

FRESH SQUEEZED JUICES \$6

MORNING SQUEEZE
orange

SIMPLE BOOST
grapefruit

POWER DRIVER
orange, carrot, ginger

WAKE UP
carrot, beet

ARISE
orange, raspberry

STIMULATE
pomegranate, tangerine

SMOOTHIES \$7

STRAWBERRY BANANA BLISS
banana, strawberry, orange

OUTRAGEOUSLY BLUE
blueberry, banana, pineapple

APPLE HARVEST
gala apple, bartlett pear, berries

RED MANGO
mango, strawberry, raspberry

HIGH PERFORMANCE BLEND \$9

SOY POWER
soy milk, banana, mango, pineapple
vanilla whey protein

MONA-VIE 2oz SHOT \$7
açai, wolfberry, purple grape

PROTEIN PUNCH
skim milk, banana
chocolate whey protein

SUPPLEMENT SHOT \$2
ginseng ginkgo echinacea
lecithin aloe

BAKERY

CROISSANT \$4
plain, chocolate

HOUSE MADE MUFFIN BASKET \$7
spiced cranberry
carrot raisin
blueberry crumble

NEW YORK BAGEL \$4
plain, sesame, onion
cinnamon-raisin, poppy seed
with cream cheese \$6

CEREALS \$7

CORNFLAKES

BRAN FLAKES

FROSTED FLAKES

CHEERIOS

RAISIN BRAN

SPECIAL K

RICE KRISPIES

SHREDDED WHEAT

HONEY NUT CHEERIOS

CHEESE selection of three \$8, selection of six \$15

COOP BLACK RIVER BLUE
wisconsin

CYPRESS GROVE HUMBOLDT FOG
california

CABOT CLOTHBOUND CHEDDAR
vermont

SARTORI STRAVECCHIO
wisconsin

ROTH KASE SOLE, GRAN QUESO
wisconsin

WESTFIELD FARM, CLASSIC BLUE LOG
massachusetts

BEVERAGES

COFFEE
regular/decaffeinated \$3.5
cappuccino \$5
café latte \$5
espresso \$4
double espresso \$5

PREMIUM TEA \$4
peppermint
sencha green tea
chamomile
english breakfast
hot cinnamon spice
earl grey supreme
decaffeinated ceylon
rooibos chai

HEALTHY

FRUIT \$10

melon, pineapple, berries

BERRIES \$10

strawberry, raspberry, blueberry
blackberry

MUESLI \$9

apple, cinnamon, cranberry

YOGURT \$6

plain, fruit

GRANOLA \$10

homemade, almond, orange
with yogurt \$12

FRENCH VANILLA YOGURT CRUNCH \$12

granola, raspberry, pineapple

STEEL-CUT OATMEAL \$10

PLAIN

CINNAMON-RAISIN SWIRL

MIXED BERRY

FIG LAVENDER HONEY

BANANA BRITTLE

CANDIED YAM PECAN BRÛLÉE

OATMEAL SAMPLER

your choice of any three

PANCAKES, WAFFLES & FRENCH TOAST

BUTTERMILK \$12

pancakes, fresh strawberries

LEMON BLUEBERRY \$14

pancakes, vanilla mascarpone

GINGERBREAD WAFFLE \$14

cinnamon pecans, cranberry compote

CINNAMON Brioche French Toast \$12

berries, meyer lemon cream

BELGIAN WAFFLE \$12

fresh berries

BUCKWHEAT PANCAKE \$14

tropical fruit salad

EGGS, OTHERS

CREATE AN OMELET \$16

whole egg or egg white with your
selection of three: tomato, bacon
cheddar, american, low-fat muenster
feta, asparagus, peppers, onions
mushrooms, sausage

ANY STYLE \$12

eggs, potato

ANY STYLE WITH \$15

thick cut applewood bacon
pork link sausage, turkey bacon
or black forest ham

FARMERS OMELET \$16

egg white omelet, market vegetables
low-fat muenster, turkey bacon

WILD MUSHROOM OMELET \$16

gruyere cheese, fine herbs

COUNTRY OMELET \$16

smoked ham, green peppers
aged cheddar

SMOKED SALMON PLATTER \$17

bagel, cream cheese, tomato, capers

BENEDICTS

TRADITIONAL \$14

canadian bacon
hollandaise

SALMON \$16

scottish smoked
chive hollandaise

MAINE LOBSTER \$16

avocado
citrus hollandaise

SIDE DISHES \$6

BLACK FOREST HAM

PORK LINK SAUSAGE

TURKEY BACON

THICK CUT APPLEWOOD BACON