

# LOCAL FOODS KITCHEN

Breakfast



Sat 9:00<sup>AM</sup> - 12:00<sup>PM</sup>



2020



<b>MORNING BOOSTERS (20 OZ)</b> .....	8
<b>BERRY</b> , ginger, whey protein, cranberry juice, ginseng & ice	
<b>BANANA</b> , flax, almond butter, yogurt, ginseng & apple juice	
<b>OLD-FASHIONED OATMEAL</b> cooked with milk - comes with trays of butter, brown sugar, honey, walnut, almond, dried cranberries & raisins.....	5
<b>LOCAL'S GRANOLA</b> with milk.....	3.50
With milk & fresh fruit.....	4.95
<b>FRUIT &amp; BERRIES</b> .....small....	2.75
.....large....	4.75
just berries .....small 4.....large....	7
add honey yogurt or plain yogurt.....	2.75
<b>FRUIT PARFAIT</b> layers of fresh fruit, our homemade granola and plain or honey yogurt.....	8

## MAINS

<b>EGGS YOUR WAY</b> 2 eggs, 2 slices of thick smoked bacon or breakfast chicken apple links, crunchy potatoes & choice of buttered toast.....	10
<b>SMASHED AVOCADO TOAST BENEDICT ON HIPPIE WHEAT</b> poached eggs, Hollandaise, crispy potatoes.....	13
Add ham.....	16
<b>ANY WAY OMELET</b> you pick the ingredients! Select one....8.75 / Add more....1.35 each / avocado....1.50 gruyere • spinach • veggies • ham • mixed cheeses • bacon peppers • tomatoes • avocado • caramelized onions • mushrooms Comes with crunchy potatoes & choice of buttered toast	
<b>SMOKED BRISKET HASH</b> caramelized onions, potatoes, kale, one sunny side egg & choice of buttered toast.....	13
<b>TABLE 2</b> Tomato-Avocado-Bacon-Lettuce-Egg sandwich w/2 eggs cooked your way on toasted sourdough with mayo and sriracha.....	10
<b>AVOCADO TOAST</b> on sourdough.....	10
With 1 or 2 poached eggs.....	11.75/13
Topped with smoked bacon.....	1.35 each slice
<b>FRESH BLUEBERRY PANCAKES</b> with smoked bacon & syrup.....	14

## STREET TACOS

SEE *Extras!*

Choose corn or flour tortilla. Egg whites only - add 1.00.  
Add avocado .75 each taco.

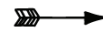
<b>EGGS QUESO FRESCO</b> fresh pico de gallo.....	3.30
<b>GRILLED VEGGIE</b> spinach, pico de gallo, queso fresco, with or without egg.....	3.30
<b>EGG &amp; SMOKED BACON, BRISKET OR CHORIZO</b> queso fresco & pico de gallo.....	4

## BURRITOS

SEE *Extras!*

Comes with both fresh pico de gallo & roasted salsa on the side

<b>EGG &amp; SMOKED BRISKET OR BACON</b> onion, cheddar & jack cheese.....	6
Add potatoes 60¢	
<b>HOUSE SMOKED BRISKET</b> onion, cheddar & jack cheese.....	7.50
Add potatoes 60¢	



## Sides • Extras

<b>TOAST</b> Empire Breads: sourdough, walnut scallion, jalapeno cheese, rye or Thomas English muffin with house jams & honey (without breakfast).....	2.50
*We carry gluten free breads	
<b>MUFFINS</b> carrot pecan, blueberry, zucchini.....	3.50
<b>CRISPY POTATOES</b> .....	3.00
<b>BREAKFAST CHICKEN APPLE SAUSAGE, SMOKED BACON</b> or <b>CARVED SMOKED HAM</b> .....	4.00
<b>BUTTERS</b> almond butter, peanut butter.....	1.50
<b>SIDE AVOCADO</b> .....small 1.50.....large 3.00	