

Hot off the "Press"

Kona, Mezzanote, Nashville Roaster Bongo Java	5.5
Regular or decaffeinated coffee	3.5
Espresso/Cappuccino	3.5/4.5
Tazo teas: Refresh, Awake, Calm, Darjeeling	3
Earl Grey, Green ginger, Passion, Wild sweet orange	

The Juice Bar

Combination of any of the following selections:	4
Orange, grapefruit, cranberry, pomegranate, tomato, grape, pineapple, apple, wheatgrass, green tea	

From the Bakery

Wheatberry, marble rye, raisin, or multigrain	2
Assorted muffins, biscuit, English muffin	2.5
Gluten free muffin	3
Croissants:	2.5
Plain, chocolate, raisin, or almond cheese	
Bagels:	3
Plain, sesame, poppy seed, or cinnamon raisin	

Griddle

Buttermilk Pancake Stack	8
With blueberries, strawberries, or pecans	10
Banana Granola Pancakes	9
Raisin Challah Bread French Toast	8
Malted Belgian Waffle	8
With blueberries, strawberries, or pecans	10

Sides

Cheese grits	4
Roasted red bliss potatoes	4
Bacon, pork sausage links	4
Chicken apple sausage	4
Country ham or Honey ham	4

Southerner

Two eggs, baked cheddar grits, country ham	12
Sliced tomato, biscuit	

Build Your Own Biscuit

Choice of:		8
Egg and cheddar	Sausage gravy	
Fried chicken	Honey ham	
Sausage	Steak	

Farm Fresh Eggs

All egg dishes served with roasted red bliss potatoes and your choice of toast

Two Eggs with choice of breakfast meat	11
Custom Omelet (egg whites/beaters available)	12
Select 3: Cheddar, Boursin, Swiss, tomato, spinach	
Onion, peppers, ham, mushrooms, or asparagus	
"Tater Egg Bake"	10
Potato, egg, spinach and Kenny's cheddar cheese	
Classic Eggs Benedict	13.5
Poached egg, Canadian bacon, Hollandaise	
Smoked Salmon Benedict	14
Poached egg, smoked salmon, potato latke	
Chive Hollandaise	
English Muffin with Egg, cheddar, and ham	9.5

All items in this column are heart healthy.

Power Breakfast Smoothie	5
Non-fat yogurt, soy milk, blueberries, banana	
Protein burst, organic agave syrup	
The "Grasshopper" Smoothie	5
Non-fat yogurt, peach, wheatgrass and soy milk	
Fitness Breakfast	15
Oatmeal, raisins, skim milk, brown sugar,	
Fruit cup, wheatberry toast and preserves	
Juice and coffee	
Fruits and Cereals	
Banana Split	7.5
Berries, vanilla bean yogurt, and granola sprinkles	
Oatmeal Brûlée	7.5
Steel cut oats with burnt brown sugar and berries	
Fruit Bowl	6
With yogurt, granola, or cottage cheese	8
Half Grapefruit	4.5
Dry Cereal	3
Kashi Cereal	3.5
Steel Cut Oatmeal with	6
Raisins, dried cranberries, pecans, brown sugar, milk	
Healthy Alternatives	
Smoked Salmon	12
Toasted whole wheat bagel, low fat cream cheese, and traditional accompaniments	
Wrapped Up	11
Scrambled eggs, turkey bacon, arugula	
Farmer Dave's Heirloom tomatoes, spinach wrap	
Fruit bowl	