

FIRST WATCH

BREAKFAST • BRUNCH • LUNCH

THE HEALTHIER SIDE

AVOCADO TOAST Our thick-cut whole grain toast topped with fresh smashed avocado, EVOO, lemon and Maldon sea salt. Served with two cage-free baked eggs. (630 Cal)

SUNRISE GRANOLA BOWL Non-fat vanilla Greek yogurt layered with fresh, seasonal fruit, nuts and our housemade granola. Served with a fresh baked muffin of the day. (950-1080 Cal)

POWER WRAP Egg whites, turkey, spinach, house-roasted Crimini mushrooms and Mozzarella in a sun-dried tomato-basil tortilla. Served with fresh fruit and a side of housemade pico de gallo. (610 Cal)

EGG-SCLUSIVES

CHICKICHANGA Whipped eggs with spicy, all-natural chicken breast, chorizo, green chilies, Cheddar, Monterey Jack, onions and avocado rolled in a flour tortilla. Topped with Vera Cruz sauce and all-natural sour cream. Served with fresh fruit and fresh, seasoned potatoes. (1230 Cal)

THE ELEVATED EGG SANDWICH An over-easy cage-free egg with bacon, Gruyere cheese, fresh smashed avocado, mayo and lemon dressed arugula on a brioche bun. Served with fresh, seasoned potatoes. (1060 Cal)

FARM STAND BREAKFAST TACOS Three wheat-corn tortillas with scrambled eggs, Cajun chicken, chorizo, Cheddar and Monterey Jack cheeses. Topped with fresh avocado and housemade pico de gallo. Served with seasoned black beans. (980 Cal)

SKILLET HASH Two cage-free eggs any style atop fresh, seasoned potatoes. Served with whole grain artisan toast with all-natural house preserves. Choose one from below.

- **Farmhouse** - bacon, avocado, house-roasted onions and tomatoes with Cheddar and Monterey Jack (1380 Cal)
- **Market** - house-roasted Crimini mushrooms, zucchini, shallots, red peppers, baby spinach, melted Mozzarella and herbed Goat cheese (1230 Cal)

FROM THE GRIDDLE

MULTIGRAIN PANCAKES We've gotta warn you: These beauties are beyond big - they're humongous! Choose your stackage accordingly.

One or Two

- Plain (510/1020 Cal)
- Chocolate Chip (630/1260 Cal)
- Banana Granola Crunch (660/1320 Cal)
- Blueberry (570/1140 Cal)
- Carrot Cake & Pecan (620/1240 Cal)

BELGIAN WAFFLE Our light and airy waffle with a side of warm, berry compote and powdered cinnamon sugar. (420 Cal)

FRENCH TOAST Custard-dipped, thick-cut brioche bread topped with whipped butter and powdered cinnamon sugar. (640 Cal)

REGULAR SYRUP (200 Cal)

SUGAR-FREE SYRUP (20 Cal) AVAILABLE UPON REQUEST

100% PURE MAPLE SYRUP (190 Cal) AVAILABLE

OMELETS AND FRITTATAS

Served with whole grain artisan toast with all-natural house preserves (360 Cal) and lemon dressed organic mixed greens (70 Cal). **Fresh, seasoned potatoes (340 Cal) available upon request. Substitute egg whites (subtract 160 Cal) or Udi's Gluten Free toast* (200 Cal) at no additional charge.**

BACADO Bacon, avocado and Monterey Jack. Topped with all-natural sour cream and served with a side of housemade pico de gallo. (740 Cal)

THE WORKS Ham, bacon, sausage, house-roasted Crimini mushrooms, onions and tomatoes with Cheddar and Monterey Jack. Topped with all-natural sour cream. (720 Cal)

MORNING MARKET VEG House-roasted zucchini, Crimini mushrooms, shallots, tomatoes and kale with Goat cheese and fresh herbs. (510 Cal)

POWER BOWLS

Power Bowls are gluten free*.

POWER BREAKFAST QUINOA BOWL Protein-packed quinoa, Italian sausage, house-roasted Crimini mushrooms and tomatoes, kale, Parmesan and EVOO. Topped with two baked cage-free eggs. (880 Cal)

PESTO CHICKEN QUINOA BOWL Protein-packed quinoa, kale, shredded carrots and house-roasted tomatoes topped with all-natural chicken breast, basil pesto sauce, Feta crumbles and fresh herbs. (660 Cal)

SALADS

Served with artisan ciabatta toast. (80 Cal)

CHICKEN AVOCADO CHOP Chopped romaine and arugula, all-natural chicken breast, avocado, tomatoes, corn, black beans, Feta cheese and crispy tortilla chips with a citrus chipotle dressing. (790 Cal)

COBB Organic mixed greens, bacon, turkey breast, egg, tomatoes, avocado and Bleu cheese crumbles with ranch dressing. (690 Cal)

SWEET HONEY PECAN Organic mixed greens, romaine, all-natural chicken breast, bacon, toasted pecans, avocado, tomatoes and carrots with Cheddar and Monterey Jack. Drizzled with warm honey Dijon dressing. (860 Cal)

SANDWICHES

Sandwiches served with lemon dressed organic mixed greens (70 Cal) or a bowl of hot soup. (130-570 Cal)

MONTEREY CLUB Turkey, bacon, avocado, organic mixed greens, tomato, Monterey Jack and mayo on sourdough. (1000 Cal)

MARKET VEGGIE House-roasted Crimini mushrooms, zucchini and spinach with basil pesto, mayo and Mozzarella cheese on grilled artisan whole grain. (760 Cal)

HAM & GRUYERE MELT Smoked ham, tomato and melty Gruyere cheese with Dijonnaise on grilled artisan brioche. (820 Cal)

CLASSIC FAVORITES

THE TRADITIONAL BREAKFAST Two cage-free eggs any style with your choice of bacon, smoked ham, savory chicken sausage patties, turkey or pork sausage links. Served with whole grain artisan toast, all-natural house preserves and fresh, seasoned potatoes. Substitute Udi's Gluten Free toast* (200 Cal) at no additional charge. (1030-1350 Cal)

TRI-FECTA Two cage-free eggs any style with either a light and airy Belgian waffle or a multigrain pancake. Plus your choice of bacon, savory chicken sausage patty, turkey or pork sausage link. (660-930 Cal)

SIDES AND SMALL PLATES

FRESH, SEASONAL FRUIT (100 Cal)

FRESH, SEASONED POTATOES (340 Cal)

FRESH BAKED MUFFIN OF THE DAY (460-590 Cal)

MILLION DOLLAR BACON (530 Cal)

HARDWOOD SMOKED BACON (160 Cal) 4.99

SMOKED HAM (120 Cal), **PORK SAUSAGE** (460 Cal), **SAVORY CHICKEN SAUSAGE PATTY** (180 Cal) **OR TURKEY SAUSAGE** (220 Cal)

BOWL OF TOMATO BASIL SOUP (140 Cal)

BEVERAGES

ICED COFFEE

Creamy, sweet, cold and refreshing. (160 Cal)

PROJECT SUNRISE COFFEE (0 Cal)

LOW-FAT MILK

Small or Large (100/190 Cal)

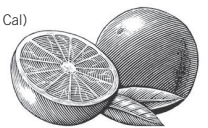
100% COLD SQUEEZED ORANGE JUICE

Small or Large (110/210 Cal)

APPLE JUICE

Small (50-110 Cal) or Large (90-210 Cal)

JUICE BAR



Juiced daily using all-natural ingredients.

MORNING MEDITATION

Orange, lemon, turmeric, organic ginger, agave nectar and beet. (140 Cal)

KALE TONIC

Kale, Fuji apple, cucumber and lemon. (130 Cal)

* YEAH *

IT'S FRESH

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

For our customers with food allergies and/or sensitivities, please inform your server prior to ordering. We will make every effort to accommodate your request. *We are not a gluten-free kitchen. Our dishes are made fresh and prepared-to-order, so individual foods may come into contact with one another due to shared cooking and preparation areas/utensils. We cannot guarantee that cross-contact with foods containing gluten will not occur but will make every effort to avoid it.