

# WINTER MENU



## **bear naked** Greek Yogurt Parfait

Layers of vanilla Greek yogurt, Bear Naked cinnamon granola, fresh diced apples, chopped walnuts, dried cranberries & drizzled with pure honey 5.29

## **Cinnamon Apple Crunch French Toast**

Cinnamon Swirl French toast topped with slow cooked cinnamon spiced apples, sweet cream cheese lacing & a sugar crumble crunch 9.49

## **Home Sweet Hash**

Sweet potato hash with caramelized onions, chicken sausage, dried cranberries & all-natural goat cheese. Topped with 2 sunny side up eggs & served with mixed greens dressed with lemon vinaigrette 10.49

## **Winter Wonderland Waffle**

Warm Belgian waffle wedges topped with crushed peppermint chips, warm chocolate drizzle & our sweet cream cheese frosting 9.69

## **Powerhouse Grilled Veg Wrap**

A whole wheat grilled tortilla filled with a citrus vinaigrette, marinated kale and quinoa, roasted zucchini, portobellos, red peppers, caramelized onions, goat cheese, and sweet balsamic glaze. Served with tortilla chips & our house made salsa 9.89

## **Fireside Flatbread**

Cauliflower flatbread crust with a chipotle spread, grilled chicken breast, chopped smoked bacon, sweet potatoes, baby spinach leaves, caramelized onions & finished with melted Monterey jack cheese 11.49

## **COLD PRESS FRESH JUICES**

### **Walk On The Beach**

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

### **Kale To The King**

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

### **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

### **FLIGHT OF THE JUICES**

Can't decide on just one... Try em' all! Take a flight and pick a fourth juice of your choice 8.25

## **Cookies & Cream Hot Chocolate**

A warm infusion of cookies & cream with steamed milk and chocolate. Topped with swirls of whipped cream & Oreo cookie crumbs 4.25

*Stop the  
winter blues  
with our  
delicious  
winter brews*

