



## *toasts*

### **AVOCADO TOAST** 9

*jalapeño vinaigrette, pumpkin seed oil*

**ADD AN EGG** *over-easy or sunny side up* 3

### **RICOTTA TOAST** 7

*wild blueberry jam*

### **WHOLE WHEAT TOAST** 4

*cultured butter, maldon sea salt*

## *eggs, eggs, eggs...*

*featuring sauder farm eggs*

### **THE BEST EGG SANDWICH IN NYC** 8

*american cheese, bacon, eggs*

### **THE "LIFER" SANDWICH** 9

*fried egg, spiced sausage patty, provolone cheese*

**NO CARBS? NO PROBLEM** *add an extra egg* 3

### **THE CALIFORNIA SANDWICH** 9

*egg white, roasted tomato, avocado, sunflower sprouts*

**NO CARBS? NO PROBLEM** *add an extra egg* 3

### **HEARTH BAKED EGG WHITE SOUFFLE** 12

*baby spinach, foraged mushrooms, parmesan*

### **TWO EGGS YOUR WAY** 12

*scrambled, over-easy or sunny-side up*

*with whole wheat toast & breakfast potatoes*

**ADD-ONS:** *bacon* 4 • *american cheese* 2 • *avocado* 3

## *the goods*

### **VERY BLUEBERRY MUFFIN** 3

### **KEFIR YOGURT PARFAIT** 6

*granola crumble, macerated blue berries*

### **STEEL CUT OATMEAL** 5

*raisin & fig compote*

## *sides*

### **BACON** 4

### **ASSORTED**

### **WHOLE FRUIT** 1

### **SAUSAGE PATTY** 4

## *juice, coffee & tea*

### **8oz. GRAPEFRUIT OR ORANGE JUICE** 4

### **HOT CHOCOLATE** 5

### **COLD-PRESSED JUICE** 10 *sweet green or carrot, 16 oz*

### **JENWAY TEAS** 4

*assam black melody*

*moroccan mint*

*chamomile*

### **HOT COFFEE\*** 4

### **ESPRESSO OR CAPPUCCINO** 5

*please note: we do not accept room charges*

*consuming raw or undercooked meats, poultry, seafood,  
shellfish or eggs may increase your risk of foodborne illness*