



breakfast menu

Our menu is gluten free using in-house breads and fresh locally sourced ingredients. Everything on the menu can be made vegan.

BREAKFAST SAMMY \$18

Lockwood Farms fried egg and Four Quarters peppercorn bacon on our kaiser bun with housemade pesto, aioli, dijon, kraut & italian cheese.

BREAKFAST WRAP \$18

Housemade sourdough tortilla, Lockwood Farms scrambled eggs, italian sausage, pico de gallo, spinach, chipotle aioli, shredded cheese

THE MAPLE JERRY \$18

Lockwood Farms fried egg and Four Quarters ground sausage patty on our kaiser bun with house made aioli, maple butter and italian cheese.

QUINOA PANCAKES (V) \$19

Sprouted and wild fermented organic quinoa pancakes topped with housemade seasonal fruit compote, organic maple syrup and coconut cream.

BANANA COCONUT FRENCH TOAST \$19 (V)

Thick slices of our famous sourdough topped with housemade seasonal fruit compote, organic maple syrup and coconut cream.