

**EGGS, BISCUITS & OMELETS**  
 Three egg omelet, baby red potatoes, toast.  
 \*substitute egg whites at no additional charge



**EGGS YOUR WAY 9**

Two eggs any style, baby red potatoes, toast

**BISCUITS & GRAVY 8** (add an egg 9.50)

Biscuits, sausage gravy

**STEAK AND EGGS 24**

All natural angus hormone-free skirt steak

**CHICKEN OMELET 15.50**

Chicken, bacon, avocado, onion, tomato, jalapeno, cheddar

**VEGETARIAN OMELET 14**

Spinach, broccoli, mushrooms, peppers, tomato, onions, feta

**SPICY FLAMENCO OMELET 15**

Chicken chorizo, jalapeno, onions, tomato, avocado, cilantro, pepper jack cheese, sour cream

**CREATE YOUR OWN OMELET 14**

1 protein, up to 3 veggies, choice of cheese

**CREATE YOUR OWN BREAKFAST SANWICH 9**

1 protein or veggie, choice of toast, choice of cheese

**SIDES**

Fruit	4.5
Applewood smoked bacon	4.5
Corn beef hash	5
Toast	2
English muffin	3
Chicken cherry sausage	4.5
Sausage	4
Baby reds	3.5
Bagel & cr. cheese	3.5
Smoked ham	4
Veggie 3 grain patties	4
Add Egg	1.5

**BREAKFAST BOWLS** (baby reds, two eggs your way, toast)

**FARMLAND 13**

Spinach, mushroom, zucchini, tomato, 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** (English muffin, poached eggs, baby red potatoes)

**THE CLASSIC 14.50**

Canadian bacon, hollandaise sauce

**THE IRISH 15**

Corned beef hash, hollandaise sauce

**THE VEGETARIAN 13.50**

Spinach, red onion, tomato, zucchini, mild roasted salsa

**AVOCADO TOAST 14**

Multigrain, mashed avocado, grilled corn, black beans, jalapeno, chipotle aioli, Mediterranean sea salt

**FRENCH TOAST, WAFFLES & PANCAKES**

100% dark amber pure maple syrup, whipped cream, powder sugar

**TRADITIONAL CHALLAH FRENCH TOAST 12.50**

**BANANA BREAD FRENCH TOAST 14.50**

House baked banana bread, pecans, caramel

**PLAIN WAFFLE 11**

**CHICKEN AND WAFFLES 16**

House-made herbed waffle, southern fried chicken, maple bacon marmalade, sunny side up egg

**FLUFFY BUTTERMILK PANCAKES 11.00** House-made batter

**MAPLE BUTTER PANCAKES 13.50**

Filled with bananas, pecans, topped with warm maple butter

**PANCAKE BREAKFAST 14.50**

Buttermilk pancakes, scrambled eggs, smoked Applewood bacon, baby reds

**TOPPINGS**

Bananas	2.00
Strawberries	3.00
Blueberry Compote	3.00
Mixed berries	3.50

**CREPES** whipped cream, powder sugar (Available GF)

**NUTELLA 14**

Filled with fresh bananas and a cocoa-hazelnut paste, chocolate syrup

**COBBLER 14.50**

Folded crepes topped with fresh berries, bananas, granola, brown sugar caramelized crust, honey

**FRESH BERRY 15**

Topped with fresh berries, raw buckwheat honey

**SYMPHONY 15**

Chocolate infused crepes filled with banana, strawberry, Nutella, topped with pecans, bananas, strawberries

**Eat Well, Live Healthy. "As Nature Intended"**

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

### OATMEAL 7.50

Banana, brown sugar, milk

### GREEK YOGURT 9.00

Organic local raw buckwheat honey and nuts

### FRUIT PARFAIT 9.50

Strawberries, blueberries, low-fat yogurt, whole grain fruit nut granola

### HOUSE-MADE GRANOLA CEREAL 8

Natural oven-baked granola containing whole grains, sun-dried fruit, nuts, banana, milk

### EGG WHITE SCRAMBLER V 11.50

Asparagus, broccoli, roasted red peppers, mushrooms, spinach

### LOX & BAGELS 14

Smoked Salmon (Lox), capers, onions, tomatoes, dill cream cheese

### LEAN & MEAN 14

Low-fat wheat tortilla, egg whites, mushroom, spinach, jalapeno, avocado, low-fat mozzarella, Served with fruit

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

### POLENTA GLUTEN-FREE PANCAKES 14

Gluten-free cornmeal, rice flour based pancakes, fresh blueberry, banana, honey

### VEGAN PANCAKES 14

Flour, soy, apple cider based, strawberry, banana, organic agave syrup

### GLUTEN-FREE FRENCH TOAST 13

Seeded bread, dipped in a soy milk, based custard, fresh blackberries, raspberries, banana, organic agave syrup

### TOFU SCAMBLER *EGGLESS V, GF* 12

Sautéed, broccoli, asparagus, zucchini, roasted red peppers, with organic tofu. Choice of toast

### SALSA STACKER V 13.50

Grilled tofu topped, roasted red peppers, grilled onions, spinach, avocado, roasted tomato salsa, on an English muffin

## SALADS

### STEAK SALAD 18

Organic greens, grilled hormone free skirt steak, red onions, feta, cucumber, tomato, balsamic vinaigrette

### QUINOA SALAD 13.50

Quinoa, corn salsa, black beans, avocado, tomatoes, green onions, lime vinaigrette

### D' ANJOU PEAR SALAD 13

Kale, organic mixed greens, avocado, d' Anjou pears, reggianno, roasted almonds, croutons, lime vinaigrette

### MELI'S 14.50

Organic arugula, honey-glazed chicken, avocado, tomato, onions, feta, honey balsamic vinaigrette

### STRAWBERRY 15

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 11

Organic arugula, pecans, roasted beets, goat cheese, balsamic vinaigrette

## WRAPS & SANDWICHES

choice of hand-cut fries, baby reds, jalapeno slaw (available GF tortilla)

### BUTTERMILK FRIED CHICKEN <sup>NEW</sup> 14

Chipotle mayo, pickled onions, tomatoes, jalapeno coleslaw, brioche bun

### CHIPOTLE CHICKEN WRAP 13.50

Grilled chicken, avocado, lettuce, tomato, pepper jack and chipotle aioli in a flatbread

### ROASTED SHRIMP WRAP <sup>NEW</sup> 15

Avocado, roasted corn salsa, lettuce, chipotle mayo

### CAPRESE AVOCADO WRAP V 13.50

Sliced avocado, tomato, organic arugula, basil aioli, shredded mozzarella, wheat flatbread

### BUFFALO CHICKEN WRAP 13.50

Southern fried chicken, Buffalo style hot sauce, ranch dressing, romaine, tomato, avocado, flour flatbread

### PRIME HOUSE-BLEND BURGER 11

Choice of cheese, shredded lettuce, tomato, onions, brioche bun

### TURKEY BURGER 12.50

Lettuce, tomato, chipotle aioli, fresh avocado, Swiss, brioche bun

### THE MELI CLUB 14

House-smoked turkey, bacon, lettuce, tomato, jalapeno mayo, Swiss whole wheat