

Morning Provisions

DEFINITION: THE MORNING'S SUPPLY OF NOURISHMENT FOR TODAY'S JOURNEY

2oz Wellness Shot of Turkey Tail Thrive Honey Tonic-

Enjoy before your meal for the ultimate digestive aide. A blend of apple cider vinegar and manuka honey infused with Turkey Tail mushroom, lemon and ginger to support digestion, and balance blood sugar - 6

The Standard- two local organic/free range eggs, yukon gold breakfast potatoes, choice of peppered bacon, chicken apple sausage or impossible vegan sausage patty, side toast - 16

Foragers Breakfast- heirloom tricolor quinoa, wild seasonal mushrooms, organic Japanese sweet potato, broccolini, carrots, watermelon radish, local micro sprouts, sunny side up organic free range egg, fresh herb gremolata - 19 (V) (GF)

Avocado Sweet Potato Toast- organic Japanese sweet potato, organic avocado, pistachio, and pepita nut mix, heirloom lemon olive oil, Jacobson's smoked Oregon coast sea salt, poached local/organic/free range egg - 14 (V) (GF) (DF)

Breakfast Sandwich- organic sourdough, garlic aioli, fried free range egg, Tillamook smoked cheddar, organic baby spinach, choice of impossible vegan sausage or peppered bacon - 18

Power Granola Bowl- organic hemp seed & flax granola, Manuka honey, greek yogurt, roasted pineapple, and toasted coconut - 15 (V) (GF)

Meyer Lemon Ricotta Pancakes- Oregon blueberry compote, Grade A organic maple syrup - 15 (V)

+ milled flax seed - 2
+ vanilla protein powder - 2

Shakshuka- North African spiced tomato & pepper sauce, charred pea tendrils, baked local/organic/free range eggs served with grilled bread or side salad - 16 (VG)

+ Anderson Valley lamb merguez sausage (Mitchell, OR) - 6

Additions

Yukon Gold Breakfast Potatoes- 5

Organic Fruit Cup- 6

Toast- wheat, sourdough, rye, english muffin, gluten-free bread - 2

Protein- impossible vegan sausage patty, chicken apple sausage, or peppered bacon - 6

Organic/Local/Free Range Egg (Willamette Egg Farm)- 2

Anderson Valley lamb merguez sausage - 6

Key-(V) vegetarian (GF) gluten free (DF) dairy free (VG) vegan
We have Udis gluten free bread available upon request.

