

BRUNCH

BREAKFAST COCKTAILS

mimosa orange, red or blue	7.95
michelada lager, tomato & lime juices	8.95
tequila sunrise orange juice, grenadine	7.95
spicy bloody mary	7.95
spiked freddo chocolate liqueur, cream	7.95
sangrita black cherry, lime juice	8.95
nitro brut grand marnier	9.95

FRESH-SQUEEZED JUICE

sweet valencia orange	4.50
carrot, apple & ginger snap	5.50
power greens kale, romaine, celery, pineapple, mint	5.95
mango, orange & pineapple nectar	5.95
cherry chia cooler	5.95
dr. defense gala apple, cinnamon, pepper	5.95
blue boost pure blueberry juice, white grape, basil	6.50

TEN-GRAIN OATMEAL

sun-dried sour cherries, dark brown sugar, toasted almonds - 5.95

PEPPER & EGG WHITE SANDWICH

shishito, jalapeño, pepperjack, organic kale & spinach - 7.95

BRAISED POT ROAST & EGG SANDWICH

aged white cheddar, jalapeño relish - 8.50

SPICY CHICKEN TINGA

guajillo chili, sunny eggs, avocado, corn tortilla - 9.95

EGGS YOUR WAY

golden hash browns, whole grain toast, choice of brown sugar bacon or our chicken sausage - 10.95
sub roasted salmon - add 3.50

A WONDERFUL EGG WHITE OMELET

white cheddar, baby spinach, avocado & tomato salsa, organic turkey bacon - 12.95

CAULIFLOWER GRITS & EGGS

fried egg, crispy brussels sprouts, parmesan - 12.95

GREEN CHILI ENCHILADAS

scrambled eggs, roasted poblano peppers, baby kale, chihuahua and pepperjack - 12.95

QUINOA CAKES W/ POACHED EGGS

tomato-basil sauce, poached egg mayo, window herbs - 12.95

STEAK CHIMICHURRI & EGGS

grilled shishito peppers, eggs your way, golden hash browns - 15.95

LIGHT & FLUFFY LEMON PANCAKES

blackberries, lemon syrup - 11.95

BEA'S CHEESE BLINTZES

blueberry compote, lemon - 11.95

HOUSE-MADE BELGIAN STYLE WAFFLE

strawberries, vanilla syrup, sweet cream - 11.95

ENLIGHTENED CAESAR

hearts of romaine, caper, croutons, grana padano, greek yogurt dressing - 9.95
add roasted chicken - 3.50 add salmon - 5.50

CRISPY KALE SALAD

persimmons, pumpkin seeds, dates, parmesan, white balsamic vinaigrette - 10.95

3-GRAIN & ARUGULA SALAD W/MILLER FARM'S CHICKEN

freekeh, millet & red quinoa, fennel, blueberries, grana padano, house vinaigrette - 13.95

MUSHROOM & QUINOA BURGER

swiss cheese, baby kale, kennebec fries, sriracha aioli - 13.50

PRIME BURGER

whole grain toast or classic bun, kennebec fries, house-made gardeniera,
choice of aged white cheddar, wisconsin swiss or havarti - 13.95

SIDES & SNACKS

brown sugar bacon	4.95	organic turkey bacon	4.95	our chicken sausage	4.95
vanilla greek yogurt	4.95	melon & berries	4.95	sliced tomato & avocado	4.95
hummus	6.95	kennebec fries	5.95	pumpkin and avocado toast	5.95

TASTE OVER TREND