

FRESH SQUEEZED JUICES \$6

MORNING SQUEEZE
orange

SIMPLE BOOST
grapefruit

POWER DRIVER
orange, carrot, ginger

WAKE UP
carrot, beet

ARISE
orange, raspberry

RESTORE
pomegranate, pear

SMOOTHIES \$7

STRAWBERRY BANANA BLISS
banana, strawberry, orange

OUTRAGEOUSLY BLUE
blueberry, banana, pineapple

SCARLET ORCHARD
pomegranate, macintosh apple, citrus

RED MANGO
mango, strawberry, raspberry

HIGH PERFORMANCE BLEND \$9

SOY POWER
soy milk, banana, mango, pineapple,
vanilla myoplex

MONA-VIE 2oz SHOT \$7
açai, wolfberry, purple grape

PROTEIN PUNCH
skim milk, banana, chocolate myoplex

SUPPLEMENT SHOT \$2
ginseng ginkgo echinacea
lecithin aloe

BAKERY

CROISSANT \$4
plain, chocolate

HOUSE MADE MUFFIN BASKET \$7
spiced pumpkin streusel
carrot raisin
blueberry crumble

NEW YORK BAGEL \$4
plain, sesame, onion,
cinnamon-raisin, poppy seed
with cream cheese \$6

CEREALS \$7

CORNFLAKES

BRAN FLAKES

FROSTED FLAKES

CHEERIOS

RAISIN BRAN

SPECIAL K

RICE KRISPIES

SHREDDED WHEAT

CHEESE selection of three \$8, selection of six \$15

COOP BLACK RIVER BLUE
wisconsin

CYPRESS GROVE HUMBOLDT FOG
california

WHITE CLOUD CHEDDAR
pennsylvania

AGED CARDONA
wisconsin

CAVE AGED MARISSA
wisconsin

GRAND CANARIA
wisconsin

BEVERAGES

COFFEE
regular/decaffeinated \$3.5
cappuccino \$5
café latte \$5
espresso \$4
double espresso \$5

REVOLUTION TEA \$4
bombay chai
black citron
early grey lavender
english breakfast
dragon eye oolong
southern mint herbal
organic green tea
golden flowers herbal

HEALTHY

FRUIT \$10

melon, pineapple, berries

BERRIES \$10

strawberry, raspberry, blueberry
blackberry

MUESLI \$9

homemade, honey, nut, berry

YOGURT \$6

plain, fruit

GRANOLA \$10

homemade, almond, orange
with yogurt \$12

FRENCH VANILLA YOGURT CRUNCH \$12

granola, pineapple, raspberry, banana

STEEL-CUT OATMEAL \$10

PLAIN

CINNAMON-RAISIN SWIRL

MIXED BERRY

PEAR WALNUT

BANANA DATE BRÛLÉE

APPLE CARAMEL

OATMEAL SAMPLER

your choice of any three

PANCAKES, WAFFLES & FRENCH TOAST

BUTTERMILK \$12

pancakes, fresh strawberries

LEMON BLUEBERRY \$14

pancakes, vanilla mascarpone

PUMPKIN GINGER PANCAKES \$14

spiced pecans, cranberry syrup

CINNAMON BRIOCHE FRENCH TOAST \$12

toasted pine nuts, navel orange

BELGIAN WAFFLE \$12

fresh berries, sweetened cream

TOASTED ALMOND WAFFLE \$14

fresh raspberries, almond cream

EGGS, OTHERS

CREATE AN OMELET \$16

whole egg or egg white with your
selection of three: tomato, bacon,
cheddar, american, low-fat muenster,
feta, asparagus, peppers, onions,
mushroom, fresh herbs, sausage
each additional item \$1

ANY STYLE \$12

eggs, potato

ANY STYLE WITH \$15

thick cut applewood bacon,
pork link sausage, turkey bacon
or black forest ham

FARMERS OMELET \$16

egg white omelet, market vegetables,
low-fat muenster, turkey bacon

WILD MUSHROOM OMELET \$16

pancetta, gruyere, fine herb

AUTUMN OMELET \$15

butternut squash, chorizo sausage,
aged cheddar

SMOKED SALMON PLATTER \$17

tomato, capers, bagel, cream cheese

SPICED APPLE & CINNAMON CREPES \$16

chestnuts, raisins, sweet cream

BENEDICTS

TRADITIONAL \$14

canadian bacon,
hollandaise

SALMON \$16

scottish smoked,
chive hollandaise

CORNED BEEF \$15

rye, stone ground mustard
hollandaise

SIDE DISHES \$6

BLACK FOREST HAM

PORK LINK SAUSAGE

TURKEY BACON

THICK CUT APPLEWOOD BACON