



**GOOD MORNING & THANKS FOR STARTING
YOUR DAY WITH US!**

MORNING MENU

BAGEL WITH CREAM CHEESE & BUTTER 2.5

BAGEL SELECTION

**PLAIN, ASIAGO, EVERYTHING, CINNAMON RAISIN, OLIVE ROSEMARY,
SUN DRIED TOMATO**

CHOICE OF CREAM CHEESE:

PLAIN, STRAWBERRY & LIGHT CREAM CHEESE

**FRESH HOUSE-MADE QUICHE – CARAMELIZED RED ONION &
SPINACH, BUTTON MUSHROOMS, SLICED TOMATO & FETA,
ORGANIC MIXED GREENS SALAD 9.0**

RISE & SHINE – TWO HORMONE FREE EGGS ANY STYLE,
WHOLE GRAIN TOAST,
ROASTED RED POTATOES OR STONE GROUND WHITE CHEDDAR GRITS
LOCAL PORK SAUSAGE, NITRATE FREE BACON OR VEGGIE SAUSAGE
9.5**

**BREAKFAST CREPE – HORMONE FREE SCRAMBLED EGGS, AGED
SMOKED GOUDA CHEESE,
ORGANIC BABY SPINACH, NITRATE-FREE BACON WRAPPED IN A
DELICIOUS CREPE** 7.5**

**BREAKFAST SANDWICH – HORMONE FREE SCRAMBLED EGGS,
AGED SHARP CHEDDAR, NITRATE-FREE BACON ON HEARTY WHOLE
GRAIN TOAST** 6.5**

BREAKFAST SANDWICH ON A BAGEL ADD 1.0

**C&B YOGURT & GRANOLA – COCONUT & CRANBERRY HONEY
TOASTED GRANOLA
SEASONAL FRUIT & GREEK YOGURT 6.5**

**FRESH BAKED MUFFIN-BLUEBERRY, CRANBERRY ORANGE OR
CAPPUCCINO CHOCOLATE
CHIP SERVED WARM WITH BUTTER 3.5**

JUMBO CINNAMON ROLL- SERVED WARM WITH ICING 4.0

SEASONAL FRUIT CUP – SLICED IN-SEASON FRUIT 4.5

**** WE ARE HAPPY TO OFFER GLUTEN FREE OPTIONS FOR
BREAD, TOAST, ENGLISH MUFFINS & CREPES ADD 1.5 ****

**EAT WITH INTEGRITY – LIVE WITH GRATITUDE
CHEERS Y'ALL**