg White Frittata 18

Caramelized Onion, Roasted Peppers, Spinach, Goat Cheese, Side of Housemade Salsa, Choice of Toast

CALORIES 290 • FAT 6G • CARBS 25G • PROTEIN 32G

Three Sisters Tofu Scramble 17

Squash, Black Beans, Corn, Tofu, Choice of Toast

CALORIES 340 • FAT 18G • CARBS 27G • PROTEIN 23G

Huevo Ranchero 16

Black Beans, Over Easy Eggs, Turkey Chorizo, Housemade Chile Verde, Crema on a Corn Tortilla

CALORIES 460 • FAT 22G • CARBS 36G • PROTEIN 29G

Breakfast Burrito 17

Scramble Eggs, Turkey Bacon, White Cheddar, Hatch Green Chile, Whole Wheat Tortilla, Side of Breakfast Potatoes

CALORIES 760 • FAT 33G • CARBS 67G • PROTEIN 38G

sides

One Organic Egg 4

CALORIES 70 • FAT 5G

CARBS 0G • PROTEIN 6G

Chicken Sausage 4

CALORIES 300 • FAT 20G

CARBS 6G • PROTEIN 26G

Turkey Bacon 4

CALORIES 80 • FAT 3G

CARBS 0G • PROTEIN 10G

Potatoes 5

CALORIES 170 • FAT 6G

CARBS 22G • PROTEIN 3G

Smoked Salmon 6

CALORIES 100 • FAT 3.5G

CARBS 0G • PROTEIN 16G

Avocado 3

CALORIES 60 • FAT 5G

CARBS 3G • PROTEIN 1G

Gluten-Free Pastry 6

Banana Nut Bread, Cinnamon Raisin Bread, Blueberry Muffin, Carrot Apple Nut Muffin

VARIES

Berries 5

CALORIES 80 • FAT 1G

CARBS 15G • PROTEIN 2G

Granola 5

CALORIES 220 • FAT 14G

CARBS 20G • PROTEIN 4G

Yogurt 5

Plain, Strawberry, Blueberry Coconut

VARIES

Chia Pudding 3

CALORIES 50 • FAT 2.5G

CARBS 6G • PROTEIN 2G