



EGGS

SIMPLY EGGS	Substitute Egg Whites at no additional charge	8.50
Two eggs any style, baby red potatoes, toast		
Veggie 3-grain patties	10.50	Apple wood bacon 12.50
Chicken cherry sausage	12.50	Pork sausage 11.50
Hormone-free skirt steak	24.00	Corned beef hash 13.50

OMELETS Substitute Egg Whites at no additional charge

Three egg omelet, baby red potatoes, toast. Available GF		
CHICKEN		15.50
Chicken, bacon, avocado, onion, tomato, jalapeno, cheddar		
VEGETARIAN		12.50
Spinach, broccoli, mushrooms, peppers, tomato, onions, mozzarella		
SPICY FLAMENCO		14.50
Chicken chorizo, jalapeno, onions, tomato, avocado, cilantro, pepper jack cheese, sour cream		
SMOKED SALMON		18.50
Smoked house salmon, capers, tomato, Havarti		
GREEN		14.50
Kale, spinach, asparagus, peppers, broccoli, feta		

BREAKFAST BOWLS

Served on a bed of baby red potatoes, two eggs any style, toast		
FARMLAND		12.50
Spinach, mushroom, zucchini, tomato, Havarti cheese		
EMERALD ISLE		13.50
Corned beef hash, baby Swiss cheese		
YUPPIE		14.50
Chicken sausage, kale, spinach, mushroom, Swiss cheese		
MANA MOU		18.50
Grilled hormone-free skirt steak, mushrooms, red onions, peppers, mozzarella		
DOWN THE FARM		15.50
Bacon, sausage, ham, onions, peppers, tomato, cheddar cheese		
JALAPENO		15.50
Chicken chorizo, onions, tomato, jalapeno, cilantro, avocado, pepper jack		

BENEDICTS

Served on English muffin, baby red potatoes		
CAFÉ		15.50
Grilled pork belly, spinach, tomato, poached eggs, hollandaise sauce		
THE IRISH BENNIE		14.50
Corned beef hash, poached eggs, hollandaise sauce		
THE TANGO		13.50
Spinach, red onion, tomato, zucchini, poached eggs, mild roasted salsa		
SMOKED SALMON		18.50
House smoked salmon (served cold), poached eggs, hollandaise sauce		

EYE OPENERS

BREAKFAST TACOS		13.50
Warm corn tortillas, eggs, chicken chorizo, cilantro, pepper jack, pico de gallo, chipotle aioli, baby reds		
BREAKFAST QUESADILLA		13.50
Filled with eggs, grilled chicken, corn, black beans, cilantro, pepper jack cheese, pico de gallo, sour cream		
PANCAKE BREAKFAST		13.50
Buttermilk pancakes, scrambled eggs, smoked bacon, baby reds		

GOURMET FRENCH TOAST, WAFFLES & PANCAKES (Whip cream, powder sugar)

Served with all natural 100% amber maple syrup.

TRADITIONAL CHALLAH FRENCH TOAST		12.00
BANANA BREAD F.T. Oven baked banana bread, pecans, caramel		
PLAIN WAFFLE		10.50
CHICKEN AND WAFFLES		15.50
House-made herbed waffle, southern fried chicken, maple bacon marmalade, sunny side up egg		
BUTTERMILK PANCAKES	House-made batter	11.00
GRANOLA PANCAKES		14.50
Granola infused batter, topped with berries, granola, yogurt, honey		
MAPLE BUTTER PANCAKES		13.50
Filled with bananas, pecans, topped with warm maple butter		
Choose any topping		
Bananas	2.00	
Strawberries	3.00	Blueberry Compote 3.00
Apple Cinnamon Compote	3.00	Mixed Berries 3.00

CREPES SWEET Topped with fresh whipped cream. Available GF.

NUTELLA		13.50
Filled with fresh bananas and a cocoa-hazelnut paste		
COBBLER		14.50
Folded crepes topped with fresh berries, peaches, granola brown sugar crust, caramelized		
FRESH BERRY		14.50
Topped with fresh berries, buckwheat honey		
CINNAMON APPLE	(garnished with cinnamon sugar)	13.50
Warm granny smith apples rolled into a crepe		
SYMPHONY		14.50
Chocolate infused crepes filled with banana, strawberry, Nutella, topped with pecans, bananas, strawberries		
CLOUD 9		14.50
Chocolate infused crepes with strawberry mascarpone, fresh strawberries, chocolate syrup		

CREPES SAVORY (2 crepes) *Available GF

SMOKED SALMON		16.50
Scrambled eggs, house smoked salmon, onions, tomatoes, hollandaise sauce		
SALSA		14.50
Eggs, chicken chorizo, jalapeno, tomato, jack and cheddar cheese, roasted tomato salsa, sour cream		

SIDES

Organic greens	7.5			
Apple wood bacon	4.5	Our corn beef hash	5	Toast 3
Veggie 3-grain patties	4	Chicken cherry sausage	4.5	Sausage 4
Baby reds	3.5	Bagel & cr. cheese	3.5	Ham 4

LITTLE BEES

CHOCOLATE CHIP PANCAKES		6.50
Buttermilk pancakes, filled with chocolate morsels, whip cream, chocolate syrup		
GOOD MORNING		6.50
1 egg, bacon, baby reds, toast		
CHICKEN FINGERS		7.50
Breaded chicken fingers, signature sauce, fries		
GRILLED CHEESE		7.50
White bread, American cheese, choice of fries or fruit		
FRENCH TOAST		5.50
Our challah French toast, whip cream, powder sugar		



Eat Well, Live Healthy. "As Nature Indented"

18% Gratuity added to parties of 6 or more. We are not responsible for lost or stolen items.
 Thoroughly cooking food of animal origin, including but not limited to beef, eggs, fish, lamb, poultry, or shell stock reduces the risk of food borne illness.
 Young children, elderly, & individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked.



HEALTHY HABITS

GREEK YOGURT	SM 7.00	LG	9.00
Organic honey and nuts			
DATE N' NUT GREEK YOGURT			10.50
Almonds, pitted dates, our granola, raw buckwheat honey			
OATMEAL			7.50
Banana, brown sugar, milk			
BAKED OATMEAL			8.50
Banana, raisins, brown sugar crust, milk			
EGG WHITE SCRAMBLER v			11.50
Asparagus, broccoli, roasted red peppers, mushrooms, spinach			
FRESH FRUIT			11.50
Fresh seasonal fruits, honey yogurt dressing			
FRUIT PARFAIT	SM 7.50	LG	9.50
Strawberries, blueberries, low-fat yogurt, whole grain fruit nut granola			
GRANOLA CEREAL (house made)			8.50
Natural oven-baked granola containing whole grains, sun-dried fruit, nuts, banana, milk			
STEEL CUT OATS			9.50
Pan-seared steel cut oats (cooked in apple cider), berries, buckwheat honey			
LEAN & MEAN			13.50
Warm low-fat wheat tortilla, egg whites, mushroom, spinach, jalapeno, avocado, low-fat mozzarella, fruit			

VEGAN & GLUTEN-FREE GF crepe batter and GF tortillas are available

POLENTA GLUTEN-FREE PANCAKES			13.50
Gluten-free cornmeal, rice flour based pancakes, fresh blueberry, banana, honey			
VEGAN PANCAKES			13.50
Flour, soy, apple cider based, strawberry, banana, organic agave syrup			
WHEAT CARROT COCONUT PANCAKES			14.50
Fresh carrot, coconut, whole wheat flour, crushed pecans, honey, cinnamon sugar			
TOFU SCRAMBLER V, GF			11.50
Organic tofu, broccoli, asparagus, zucchini, roasted red pepper, choice of toast			
SALSA STACKER V			12.50
Grilled tofu topped, roasted red peppers, grilled onions, spinach, avocado, roasted tomato salsa, on an English muffin			
GLUTEN-FREE FRENCH TOAST			12.50
Seeded bread, (gluten-free) dipped in a soy milk, based custard, fresh blackberries, raspberries, banana, organic agave syrup			
WHOLE WHEAT WRAP V, GF			12.50
Grilled tofu, zucchini, onions, roasted red pepper, arugula, red wine vinaigrette on a thin whole wheat flatbread, side of fruit			
3-GRAIN SLIDERS V, GF			11.50
Grilled vegan 3-grain patties, roasted red peppers, lettuce, on slider buns, side of fruit			
FAUX PASTA V, GF			11.50
Julienne zucchini, carrot, squash, garlic, spinach, olive oil			

COFFEE AND TEA

Coffee	2.95	Café Mocha	4.50	House Lemonade	3.50
Espresso	3.50	Cappuccino	4.50	Natural Hot Tea	3.00
Café Fredo	4.50	Hot Natural Chocolate	3.00	Natural Ice Tea	3.00
Café Latte	4.50	Frappe	4.50	Smeraldina BW	3.50

SALADS

D' ANJOU PEAR SALAD	12.50
Kale, organic mixed greens, avocado, d' Anjou pears, reggiano, roasted almonds, croutons, white vinaigrette	
MELI'S	14.50
Organic arugula, honey-glazed chicken, avocado, tomato, onions, feta, honey vinaigrette	
STRAWBERRY	14.50
Organic greens, grilled chicken, fresh strawberries, pecans, red onions, feta, strawberry balsamic	
GRILLED SALMON	17.50
Organic greens, fresh grilled salmon, capers, almonds, tomato, balsamic vinaigrette	
ROASTED BEET V	10.50
Organic arugula, pecans, roasted beets, goat cheese, balsamic vinaigrette	
STEAK	17.50
Organic greens, grilled hormone free skirt steak, red onions, feta, cucumber, tomato, balsamic vinaigrette	
REGIANNIO SALAD	11.50
Ripe tomatoes, onions, capers, croutons, shaves of reggiano cheese, balsamic vinaigrette	

WRAPS * (Available with Gluten-Free tortilla)

Served with your choice of hand-cut fries, baby reds, jalapeno slaw or pasta salad

CHIPOTLE CHICKEN	13.50
Grilled chicken, avocado, lettuce, tomato, pepper jack and chipotle aioli in a flatbread	
CAPRESE AVOCADO v	12.50
Sliced avocado, tomato, organic arugula, basil aioli, fresh mozzarella, wheat flatbread	
GOAT CHEESE	13.50
Grilled chicken, roasted red pepper, spinach, grilled onions, goat cheese, garlic flatbread	
BUFFALO CHICKEN	13.50
Southern fried chicken tenders, Buffalo style hot sauce, blue cheese dressing, romaine, tomato, avocado, flour flatbread	
NO NAME	13.50
Turkey, bacon, romaine, tomato, avocado, ranch, sun-dried tomato flat bread	
MAHI MAHI	12.50
Fish tacos, pico de gallo, corn tortilla, cilantro, chipotle aioli	

SIGNATURE SANDWICHES

Served with your choice of hand-cut fries, baby reds, jalapeno slaw or pasta salad

HOUSE-BLEND BURGER	12.50
Choice of cheese, lettuce, tomato, brioche bun	
TURKEY BURGER	12.50
Lettuce, tomato, signature sauce, fresh avocado, Swiss, brioche bun	
THE TURKEY CLUB	13.50
White toast, our own smoked turkey, bacon, lettuce, tomato, Swiss cheese, mayonnaise	
REUBEN	12.50
Grilled marble rye bread, thinly sliced corned beef, pickled cabbage, Swiss cheese, our sauce	
CHICKEN BREAST	12.50
Sautéed chicken breast on a brioche bun, shredded lettuce, Swiss cheese, tomatoes, grilled bacon, chipotle aioli sauce	

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