Pumpkin Chai Mocha Latte
It’s like drinking Autumn. A warm infusion of autumn spiced chai, pumpkin, steamed milk and a hint of chocolate. Topped with swirls of whipped cream 4.75

Hocus Pocus Parfait
Something this healthy and delicious must be magical. Layers of pumpkin yogurt, Bear Naked granola, fresh sliced bananas and dried cranberries 5.29

COLD PRESS FRESH JUICES

Walk On The Beach
Antioxidant rich blend of carrot, golden beets, apple, lemon and digestive aid ginger 5.49

Bear Naked Greek Yogurt Bowl Breakfast
Vanilla Greek yogurt bowl topped with strawberry, blueberry, banana, Chia seed and Protein Packed Bear Naked Cinnamon Granola. Served with multigrain toast, almond butter & all-natural raspberry preserves 10.39

Kale To The King
Immune system boost of spinach, apple, lemon and of course power packed kale 5.49

Caramel Apple French Toast
Brioche French toast topped with slow cooked cinnamon spiced apples, caramel sauce & roasted chopped walnuts 9.29

Just Beet It
A delicious elixir of red beets, carrot, orange, apple, pineapple and healthy ginger. Way too many healthy benefits to list 5.49

The Great Pumpkin Pancakes
Our famous homemade pumpkin pancakes topped with dried cranberries, candied walnuts and laces of delicious sweet cream cheese frosting 9.49

FLIGHT OF THE JUICES
Can’t make a decision on our three Cold Pressed Juices?
Take a flight and pick a fourth juice of your choice 8.25

Home Sweet Hash
Sweet potato hash with caramelized onion, chicken sausage, dried cranberries, all natural goat cheese, topped with 2 sunny side up eggs and served with mixed greens dressed with citrus vinaigrette 10.29

Crossfit Kale Omelet
A fluffy four egg white omelet with sautéed kale, caramelized onion and other mixed seasonal vegetables Served with mixed greens tossed in a citrus vinaigrette dressing 9.79

Fall Flatbread
Cauliflower flatbread with basil pesto spread, baby spinach, roasted sweet potato, chopped smoked bacon, caramelized onion, crumbled goat cheese and sweet balsamic glaze 11.09

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