

Breakfast

Scrambled Omelettes\$8.49

Two free range eggs scrambled with your choice of two fillings

bell pepper tomato mushroom
onion spinach zucchini
Don't forget the cheese! Feta, provolone, or pepper jack

Cornmeal Pancakes\$8.49

w/ blueberry syrup and almonds

Pancakes\$8.49

w/ bananas and walnuts

We use only pure maple syrup

Above served with seasonal fresh fruit and all natural nitrate free turkey bacon

French Toast w/ vanilla and cinnamon.....\$8.49

Cameron's Heavenly French Toast.....\$8.99
dripping with organic peanut butter syrup and grilled banana...mmm

We use whole grain, gluten and casein free bread loaded with sorghum, quinoa, millet, white rice flour, and flax seed in a word, heaven! Baked here of course and available for sale by the loaf.

How about a Breakfast Bowl?\$8.49

All natural hormone free Chicken Andouille Sausage sprinkled over two happy, free range eggs with three veggies piled high on top of a mound of brown rice.

Brown rice is loaded with B vitamins and minerals. It has been known to stabilize one's mood AND blood sugar.

What a great way to start your day!

A little on the side...

★ Organic Red Potato Home Fries\$2.79

All natural nitrate free turkey bacon (2 strips).....\$2.49

✿ Toast\$2.49

✿ Organic Happy Egg *Cooked to Order*.....\$1.59

★ Brown rice, Black beans, or a mixture of both.....\$2.99

★ Bowla Granola\$5.99

Swimming in coconut milk with a dollop of maple cashew cream. Gluten free oats, puffed rice, cranberries, blueberries, cherries, crushed almonds and walnuts, hemp hearts, vanilla, cinnamon, molasses and banana chips. Whew! What a mouthful, and more than a little delicious! Made fresh at the café, of course.

★ Like our Hummus and Salsa?..... \$4.99 each

You'll LOVE to know you can take some home with you!
12 oz. to go

Beverages

Apple or Orange Juice\$1.99

Iced Green Tea (bottomless)\$2.79

Jim's Organic Coffee\$2.49

Naturally Sweetened Soda... *ask your server for flavors*.....\$2.49

Hot Tea\$1.99

Organic Milk.....\$1.99

Bottled Water\$.99

Smoothies

\$5.99

★ **Antioxidants Rock!**

Banana, strawberry, blueberry, raspberry

★ **Chocolate Monkey**

Banana, organic cacao powder, flax seed, organic peanut butter

★ **Vanilla Chai**

Banana, organic peanut butter, flax seed, vanilla, cinnamon

★ **Green Monster**

Spinach, pineapple, mango, papaya

★ **Strawberry Banana**

Strawberries and banana

Make it a meal!

Add a scoop of all natural hemp protein or a bunch o' organic spinach **\$1.00**

**ALL FRUIT,
NO FILLERS**

Substitute
almond
butter
\$1.00

Vegetarian = ✿ Vegan = ★