

LOCAL FOODS KITCHEN

Breakfast

Mon-Fri 7:30^{AM} - 11:00^{AM} • Sat until 12:00^{PM}

2019



MORNING BOOSTERS (20 OZ).....8

BERRY, ginger, whey protein, cranberry juice, ginseng & ice
BANANA, flax, almond butter, yogurt, ginseng & apple juice

OLD-FASHIONED OATMEAL cooked with milk - comes with trays of butter, brown sugar, honey, walnut, almond, dried cranberries & raisins.....5

LOCAL'S GRANOLA with milk.....3.50
 With milk & fresh fruit.....4.95

FRUIT & BERRIESsmall....2.75large....4.75
 just berriessmall 4large....7
 add honey yogurt or plain yogurt..... 2.75

FRUIT PARFAIT layers of fresh fruit, our homemade granola and plain or honey yogurt.....8

MAINS

EGGS YOUR WAY 2 eggs, 2 slices of thick smoked bacon or breakfast chicken apple links, crunchy potatoes & choice of buttered toast.....10

SMASHED AVOCADO TOAST BENEDICT ON HIPPIE WHEAT
 poached eggs, Hollandaise, crispy potatoes.....13
 Add ham.....16

ANY WAY OMELET 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

SMOKED BRISKET HASH caramelized onions, potatoes, kale, one sunny side egg & choice of buttered toast.....13

TABLE 2 Tomato-Avocado-Bacon-Lettuce-Egg sandwich w/2 eggs cooked your way on toasted sourdough with mayo and sriracha10

AVOCADO TOAST on sourdough.....10
 With 1 or 2 poached eggs..... 11.75/13
 Topped with smoked bacon 1.35 each slice

FRESH BLUEBERRY PANCAKES with smoked bacon & syrup14

STREET TACOS

SEE *Extras!*

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

EGGS QUESO FRESCO fresh pico de gallo 3.30

GRILLED VEGGIE spinach, pico de gallo, queso fresco, with or without egg 3.30

EGG & SMOKED BACON, BRISKET OR CHORIZO queso fresco & pico de gallo 4

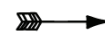
BURRITOS

SEE *Extras!*

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

EGG & SMOKED BRISKET OR BACON onion, cheddar & jack cheese..... 6
 Add potatoes 60¢

HOUSE SMOKED BRISKET onion, cheddar & jack cheese.....7.50
 Add potatoes 60¢



Sides • Extras

TOAST 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

MUFFINS carrot pecan, blueberry, zucchini.....3.50

CRISPY POTATOES 3.00

BREAKFAST CHICKEN APPLE SAUSAGE, SMOKED BACON or **CARVED SMOKED HAM**4.00

BUTTERS almond butter, peanut butter 1.50

SIDE AVOCADOsmall 1.50large 3.00