



BREAKFAST

Smooth as Silk	8
blended smoothie; spinach, kale, pineapple, mango, coconut, ginger	
Powerplant	8
blended smoothie; blueberry, blackberry, strawberry, avocado, banana, coconut	
Hearty Oats	9
warm, made to order GF oatmeal with fresh berries	
Chia Parfait	8
coconut milk and vanilla chia, berry compote, granola, and fresh berries	
The Edge	15
warm mini pastries, local cheese, charcuterie, fresh fruit, berries and jam	
Big Beach Breakfast	18
2 farm eggs, bacon or local sausage, Smash browns, sourdough, or seedy toast	
Healthy Hiker	16
zucchini fritters, avocado, 2 farm eggs, cashew sour cream, tomato jam	
Classic Benny	19
2 poached farm eggs, smash browns, Canadian bacon, house made biscuit & hollandaise	
Salmon Benny	22
2 poached farm eggs, cold smoked sockeye, hollandaise, fried capers, dill	
Short Rib Skillet	22
2 eggs, slow braised beef, smash browns, tomato, spinach, green onions, cashew sour cream	
French Toast	16
Griddled sweet egg dipped focaccia with cinnamon, berry compote and maple syrup	

Please inform us of any dietary restrictions prior to ordering

