

BRUNCH

All meals are served with breakfast breads made in-house, fresh squeezed orange juice and your choice of coffee, iced tea, or milk (loose teas are extra).

EGG DISHES

GARDEN FRITTATA \$16

Spanish inspired "open face" omelet broiled with fresh tomatoes, avocados, basil, scallions and cheddar cheese. Served with home fries.

WILD MUSHROOM & GOAT CHEESE

OMELET (gf) \$16

Egg omelet cooked to order and filled with sautéed local oyster mushrooms, onions, spinach and goat cheese. Served with home fries.

WRACK' EM SCRAMBLE \$16

Fresh scrambled eggs with cheddar cheese. Served with Beyond Meat vegan sausage, home fries and apple sauce.

MY FAVORITE OMELET \$16

Three egg omelet cooked to order and filled with cheddar cheese, sautéed mushrooms and onions. Comes with home fries.

CAPE CHARLES OMELET \$16

Fresh backfin crab meat and sea scallops in a light bechamel sauce with sautéed shrimp. Served with home fries.

FLORENTINE OMELET \$16

Omelet filled with sautéed spinach, fresh tomatoes, basil and a four cheese sauce. Served with home fries.

POTATO HASH

SPICY POTATO HASH (gf) \$15

Fresh vegetables sautéed with jalapeño peppers and served over potatoes. Served with poached eggs or scrambled tofu (vegan).

SMOKED SALMON ♣ (gf) \$16

Chunks of salmon cold smoked in-house, grilled until crispy and served on potato hash with two poached eggs, hollandaise sauce, wilted spinach and onions.

SMOKED BEEF BRISKET ♣ (gf) \$16

House-smoked beef brisket on potato hash. Topped with two poached eggs, sweet and sour red cabbage, wilted spinach and onions.

SIDES (COME WITH ENTRÉE ONLY)

FRESH FRUIT (vegan + gf) \$5

CHEDDAR GRITS \$5

BEYOND MEAT SAUSAGE (vegan) \$5

HOME FRIES (vegan + gf) \$5

VEGGIES (vegan + gf) \$5

FROM THE GRIDDLE

PANCAKES \$13.25

Choose between plain, with strawberry jam, with blueberry jam or with chocolate chips.

JUNIOR PANCAKES \$10.75

Half-size portion for kids.

BANANA WALNUT PANCAKES \$13.75

Fresh-sliced bananas, shredded coconut and toasted walnuts in our house wheat batter. Grilled and served with butter and syrup.

FRENCH TOAST \$14

Fresh challah bread soaked in a spiced egg custard and browned on the grill to order. Garnished with fresh fruit.

CHEESE BLINTZES \$14.25

Three crêpes filled with orange zest and ricotta cheese, grilled and topped with sour cream. Served with apple sauce and home fries.

FRUIT WAFFLE \$14.25

Thick belgian waffles garnished with fresh fruit and your choice of yogurt, whipped cream or vanilla ice cream.

GLUTEN-FREE WAFFLE (gf) \$14.25

Rice flour, egg and soy milk batter. Cooked in a separate Belgian waffle iron. Served with fresh fruit and choice of yogurt, whipped cream or vanilla ice cream.

♣ Items marked with the symbol "♣" are cooked to order or contain undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of food-borne illness.

ENTRÉES AND SPECIALS

SMOKED SALMON BAGEL SANDWICH \$15.75

Fresh salmon, smoked in-house with dill, salt and lemon. Chilled, sliced and served with capers, red onions, cream cheese, lettuce and tomato. Served with home fries.

GRILLED SALMON ♣ \$16.50

Farm-raised salmon grilled to order. Served with crispy quinoa cake, sautéed spinach, and a wild mushroom sherry cream sauce.

SUNNY SIDE UP CHEESEBURGER ♣ \$14.50

Angus beef burger grilled to order and served with caramelized onions, cheddar cheese, lettuce and tomato on a brioche roll.

SHRIMP & GRITS \$16.50

Sautéed shrimp served in a bowl of cheddar grits. Topped with sherry cream sauce, diced tomato, scallions and parmesan cheese.

CRAB CAKE EGGS BENEDICT ♣ \$16.75

Fresh crab cake grilled and set on a toasted english muffin with poached eggs and fresh hollandaise sauce. Served with home fries.

STEAK AND EGGS ♣ \$16.75

Grilled skirt steak served with eggs and home fries.

MORGAN STREET CHICKEN \$16.25

Fresh chicken cutlet marinated in our lemon tahini dressing, coated with crushed cashews and panko crumbs and grilled. Topped with an herb compound butter along with a whole grain mustard sauce. Comes with home fries and wilted spinach.

VEGETARIAN & VEGAN

SEITAN REUBEN \$14.50

Sliced seitan cutlet served with sweet & sour red wine braised red cabbage, served on grilled rye/pumpernickel bread with 1000 island dressing and melted swiss cheese. (Seitan cutlet can be substituted with house-smoked turkey for an extra \$2). Vegan without cheese.

BLACK BEAN BURGER WRAP (vegan) \$14.25

Black bean and quinoa with chipotle aioli, guacamole and pico de gallo folded in a flour tortilla.

VEGAN BREAKFAST BURRITO (vegan) \$14.25

Scrambled tofu, black beans, pico de gallo and guacamole folded into a flour tortilla. Served with home fries.

HUEVOS RANCHEROS ♣ \$15.75

Two sunny side up eggs served on a crispy corn tortilla with black beans, cheddar cheese, pico de gallo, guacamole and a tomato purée.

VEGAN RANCHEROS (vegan) \$15.75

Tofu scramble served on a crispy corn tortilla with black beans, pico de gallo, guacamole and a tomato purée.

GARDEN TOFU SCRAMBLE (vegan) \$15.50

Soft tofu sautéed with onions, bell peppers, spinach, diced tomatoes, avocado, asparagus, basil, nutritional yeast and turmeric. Served with home fries.

GREENS & MORE

CHOPPED CHEF'S SALAD WITH CHICKEN \$15.75

A bounty of chopped salad greens, mushrooms, carrots, cucumbers, red onions, feta cheese, kalamata olives, hard boiled egg, grilled chicken and sunflower seeds. Served with a choice of dressing.

VEGAN SEX (vegan + gf) \$14.25

Enhanced from the original recipe, this stacked "salad" contains layers of sliced tomato, cucumber, quinoa, black beans, mashed sweet potatoes and avocado. Served with orange sections, orange vinaigrette and garnished with red bell pepper.

VEGAN + GLUTEN-FREE SALAD DRESSINGS:

Lemon Tahini - Shallot - Raspberry - Red Wine - Ginger

ADD OPTIONS:

Salmon ♣ \$8, Shrimp \$8, Steak ♣ \$8, Chicken \$6, Seitan Cutlet \$6, Avocado \$4, Goat Cheese Patty \$4 (all gluten-free except Seitan)

GLUTEN-FREE SALAD DRESSINGS:

Ranch - Goat Cheese - Balsamic

♣ Items marked with the symbol "♣" are cooked to order or contain undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of food-borne illness.