

Breakfast Sandwiches

Toasty, tasty sourdough egg sandwiches (gluten free bread \$2)

Octopus Garden

8.74

Eggs, Green Chile, Onion, Tomato, Spinach, Garden Veggie Shmear

I LOVE BACON

9.20

Eggs, Bacon, Onion, Tomato, Spinach Jalapeño & Artichoke Shmear

Sausage Sammich

9.20

Eggs, Sausage, Onion, Avocado, Garden Veggie Shmear

Basic Bacon

8.05

Eggs, Bacon, and Provolone Cheese

Oatmeals

Sweet & Nutty Oatmeal

8.05

Organic Rolled Oats, Craisins, Almonds, Pecans & Dates with Steamed Milk (Substitute nondairy milk...\$1)

Mom's Brown Sugar Oatmeal

7.59

Organic Rolled Oats, Brown Sugar, Butter with Steamed Milk (Substitute nondairy milk...\$1)



Online Ordering is Available

Scan QR code with your camera & skip waiting in line for the Cashier!


Breakfast Served til 1pm!



World Famous

Breakfast Burritos

Local La Milpa wheat tortilla loaded with organic eggs, house roasted potatoes, cheeselicious shmears, sour cream & salsa. Toasted, hand held & amazing!

 *Avoiding Gluten? Upgrade to a bowl \$2*


Green Rocket 11.04

Green Chiles, Onion, Tomato, Shredded Cabbage, Avocado, Provolone Cheese

Bacon and Bleu 13.11

Bacon, Onions, Tomato, Shredded Cabbage, Avocado, Bleu Cheese, Provolone

Working Man 13.57

 Bacon, Sausage, Onions, Tomato, Spinach, Jalapeño Artichoke Shmear

Vegan Burrito 13.80

Huge! Double scoops of potatoes, Green Chiles, Spinach, Onions, Tomato, Shredded Cabbage, Avocado, Salsa

Good Morning 12.42

Sausage, Green Chile, Onion, Avocado, Garden Veggie Shmear

OG Veggie Burrito 11.27

Green Chiles, Onions, Tomato, Spinach, Avocado, Garden Veggie Shmear

Fgg Wraps

Lighter than a burrito, no potatoes!

Hot Mess 11.04


Sausage, Green Chile, Chipotle powder, Tomato, Onion, Spinach, Shredded Cabbage, Jalapeño Artichoke Shmear and Provolone Cheese

Bacon and Cheese 8.51

Bacon & Provolone Cheese

Sausage Wrap 9.20

Sausage, Onion, Shredded Cabbage, Avocado, Housemade Garden Veggie Shmear

 Speedy Option

All Time Faves!

Working Man Burrito

13.57

Bacon, Sausage, Onions, Tomato, Spinach, Jalapeño Artichoke Shmear

Hot Mess Wrap

11.04

Sausage, Green Chile, Chipotle spice, Tomato, Onion, Spinach, Shredded Cabbage, Jalapeño Artichoke Shmear and Provolone Cheese

Basic Bacon Sammich

8.05

Eggs, Bacon, and Provolone Cheese

Smoothies

16oz/20oz


Islander

5.29/5.75

Mangos, Strawberries, Apple juice

Boat

7.13 /7.59

 Strawberries, Blueberries, apple juice and organic peanut butter

Harpoon:

7.13/7.59

Strawberries, Blueberries, Apple juice Nature's Gate Protein Powder (vegan)

Smoothie Bumps:

Add Pumpkin or Sunflower Seeds \$2

Add Protein: \$1.50

Oat or Almond Milk: \$1.00

Organic Peanut Butter: \$1.50

Add Spinach: \$1.00



Kiddos

Kid's Oatmeal 5.98

 Organic oats, butter, brown sugar, milk

Toasty Cheese 6.67

Grilled sourdough and provolone sandwich

Choosey Teen 7.13

Bacon, Egg on grilled sourdough

Hot chocolate or Caramel

Steamer (8oz) 2.76

 Vegetarian

 Gluten Friendly Options Available