



HEALTHY BREAKFAST

served all day

organic oatmeal | 11.00

rolled oats, fresh berries, brown sugar, flax and chia seeds, almonds, raisins, choice of milk

2+2+2 | 16.00

eggs any style, brown rice cakes with flax and chia seeds, almonds, berries and 2 pieces of uncured breakfast meat or chicken sausage

turkey burger scramble | 17.00

turkey burger, rajaa, spinach, cheddar, brown rice cakes with flax, chia seeds, almonds, berries

california scramble | 16.50

uncured bacon, tomatoes, cheddar, avocado
{choice of fresh cut fruit, breakfast potatoes or organic greens salad}

protein plate | 18.00

egg whites, grilled chicken breast or turkey patty, fresh made salsa, guacamole, fresh cut fruit, multigrain toast

breakfast quesadilla | 17.00

eggs scrambled, uncured bacon, spinach, cheddar, fresh pico de gallo, guacamole, flour tortilla
{choice of fresh cut fruit, breakfast potatoes or organic greens salad}

balance breakfast bowl | 18.50

egg whites, spinach, zucchini, broccoli, mushrooms, roasted jalapeño tomato sauce, guacamole, spanish brown rice or quinoa
{choice of grilled chicken breast, turkey burger or roasted tofu}

grilled breakfast sandwich | 17.50

over medium eggs, uncured bacon, avocado, red onion, tomato, lettuce, mayo, cheddar cheese on sourdough or multigrain
{choice of fresh cut fruit, breakfast potatoes or organic greens salad}

huevos rancheros | 16.00

over medium eggs, non GMO corn tortilla quesadillas, roasted jalapeño tomato sauce, tomatillo sauce, guacamole, black beans, spanish brown rice

morning wrap | 17.00

scrambled eggs, black beans, feta cheese, mozzarella, guacamole, spinach tortilla
{choice of fresh cut fruit, breakfast potatoes or organic greens salad}