

BREAKFAST

SERVED ALL DAY

VEGAN OAT ROLL (V, NF) 4.25
served with chia jam or ghee

BREAKFAST SCRAMBLE BOWL 7.25
egg and cheese (optional vegan cheese)

BREAKFAST BURRITO (NF) 8.85
egg and cheese (optional vegan cheese)
0.85 | add hatch green chili sausage,
roasted red peppers,
turkey bacon

EGG SAMMY (NF) 9.00
vegan oat roll, egg spinach and ghee
1.25 | add cheese (provolone or cheddar),
avocado,
turkey bacon

GRANOLA BOWL S 7.00 L 9.00
seasonal fruit and milk or yogurt

PALEO BOWL (NF, DF) 12.50
spinach, chicken sausage link or grass-fed
beef sausage link and sweet potatoes
1.25 | add avocado,
1.75 | egg , vegan oat roll

CAVE BREAKFAST (NF) 13.50
2 eggs, 2 toasts, 2 strips of turkey bacon, and
an avo half with choice of chia jam or ghee

TOASTS

ADD AN EGG YOUR WAY!

AVOCADO HALF (V, NF) 3.85
EVOO, salt, and pepper

AVOCADO TOAST (DF, NF) 7.75
EVOO, salt, pepper

CITRUS AVO TOAST (DF, NF) 8.25
lime juice and micro greens

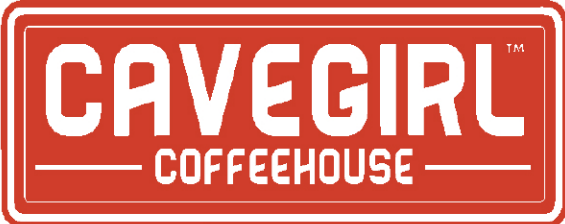
MED AVO TOAST (NF) 9.50
pickled onions, olives, balsamic
glaze, and feta

**SMOKED SALMON AVO
TOAST (DF, NF)** 11.85
salmon, cucumber, and dill



GOAT CHEESE 11.85
SALMON TOAST (NF)
salmon, cucumber, pickled onions,
and everything bagel seasoning

100% GLUTEN FREE



V = VEGAN VEG = VEGETARIAN NF = NUT FREE DF= DAIRY FREE