### Fresh Brew

COFFEE - 4 | ESPRESSO - 5
CHAI LATTE - 8 | DOUBLE ESPRESSO - 8
CAPPUCCINO - 6 | HERBAL TEA - 4
GHIRARDELLI HOT CHOCOLATE - 5

### Smoothie

### CUCUMBER SKIN REPAIR - 12

avocado | cucumber | ginger apple | spinach | lime

#### ANTIOXIDANT & ENERGY - 12

blueberries | green tea | banana yogurt | almond milk

 $$\operatorname{ADD}$  ON - 3  $$\operatorname{whey}$  protien 25 g  $\mid$  creatine 10 g  $\mid$  collagen 20 g

## Juice

ORANGE | GRAPEFRUIT | APPLE - 7

## Fresh Pressed Juice

**EVERYTHING GREEN - 13** 

kale | apple | celery | parsley cucumber | spinach

BEET DETOX - 13

ginger | green apple | red beets | kale

IMMUNITY ELIXIR SHOT - 5

green juice | pineapple | cayenne | garlic

### The Lighter Side

AVOCADO TARTINE - 18

sourdough bread | georgia olive oil tomato | poached egg | toasted benne seed pickled shallots | balsamic

STEEL CUT OATMEAL - 14

berries | raisins | brown sugar

### OCTAGON CONTINENTAL - 21

bruléed grapefruit | tupelo honey yogurt everything green juice | bran muffin

EGG WHITE FRITTATA - 23

bell peppers | onion | goat cheese | arugula shaved fennel

### ROASTED VEGETABLE HASH - 23

crispy kale | heirloom carrots onions | broccolini | harissa | créme fraîche served with two eggs any style



# Specialties

#### SMOKED SALMON BAGEL - 18

herb cream cheese | pickled shallots capers | egg | cucumber

### EGGS YOUR WAY - 21

choice of breakfast meat & toast choice of breakfast potatoes, grits, or fruit

#### THREE EGG OMELET - 25

bacon | ham | smoked salmon | mushrooms onions | peppers | spinach | tomato | cheddar goat cheese | choice of toast choice of breakfast potatoes, grits, or fruit

### SWEET CREAM PANCAKES - 18

strawberry rhubarb & chia compote | crispy granola

### BOURBON MILK JAM FRENCH TOAST - 20

vanilla bean | bruléed banana | pecans

### FARM FRESH EGG SANDWICH - 21

house made sourdough | nueske canadian bacon cheddar | baby kale | avocado fresno chile hot sauce

### HUEVOS RANCHERO - 18

local blue corn tortillas | chorizo & black bean puree salsa verde | pickled onions | fresno chile queso fresco | avocado



### Ands

greek yogurt - 5 | fruit cup - 7 | seasonal berries - 9

bagel & cream cheese - 6 | breakfast potatoes - 8

cracked rice grits - 8 | turkey bacon - 9

breakfast sausage links - 8 |

applewood smoked bacon - 8

chicken apple sausage links - 8

bruléed grapefruit and luxardo cherry - 8

Vegan, Dairy Free, Soy Free and Gluten Free options available.
Please ask your server for details.

\*Contains ingredients that are raw or undercooked.

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

