



**b r e a k f a s t**

**cereal**

organic vegan blueberry flax seed granola with skim milk or soy milk.....	4.50
organic vegan blueberry flax seed granola with vanilla yogurt .....	5.50
organic vegan blueberry flax seed granola with fruit and yogurt.....	6.50

**fruit**

fresh squeezed orange or grapefruit juice .....	5.00
tomato juice .....	3.00
1/2 cantaloupe .....	4.00
fruit plate with 1/2 cantaloupe, strawberries, blueberries, grapes & bananas .....	10.00
mixed fruit cup .....	5.00
with vanilla yogurt .....	7.00

**sweets**

*served with pure maple syrup*

Portuguese sweet bread french toast.....	7.00
with fresh strawberries.....	9.00
buttermilk pancakes.....	6.00
with fresh blueberries .....	8.00
blueberry cornmeal pancakes.....	8.50
banana chocolate chip pancakes .....	8.50
vegan french toast.....	8.00
with fresh strawberries.....	10.00

**eggs & stuff**

*choice of Old Bay home fries or field greens with tamari orange dressing and choice of organic sourdough or 7 grain nut toast*

2 eggs any style .....	6.50
scrambled or omelet with:	
brie, crimini mushrooms & avocado.....	10.00
feta, slow roasted tomatoes, onions, nicoise olives & fresh oregano .....	9.50
truffle cheese, baby spinach.....	10.50
cheddar, slow roasted tomatoes, bacon.....	10.00
mozzarella, slow roasted tomatoes & fresh basil .....	9.00
spinach, slow roasted tomatoes & fresh basil .....	9.00
Portuguese omelet: linguica, roasted red peppers, onions, cheddar.....	10.50
“Pump” omelet: 5 egg whites, grilled chicken, slow roasted tomatoes, onions, & mushrooms with a choice of bagel & side of fresh fruit .....	12.50
eggs benedict: poached eggs, slow roasted tomatoes, applewood smoked bacon, hollandaise sauce on an english muffin.....	11.50
tofu vegetable scramble: slow roasted tomatoes, spinach, mushrooms, onions.....	10.00
smoked salmon plate: toasted bagel, sliced tomatoes, capers, red onions, cucumber & chive cream cheese .....	13.00

*substitute egg whites or tofu \$1.50 on the above*