# Breakfast
ASK FOR GLUTEN FREE
Pancakes / Waffles / French Toast 9.75
made with spelt flour
vegetarian & gluten free available
choice of fruit or bananas & walnuts
extra maple syrup 2 oz. .50

Veggie Omelet 9.75
with carrots, sweet potato, avocado, cabbage, mushroom, scallions, salsa, mixed greens, comes with toast
choice of cheese
choice of hash browns, salad, grits, or fruit

Breakfast Burrito 9.75
hummus, sweet potato, avocado, mushroom, scallion, salsa, sprouts in a tortilla
choice of scrambled tofu or eggs
choice of cheese
choice of hash browns, salad, grits, or fruit

Scrambled Tofu 9.50
sauteed with mixed greens, carrot, sweet potato, avocado, cabbage, mushroom, salsa, scallions, sprouts, comes with toast
choice of hash browns, salad, grits, or fruit

Two Eggs Any Style 5.95
comes with toast
choice of hash browns or grits
sub fresh fruit extra .50

Bagel Sandwich 6.15
with tomato, sweet potato, avocado, sprouts
choice of hummus or cream cheese

One Egg any Style 1.25
Hash Browns 3.95
Cooked Tofu 1.05
Grits 2.00
Oatmeal 4.50

[Menu continues with other breakfast options]