



BREAKFAST

OFF THE GRILL

The Farmer's Breakfast – 2 Eggs your way with a choice of local bacon or sausage \$7.09

+ Add Whole Grain Toast \$1.99

Huevos Rancheros – 2 Eggs your way, house chili, corn tortillas, & sour cream \$12.39

Avocado Toast – 2 Slices of ancient grain toast, 2 eggs your way, fresh avocado, local bacon, local hydroponic tomatoes, & goat cheese \$13.49

The Herd Breakfast – Two local free eggs your way. Served with bacon, sausage, potatoes and whole grain toast. \$12.39

French Toast – 3 Slices of our whole grain bread dipped in local free range egg wash, local milk, vanilla & cinnamon. topped with house whipped cream & served with local bacon \$13.29

Bagel with "The Stuff" – Toasted bagel w/local cloverton cream cheese & topped with local honey. \$6.79

Yogurt & Crunch Parfait – Local yogurt topped with our famous paleo crunch \$7.29

Build Your Own Egg Breakfast Sandwich

– Free Range Egg on Whole Grain Toast \$3.99

+ Add Bacon and/or Sausage... \$3.19

+Add Cheese (Dubliner, Goat, Cheddar).. \$1.69 +Add Peppers & Onions...\$1.69

+Add Avocado...\$2.29

+ Sub Toast for a Bagel...\$0.59

+ Sub Toast for English Muffin...\$1.19

OMELETTES

– All omelettes start with 3 local free range eggs! Served with home fries and an orange slice –

The Popeye – Local bacon, local hydroponic tomato, spinach, & dubliner cheese \$11.99

The Porkey Pig – Local sausage, goat cheese, & sautéed peppers & onions. \$12.39

The Vegington – Local hydroponic tomatoes, sautéed peppers & onions, & mushrooms. \$10.69

The Loaded Tater – Local bacon, seasoned homefries, dubliner cheese, sautéed peppers and onions. \$12.39

The Sparticus – Local bacon, local sausage, mushrooms, sautéed peppers & onions, & dubliner cheese. \$13.49

The Southwest – Local shredded pork, house made nacho cheese, organic black beans, jalapenos, sour cream & pico. \$13.49

SIDES & ADD ON'S

– Add any of these items:

+Whole Grain Toast...\$1.99

+Potatoes...\$2.59

+ Local Bacon and/or Sausage...\$3.19

+Cheese (Dubliner, Goat, Cheddar)...\$1.69

Local Free Range Egg...\$1.69

+ Fresh Avocado...\$2.29

+ Sautéed Peppers & Onions...\$1.69

All items are gluten free. *We are not a certified gluten free restaurant