

## Breakfast

- BREAKFAST SCRAMBLE** 9<sup>99</sup>  
with vegan sausage or eggplant bacon, fruit salad or tomato slices & toast
- KEY WEST SCRAMBLE GF** 11<sup>99</sup>  
breakfast scramble topped with salsa; served with fried plantains, black beans & rice, & fruit salad
- MIGAS** 11<sup>99</sup>  
breakfast scramble over corn chips, topped with soyrizo, avocado, & salsa; served with black beans & rice
- BISCUITS & GRAVY** 10<sup>99</sup>  
vegan sausage gravy on a biscuit with breakfast scramble
- THE BENEDICT BURGER** 16<sup>99</sup>  
Beyond Meat® burger topped with breakfast scramble, Chao® cheese, & pickles on a kaiser roll
- COUNTRY BENEDICT** 13<sup>99</sup>  
breakfast scramble, spinach, tomato, vegan sausage gravy on a biscuit topped with vegan hollandaise sauce

## Breakfast Sides

- BREAKFAST SAUSAGE** 1<sup>99</sup>
- BREAKFAST SCRAMBLE GF** 1<sup>99</sup>

## Waffles & Pancakes

- WAFFLE GF** 11<sup>99</sup>  
topped with fresh fruit; served with 100% pure maple syrup and Earth Balance® vegan butter; served with eggplant bacon or vegan breakfast sausage
- WAFFOGATO GF** 14<sup>99</sup>  
waffle topped with cinnamon turbinado sugar, house made vanilla ice cream, candied pecans, strawberries, & candied walnuts; doused with espresso shot 100% pure maple syrup +<sup>99</sup>
- THE ELVIS GF** 13<sup>99</sup>  
waffle topped with peanut butter, bananas, whipped cream, coconut bacon & 100% pure maple syrup
- CHEESECAKE STUFFED BANANA MAPLE PANCAKES GFJR** 12<sup>99</sup>  
our raw vegan pancakes stuffed with cheesecake filling & fresh fruit; served with eggplant bacon & 100% pure maple syrup
- 
- FRUIT SALAD GFJR** 2<sup>99</sup>
- TOAST & JAM** 9<sup>99</sup>

## Sammies

Choose one side dish

- AVOBLT GF(R)** 12<sup>99</sup>  
avocado, eggplant bacon, lettuce, tomato, and sun dried tomato pesto on house-made walnut-squash flatbread or toasted Dave's Killer Bread®
- BBQ JACK SANDWICH** 10<sup>99</sup>  
bbq jackfruit and summer slaw on a hoagie bun
- SONOMA JACK SANDWICH** 9<sup>99</sup>  
jackfruit "chicken" salad, walnuts, cranberries, lettuce, tomato on a croissant

## Burgers

Choose one side dish

- THE BBP BURGER** 15<sup>99</sup>  
Beyond Meat® Beyond burger blended with mushrooms & garlic, topped with eggplant bacon-tomato jam, arugula, crispy onions & vegan smoked gouda cheese on a kaiser roll
- JAMES BEARD FOUNDATION**

## Starters

- GUACAMOLE & BLUE CORN CHIPS GF** 8<sup>99</sup>  
organic blue corn chips
- HOUSEMADE HUMMUS** 8<sup>99</sup>  
served with crudité's & pita bread
- BUFFALO BITES GFJR** 7<sup>99</sup>  
dehydrator braised cauliflower tossed in house-made buffalo sauce; served chilled with celery & ranch dipping sauce
- SPINACH & MUSHROOM QUESADILLA** 6<sup>99</sup>
- ARTISANAL WALNUT FLATBREAD GFJR** 12<sup>99</sup>  
2 breads topped with tomato-walnut pesto, herbed macadamia ricotta, black olives, capers, baby arugula, caramelized onions & basil

## Soups

- TOMATO BASIL GF** 3<sup>99</sup> | 7<sup>99</sup>
- CORN CHOWDER GFJR**  
corn, cashew buttercream, coconut, pico de gallo

## Salads

- THE CIDER PRESS SALAD GFJR** 7<sup>99</sup> | 11<sup>99</sup>  
mixed greens, apple, carrot, seasonal berries, & smoked walnuts; served with lemon-ginger-apple cider vinaigrette
- CAESAR SALAD GFJR**  
romaine lettuce, walnut croutons, & pine nut parmesan; served with cashew caesar dressing

- KALE RANCH SALAD GFJR**  
massaged kale; avocado, sun dried tomato, & coconut bacon; topped with creamy celery ranch dressing
- SONOMA JACK SALAD GF** 8<sup>99</sup>  
jackfruit "chicken", Just Mayo®, cranberries, walnuts, green onions; served on a bed of mixed spring greens

- SALAD ADDITIONS**
- |                |              |                  |
|----------------|--------------|------------------|
|                | burger       | +6 <sup>99</sup> |
| 'steak' strips | avocado      | +1 <sup>99</sup> |
| chick'n strips | vegan cheese | +1 <sup>99</sup> |

- ULTIMATE BURGER** 14<sup>99</sup>  
Beyond Meat® Beyond burger "the one that bleeds", lettuce, tomato, onion, pickle, & ketchup, mustard and mayo on a kaiser roll

- BELLO BURGER (R)** 12<sup>99</sup>  
marinated portobello cap (raw or grilled), arugula, tomato, eggplant bacon, cashew cheese spread & house mayo on a kaiser roll

- FALAFEL BURGER** 12<sup>99</sup>  
falafel patty, cashew tzatziki, tomato, pickle, spinach, & sun-dried tomato pesto on a kaiser roll

- BURGER ADDITIONS**
- |                |                  |                 |                  |
|----------------|------------------|-----------------|------------------|
| avocado        | +1 <sup>99</sup> | Chao® cheese    | +1 <sup>99</sup> |
| eggplant bacon | +1 <sup>99</sup> | gluten free bun | +1 <sup>99</sup> |

## Mains

- GARDEN LASAGNA GFJR** 14<sup>99</sup>  
layers of marinated zucchini noodles, tomatoes, sun dried tomato marinara, herbed cashew ricotta, & basil walnut pesto; served with onion bread
- PAD THAI GFJR** 14<sup>99</sup>  
kelp and zucchini noodles, spicy tamarind sauce, mixed vegetables, pineapple, & tamari almonds; served on top of sweetened shredded cabbage
- CHEESE ENCHILADAS GFJR** 14<sup>99</sup>  
3 spiced corn tortillas filled with spinach & jalapeño queso fresco; topped with salsa verde, cashew crema & pickled jalapeños; served with corn maque choux

- Sides** 2<sup>99</sup>
- |                                 |                                  |
|---------------------------------|----------------------------------|
| <b>CORN SALAD GFJR</b>          | <b>BLACK BEANS &amp; RICE GF</b> |
| <b>CUKES &amp; TOMATOS GFJR</b> | <b>MAC &amp; CHEESE</b>          |
| <b>FRUIT SALAD GFJR</b>         | <b>POTATO SALAD GF</b>           |
| <b>SLAW GFJR</b>                | <b>PLANTAINS GF</b>              |

- Upgrade** 3<sup>99</sup>
- |                        |                         |
|------------------------|-------------------------|
| <b>KALE CHIPS GFJR</b> | <b>HOUSE SALAD GFJR</b> |
|------------------------|-------------------------|

## Kids Menu (under 8 only, please)

- |                                       |   |
|---------------------------------------|---|
| <b>FRUIT SALAD GF</b> 2 <sup>99</sup> | <b>MAC &amp; CHEESE</b> 2 <sup>99</sup> |
| <b>GRILLED CHEESE SANDWICH</b>        | <b>QUESADILLA</b> 4 <sup>99</sup>       |