

SPRING MENU

Jersey Devil French Press

Papua New Guinea (50%)
Kenya AA (50%) 7.25
Brings out the DEVIL in you!

Cold Brew

Organic house blend coffee infused
with ultrafiltered water for
24 hours 3.25

Sparkling Blueberry Lemonade

A mix of blueberry puree,
cold pressed lemonade
and a splash of soda 3.99

COLD PRESS FRESH JUICES

KALE TO THE KING

Immune system boost
of spinach, apple
lemon and of
course power
packed kale 5.49

WALK ON THE BEACH

Antioxidant rich blend
of carrots, golden beets,
apple, lemon and
digestive aid ginger 5.49



PANCAKES

FLIGHT OF PANCAKES

Pick three of any of our homemade pancakes: Plain, Multi Grain,
Vegan, Lemon Blueberry, Berry Chocolatey, Cinnamon Roll,
Bourbon Walnut Banana 10.25
Also a fun sharable starter for the table



Cinnamon Roll Pancakes New

Cinnamon sweet swirls topped with
cream cheese frosting 8.99

Bourbon Walnut Banana Cakes New

Caramel sugar glaze infused with a hint of bourbon,
fresh sliced bananas and roasted walnuts 9.25

I Can't Believe They're Vegan Pancakes New

Our own homemade vegan pancakes topped
with fresh sliced bananas & strawberries 8.59

Chicken or the Egg Benny*

Sautéed chicken sausage, button
mushrooms and baby spinach
over a toasted English muffin,
topped with 2 poached eggs and
hollandaise sauce. Served with
breakfast potatoes 10.49

Crossfit Kale Omelet

A four egg white omelet with
sautéed kale, caramelized
onions and other mixed seasonal
vegetables. Served with mixed
greens tossed in a light lemon
vinaigrette 9.49



Greek Yogurt Bowl

Vanilla Greek yogurt bowl topped
with strawberries, blueberries,
banana, chia seeds and Protein
Packaged Bear Naked Cinnamon
Granola. With multigrain toast,
almond butter and all-natural
raspberry preserves 10.25

Kale and Quinoa Bowl

A mixture of fresh chopped
kale and quinoa tossed in a
citrus dressing. Topped with
strawberries, blueberries,
pineapple, honey maple walnuts
and sliced avocado 9.49

*Items offered undercooked. Consuming raw or undercooked meats, poultry, shellfish or eggs may increase your risk of foodborne illness, especially with certain medical conditions.