

  
**Good Morning!**  
 We use Cage Free Eggs!

**One Egg Breakfast** ..... \$3.95    **Two Egg Breakfast** ..... \$5.25

*Any style served with hash browns and toast. Replace toast with one pancake...\$1.50*

**Bacon** .....\$2.75    **Ham or Canadian Bacon** ..... \$2.75

**Eggs, Vegies, and Cheese**    *Scrambled together, served with hash brown and toast.....*\$7.50

**Philly Scrambled**    *Two eggs delicately scrambled with jack and cream cheese, onions, mushrooms, and tomatoes, served with hash browns and toast.....*\$7.50

**With diced ham** .....\$8.50

**Green Eggs and Ham**    *Scrambled eggs with spinach, onions, jack cheese, cream cheese, and ham, served with hash browns and toast .....* \$8.50

**Without diced ham** ..... \$7.50

**Scrambled Tofu**    *Tofu scrambled with sautéed vegetables and seasonings, served with hash browns and toast .....* \$6.95

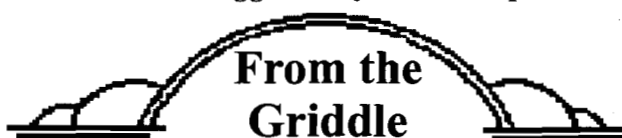
**Broccofu**    *Broccoli and tofu grilled and seasoned just the way you like it, served over brown rice, garnished with tomatoes, with toast on the side .....* \$6.95

**With cheese** .....\$7.95

**Tempeh Sauté**    *Sautéed tempeh, fresh spinach, and mushrooms with black beans, brown rice, and toast. Garnished with onions and tomatoes .....* \$7.95

**The Whole Enchilada**    *Corn tortilla layered with cheese, black beans, and eggs over easy, smothered with red chili, served with sour cream and hash browns. ....* \$7.95

Substitute tofu for eggs in any dish. Tempeh is \$1.00 extra.

  
**From the Griddle**

**Pancakes**    *Buttermilk wheat pancakes .....* \$5.75

**Top this with fresh fruit, walnuts, and whipped cream** ..... \$8.25

**Banana Nut Pancakes** ..... \$6.75

**One pancake with one egg** ..... \$5.00

**French Toast**    *Our homemade wheat bread dipped in our special batter .....* \$5.75

**Top this with fresh fruit, walnuts, and whipped cream** ..... \$8.25

**Waffle**    *An unforgettable treat .....* \$5.75

**With fresh fruit, walnuts, and whipped cream** ..... \$8.25

**Granny Cakes**    *Granola cooked into our buttermilk wheat pancakes .....*\$6.75

**With fresh fruit** ..... \$8.25

*Pumpkin Bread  
French Toast  
\$8.25*



*We use cage free eggs!*

**Original or  
Vegan Coffee  
Cake...\$2.95**

- Eggs Benedict** *English muffin topped with Canadian bacon and two poached eggs, smothered with our cheddar cheese sauce. Served with hash browns ..... \$8.25*
- Veggie Benedict** *English muffin topped with broccoli, fresh spinach, mushrooms, and two poached eggs, smothered with our cheese sauce, served with hash browns.....\$8.50*
- Eggs Arnold** *English muffin topped with tomatoes, avocado, two poached eggs, and our cheddar cheese sauce. Served with hash browns ..... \$8.50*
- Eggs Rainbow** *A tasty combination of artichoke hearts, mushrooms, and tomatoes, served with poached eggs on an english muffin, smothered with our own cheddar cheese sauce. Served with hash browns ..... \$8.75*
- Eggs Florentine** *Two poached eggs on top of fresh spinach and onions, all on an english muffin, smothered with our great cheese sauce. Served with hash browns ..... \$8.25*

*Substitute tofu for eggs in any dish. Tempeh is \$1.00. extra, egg whites are \$.50 extra*

- Huevos Rancheros** *Two eggs over easy, smothered with salsa, topped with lettuce and jack cheese. Served with hash browns and a quesadilla ..... \$7.75*
- Jim Burrito** *Scrambled eggs, avocado, cream cheese, and salsa wrapped in a flour tortilla. Hash browns on the side. .... \$7.95*
- Breakfast Burrito** *Flour tortilla filled with black beans, cheese, and two scrambled eggs. Smothered with salsa and topped with sour cream ..... \$6.95*
- Scrambled Egg Burrito** *Scrambled eggs, cheese, vegies, and potatoes wrapped in a warm tortilla, smothered in salsa with sour cream garnish.....\$7.75*
- Steve's Choice** *Black beans, brown rice, and sauteéd tofu make this a simple and delicious meal, served with a warm tortilla. Garnished with onions and tomatoes ..... \$6.95*
- Substitute tempeh for tofu** ..... \$7.95
- Santa Fe Eggs** *An open faced quesadilla with two eggs, avocado, onions, tomatoes, olives, green chilies, and lettuce. Topped with salsa.....\$7.95*
- Krista's Perfect Scramble** *Egg whites, tofu, cheese, and broccoli, scrambled together for a nutritious combination. Served with hashbrowns and toast..... \$8.25*

**Fabulous Fruit Crepe**

*A crepe filled with fresh fruit and vanilla yoghurt. Sprinkled with homemade granola and topped with whipped cream.*

**\$8.25**

**Banana Rum French Toast**

*French toast topped with grilled bananas, butter rum sauce, whipped cream and walnuts. You've got to try this one!*

**\$8.25**

**Omelettes**

**(Two eggs served with hash browns or brown rice and toast)**

- Cheese Omelette** ..... **\$6.25**
- With Ham** ..... **\$7.25**
- Garden Harvest** *It's light, it's right! Spinach, mushrooms, tomatoes, peppers, and onions* ..... **\$7.50**
- The Great Potato Omelette** *Potatoes, cream cheese, tomatoes, onions, and jack cheese create a smooth tasting omelette. Served with fresh fruit* ..... **\$8.25**
- Spinach Omelette** *An unbelievable omelette! Jack and parmesan cheeses, onions, loads of tasty fresh spinach, covered with marinara and cheese sauce* ..... **\$8.25**
- Bavarian Omelette** *The hills come alive with the taste of this great omelette filled with sour cream, jack cheese, tomatoes, onions, and black olives* ..... **\$8.25**
- Chile Verde Omelette** *Green chilies, onions, jack cheese, tomatoes, and black olives smothered in salsa* ..... **\$8.25**
- Country Omelette** *Fresh basil, feta and jack cheeses, onions, peppers, mushrooms, and tomatoes, topped with marinara sauce* ..... **\$8.50**

**Fruit may be substituted for hash browns for an extra \$1.25**

**Other Favorites**

- Fruit Plate** *Fresh, colorful, and refreshing. As beautiful as it is delicious*..... **\$7.75**
- Groatmeal** *Dan's delicious mix of our Rainbow Granola and slow-cooked oatmeal, topped with fresh fruit* ..... **\$6.75**
- Oatmeal** *Steelcut oats, raisins, apples, and cinnamon* ..... **\$5.50**
- Rainbow Granola** ..... **\$5.50**   **With Fruit** ..... **\$6.50**   **With Yoghurt** ..... **\$6.50**
- With fruit and yoghurt** ..... **\$7.25**
- Perfect Parfait** *Layers of granola, yoghurt, and fresh fruit. Fun and nutritious* ..... **\$6.25**

# Beverages

## Fresh-squeezed Carrot Juice

Small ..... \$2.29      Large ..... \$2.99      Extra Large ..... \$3.99

<b>Smoothies</b> <i>a strawberry &amp; banana blend</i> .....	\$2.99.....	\$3.99
<b>Chai Tea</b> <i>hot or Cold.....(Refill \$1.50)</i> .....	\$2.99	

<b>Lemonade</b> .....	\$1.89
<b>Natural Soda and Soft Drinks</b> .....	\$1.50
<b>Milk</b> <i>whole, skim, or soy</i> .....	\$1.40 .....
<b>Orange Juice</b> .....	\$1.80 .....
<b>Apple, Cranberry, or Pineapple Juice</b> .....	\$1.80 .....
<b>V-8</b> .....	\$1.80 .....
<b>Coffee, Decaf, or Hazelnut</b> <i>each pot freshly ground</i> .....	\$1.79
<b>Iced Tea or Hot Tea</b> .....	\$1.79
<b>Hot Chocolate</b> .....	\$2.99

*Blueberry, Chamomile, Earl Grey, decaf Earl Grey, English Breakfast, Peppermint, Red Tea, Red Zinger, Orange Spice, Green Tea.*

<b>Bloody Mary</b> .....	\$5.50
<b>Cape Cod</b> .....	\$5.50
<b>Mimosa</b> .....	\$5.50
<b>Screwdriver</b> .....	\$5.50

**Ask your server for our beer and wine selection!**

# Side Orders

<b>Any Style Egg</b> .....(cage free).....	\$1.25	<b>Fruit Cup</b> .....	\$2.75
<b>Avocado</b> .....	\$1.75	<b>Bagel</b> .....	\$2.00
<b>Hash Browns</b> .....(breakfast only).....	\$1.95	<b>Bagel and Cream Cheese</b> .....	\$2.50
<b>Yogurt</b> .....	\$1.95	<b>Salsa or Red Chile</b> .....	\$1.25
<b>Sour Cream</b> .....	\$.95	<b>Peanut Butter</b> .....	\$1.50
<b>Brown Rice</b> .....	\$1.00	<b>Peanut, Sesame, or Teriyaki Sauce</b> .....	\$1.75
<b>Steamed Vegetables</b> .....	\$2.75	<b>Black Beans</b> .....	\$1.95
<b>Grilled Tofu</b> .....	\$1.95	<b>Tortilla</b> .....	\$.50
<b>Grilled Tempeh</b> .....	\$2.75	<b>Toast or English Muffin</b> .....	\$1.50
<b>Ham or Bacon</b> .....	\$2.75	<b>Hummus</b> .....	\$1.75
<b>Grilled Chicken</b> ...(lunch & dinner).....	\$3.00		

**Take home a loaf of Rainbow bread today! - \$3.75**

Split Orders - add \$1.00

Half orders available for 2/3 the price

An 18% gratuity added to parties of 6 or more