

## BREAKFAST

**THE BREAKFAST SANDWICH\*** \$9  
2 EGGS, BACON, CHEDDAR & TOMATO ON SOURDOUGH WITH HOME FRIES  
-MAKE IT VEGAN +\$1

**FRENCH TOAST SANDWICH** \$10  
BRIOCHE FRENCH TOAST STUFFED WITH BACON & SWISS. SERVED WITH MAPLE  
-MAKE IT VEGAN +\$1

**FORK & KNIFE BURRITO\*** \$12  
POTATOES, AVOCADO, BLACK BEANS & MOZZARELLA TOPPED WITH TWO OVER EASY EGGS, SALSA VERDE, SRIRACHA, & SCALLIONS  
-ADD BACON +\$2 -MAKE IT VEGAN +\$1

**SMOKED SALMON BLT\*** \$11  
SMOKED SALMON, BACON, GREENS, TOMATO, EGG & AIOLI ON BRIOCHE

**TEX MEX TOFU WRAP** ① \$9  
TOFU SCRAMBLE, BLACK BEANS, PEPPERS, RED ONION, AIOLI & GREENS WITH A SIDE OF VERDE  
-ADD AVOCADO +\$1

**CARROT CAKE PANCAKES** ① ② \$10  
TOPPED WITH CANDIED PECANS & CASHEW CREAM CHEESE GLAZE

**BISCUITS AND MUSHROOM GRAVY** ① \$10  
SWEET POTATO BISCUITS TOPPED WITH MUSHROOM GRAVY & SCALLIONS

**AVOCADO TOAST** ① \$6  
TWO SLICES OF WHEAT, SMASHED AVOCADO, RED PEPPER FLAKE, & SPROUTS

**ANGRY BAKER BENEDICT\***  
GRILLED SOURDOUGH, 2 POACHED EGGS, HOLLANDAISE, & SPROUTS  
-SMOKED SALMON\* \$12  
-ASPARAGUS \$11

**BREAKFAST BOWL\*** \$10  
SWEET POTATO BISCUIT, POTATOES, MUSHROOM GRAVY, CHEDDAR & AN EGG TO ORDER  
-MAKE IT VEGAN +\$1

**SEITAN WINGS & WAFFLES** ① \$11  
VEGAN WAFFLE, CRISPY FRIED SEITAN WINGS, SCALLIONS, SIDE OF SRIRACHA &

**FRUIT & YOGURT BOWL** ② \$9  
GREEK YOGURT, FRESH BERRIES, AND GRANOLA

### BREAKFAST A LA CARTE

EGG\* \$2 TOFU SCRAMBLE \$3 TOAST \$1.5  
HOME FRIES \$2.5 SINGLE PANCAKE \$2.5  
BACON \$2.75 FRUIT CUP \$4  
MUSHROOM GRAVY \$4 VEGAN BACON \$3

② GLUTEN FREE ① VEGAN

## BOWLS, SALADS, TACOS

**BBQ BOWL** ① ② \$12  
KALE TOPPED WITH RICE, BBQ TOFU, BLACK BEANS, CORN, AVOCADO & ZESTY RANCH

**CURRY BOWL** ① ② \$12  
RICE TOPPED WITH CRISPY TOFU, PEPPERS, CARROTS, BROCCOLI, SCALLIONS, CASHEWS & CURRY SAUCE

**CRUNCHY TOFU TACOS** ① ② \$10  
SEASONED TOFU TACO CRUMBLES, VEGAN CHEDDAR, TOMATOES, GREENS & VEGAN SOUR CREAM WITH SIDE OF VERDE

**SOUP OF THE DAY** ①  
\$4/CUP \$5.5/BOWL

## SANDWICHES

-CHOICE OF SOUP OR SALAD-

**VEGAN REUBEN** ① \$10  
SEITAN, SAUERKRAUT, CASHEW CHEESE & RUSSIAN DRESSING ON RYE

**BUFFALO SEITAN SANDWICH** ① \$11  
CRISPY SEITAN TOSSED IN BUFFALO SAUCE TOPPED WITH SLAW & VEGAN BLUE CHEESE DRESSING

**ANGRY JOE** ① \$10  
TVP SLOPPY JOE TOPPED WITH SPROUTS & PICKLED RED ONIONS

\*CONSUMING RAW OR UNDERCOOKED MEATS, SEAFOOD, OR EGGS  
MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS\*