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, portobello, 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 crumbles  4.25

Stop the winter blues with our delicious winter brews

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