

### Cereals

Old Fashioned Oatmeal <i>a hearty bowl of organic slow cooked oatmeal with a dash of cinnamon and fruit compote</i>	5
Oatmeal Crème Brule <i>oatmeal baked creamy custard style with a brule of brown sugar and wholewheat toast</i>	5
Pan Seared Corn Grit Wedge <i>served with maple syrup and your choice of roasted potatoes or vegan sausage (GF with potatoes)</i>	6
Maple Granola <i>our homemade granola</i>	5
<i>add fresh fruit</i>	1
Breakfast Baked Apple <i>cinnamon apricot baked apple with cider reduction and oat crunch topping (GF)</i>	6

### Additions

<b>Toast</b> <i>wholegrain or cinnamon raisin</i>	2
<b>Dried Fruit or Nuts</b> <i>Choose either almonds, cashews, walnuts, raisins or apricots</i>	.75
<b>Vegan Sausage</b> <i>2 pan seared sausage patties</i>	4

## Tofu Scrambles

### **Basic**

*scrambled with onions then pick two: mushrooms, red bell pepper, spinach, avocado with wholegrain toast* 6.50

### **Breakfast Roll Up served with Roasted Potatoes**

*basic scramble with onions rolled into a wholewheat tortilla and grilled, then pick two: avocado, mushroom, spinach or red bell peppers add: vegan cheddar or vegan sausage for additional \$1.50* 8.50

### **Italian**

*spinach, mushrooms, tomatoes, herbs, served with grilled baguette & roasted potatoes* 8

### **Breakfast Burrito**

*black beans, tofu scramble, vegan cheddar, salsa and guacamole served with roasted potatoes* 9.00

## Bread and Sweets

### **Fruit Pancakes**

*three pancakes, with seasonal fruit, served with maple syrup and earth balance (vegan butter)* 7

### **Muffin**

*your choice from our daily assortment of whole-grain muffings, always including gluten-free choices* 2.5

### **Cinnamon Maple French Toast**

*whole-grain bread with maple syrup or agave* 6

## Sides

Vegan Sausage patties 4

Wholegrain Toast 2

Small oatmeal	3
Roasted potatoes	4
Cornbread	4
Sauteed Greens	4

## Beverages

### **MAPLE SYRUP SWEETENED SMOOTHIES**

*All fruit is organic except for the blueberries* 7

#### **Banana Latte**

*Chocolate soymilk, coffee, bananas, cinnamon* 7

#### **Berry Ambrosia**

*Bananas, blueberries, strawberries, coconut milk, orange juice* 7

## Tea Pots

### **BLACK**

*English Breakfast (regular or decaf) Earl Grey, Coconut Cream, Mayan Chai, Mexican Chocolate, Coconut Vanilla Chai* 3

### **GREEN**

*Kukicha, Chinese Sencha, Jasmine White* 3

### **CHAI**

*Coconut Vanilla, Mayan, Rooibus* 3

### **HERBAL**

*Chamomile, Meeting of the Mints, Fresh Ginger, Orange Detox* 3

### **OTHER**

*Roasted Yerba Mate, Rooibus* 3

## Coffee

*Organic Fair trade from Catskill Mountain Coffee*

<b>Regular or Decaf</b>	1.5
<i>Refills</i>	.50
<b>Coffee to go</b>	Large 2 Medium 1.75

## Soda, Water and Fruit Juices

<b>Izze Assorted Flavors</b>	2.5
<b>Reeds Ginger Ale (contains honey)</b>	2.5
<b>Virgils Cream Soda (contains honey)</b>	2.5
<b>Fresh Squeezed Orange Juice</b>	3.5
<b>San Pellegrino Water</b>	5

## Additional Information