




BREAKFAST SPECIALTIES

AVOCADO ON ALMOND & SEED OAT TOAST  \$11.95
House made almond & seed oat toast topped with avocado, lime, chili oil, pickled onions, tomato, radish & sunflower sprouts
* Add smoked salmon \$5 bacon \$2 egg \$2.00

BIG OL' BISCUIT SANDWICH \$11.95
House made cheddar biscuit, scrambled eggs, cheddar cheese with choice of sausage patty, bacon, Canadian bacon or greens & chipotle mayo

BLTA & EGG SANDWICH \$16.95
Two fried eggs, bacon, lettuce, tomato, avocado & chipotle mayo, served on house made herb toast with choice of one side

LOX & BAGEL PLATTER \$16.95
Toasted bagel, cream cheese, tomato, cucumber, red onions, capers & olives served with a cup of fruit

QUICHE \$13.95
House made quiche choice of spinach and mushroom or Lorraine served with one side

LILY'S OATMEAL \$11.95
Choose up to 3 toppings: dried fruit medley, warm berry compote, sliced almonds, walnuts or cinnamon

BERRY BANANA BOWL \$13.95
Berry compote, yogurt, fresh berries, banana & house-made granola

RICHARD'S SPECIAL \$16.95
Two eggs any style, two pancakes, served with your choice of bacon, Canadian bacon or sausage
* Sub chicken apple sausage \$1
* Sub French Toast, Lemon Ricotta or Yogurt Pancakes \$1

CARNITAS & EGGS \$16.95
Pulled pork, jalapeños, two eggs any style served over corn tortillas & black beans, topped with avocado, sour cream & tomatillo salsa

SOUTH OF THE BORDER \$16.95
Choice of chicken, brisket, carnitas, or seasoned tofu, with black beans, two eggs any style on corn tortillas with cheese, avocado, cilantro & salsa

TWO EGG SPECIAL \$16.95
Two eggs any style with choice of bacon, ham or sausage served with two sides

OMELETTES & SCRAMBLES

SERVED WITH CHOICE OF TWO SIDES

JOE'S SCRAMBLE \$16.95
Three eggs scrambled with sausage, spinach, mushroom & green onion, topped with parmesan cheese

TY'S OMELETTE \$16.95
Bacon, avocado, tomato, arugula & cheddar cheese

CHELSEA'S OMELETTE \$16.95
Egg whites, zucchini, broccoli, spinach, jack cheese & avocado

MOUNT DIABLO SCRAMBLE 17.95
Three eggs scrambled with bacon, spinach, mushrooms, breakfast potatoes topped with cheddar cheese, diced tomato, green onion & a dollop of sour cream

BUILD YOUR OWN OMELETTE \$13.95

We start with three eggs...then you tell us!

* \$2 each - Bacon, sausage, ham, chicken apple sausage, avocado
* \$1 each - Swiss, jack, cheddar, cream cheese, arugula, spinach, mushroom, tomato, zucchini, broccoli, jalapeños, sour cream, salsa

BREAKFAST BURRITOS & BOWLS

BURRITOS COME WITH FLOUR OR WHEAT TORTILLA BOWLS SERVED OVER BREAKFAST POTATOES

BREAKFAST BURRITO \$13.95
Eggs, cheese, breakfast potatoes with your choice of bacon, ham or sausage served with salsa

VEGGIE \$13.95
Eggs, cheese, breakfast potatoes, spinach, zucchini & broccoli served with salsa

VEGAN \$14.95
Fajita style tofu, breakfast potatoes, bell peppers, onions, mushrooms, lettuce, tomato & avocado served with salsa

HASH TIME SERVED WITH TOAST OR FRUIT

SUNRISE POTATOES \$16.95
Spinach, tomato, mushroom, zucchini, broccoli, garlic, breakfast potatoes, topped with two poached eggs & parmesan

CORNERED BEEF \$17.95
Chopped corned beef, breakfast potatoes, green onions, topped with two poached eggs

SMOKED BRISKET \$17.95
In house smoked brisket, sweet potatoes, apples, bacon, kale, broccolini, topped with two poached eggs & harissa sauce

TOFU HASH 17.95
Seasoned tofu, breakfast potatoes, spinach, roasted cauliflower, broccolini, red onion, peppers, zucchini & lemon tahini sauce

FROM THE GRIDDLE

BISTRO PANCAKES \$13.95
Two house-made pancakes. No box mix here!

WHOLE GRAIN OAT PANCAKES \$14.95
Oat flour, whole rolled oats, oat bran, yogurt, egg whites, apples, prunes with a side of warm berry compote

LEMON RICOTTA PANCAKES \$15.95
Three lemon ricotta pancakes served with Mascarpone whipped cream & blueberry compote

CINNAMON SWIRL FRENCH TOAST \$14.95
Two slices of our house made cinnamon swirled challah bread dipped in spiced egg batter

CHEESE BLINTZES \$15.95
Three house made fresh crepes filled with sweet cheese filling, served with warm berry compote & sour cream

THE "SIDES" \$5.95

BREAKFAST POTATOES - GRILLED SWEET POTATOES - FRESH FRUIT - KALE & BROCCOLINI - HOUSE MADE TOAST - OATMEAL APPLESAUCE



SALADS

SERVED WITH SEEDED OAT CRACKER
OR SLICE OF HOUSE MADE BREAD

CHICKEN SALAD SALAD \$16.95

House made cashew chicken salad on top of crunchy veggies, mixed greens, tomato, cucumber, croutons, served with Italian dressing

TUNA SALAD SALAD \$15.95

Tuna salad on top of crunchy veggies, mixed greens, tomato, cucumber, croutons, served with Italian dressing

BOUNTIFUL GREEN SALAD \$15.95

Shredded carrots & cabbage, pickled beets, tomato, cucumber, radish, mixed beans, hard boiled egg, avocado, seeds & sprouts, served with your choice of dressing

* Add chicken breast \$4 or cold flaked salmon \$5

KALE SALAD NEW \$15.95

Dino kale, sunflower sprouts, red onion, cucumber, avocado, pumpkin, sesame & sunflower seeds, served with Braggs amino dressing

* Add chicken breast \$4 or cold flaked salmon \$5

COBB SALAD \$17.95

Chicken, bacon, egg, tomato, blue cheese crumbles, avocado, served with blue cheese dressing

THAI CHICKEN SALAD \$16.95

Chicken breast, mixed greens, crunchy veggies, noodles, tomato, cucumber, cilantro, sesame seeds, tossed with Thai dressing

CAESARS GODDESS SALAD \$12.95

Romaine, parmesan, croutons tossed with Caesars goddess dressing

* Add chicken breast \$4 cold flaked salmon \$5

TAHINI LENTIL SALAD NEW 14.95

Mixed greens, kale, lentils, cabbage, roasted veggies, tomato, cucumber, pumpkin seeds, sesame seeds, sunflower seeds & sprouts, served with Tahini dressing

* Add chicken breast \$4 or cold flaked salmon \$5

BURRITOS & BOWLS

BOWLS SERVED TOPPED WITH "THE CHIPOTLE CRUNCH"

"THE CHIPOTLE CRUNCH"

Comes loaded with shredded carrots, cabbage, sunflower sprouts, seeded cracker & chipotle citrus dressing

BURRITOS COME WITH FLOUR OR WHEAT TORTILLA

URBANO'S BURRITO NEW \$16.95

Spanish rice, black beans, cheese, tomatillo salsa, with choice of chicken, brisket, pulled pork or fajita tofu

THE ENERGIZER BURRITO NEW \$15.95

Black beans, brown rice, cheese, broccoli, zucchini, spinach, tomatillo salsa

* Add chicken, brisket, pulled pork or fajita tofu \$4

HAPPY HIPPIY BOWL \$17.95

Brown rice, lentils, roasted veggies, cabbage, carrots, tomato, cucumber, hummus & tahini dressing

* Add chicken, brisket, pulled pork or fajita tofu \$4

SANDWICHES & WRAPS

SERVED WITH ONE SIDE AND CHOICE OF HOUSE
MADE BREAD

CALIFORNIA \$16.95

Chopped chicken breast, fuji apple, cashews, mayo, lettuce & tomato, served on herb bread

CAROL'S TUNA SANDWICH \$16.95

Tuna mixed with celery & mayo, with lettuce, tomato, served on herb bread

JOE'S DELIGHT \$16.95

Fresh roasted turkey, cranberry or avocado, cream cheese, walnuts, lettuce & tomato served on herb bread

BLTA \$15.95

Bacon, lettuce, tomato, avocado & mayo, served on toasted herb bread

CLUB \$17.95

Fresh roasted turkey, bacon, lettuce, tomato, avocado & mayo, served on toasted herb bread

GRILLED TUNA MELT (HOT) \$16.95

Grilled tuna with melted cheese, lettuce & tomato, served on grilled herb bread

ROAST BEEF (HOT) NEW \$16.95

Roast beef, caramelized onions & swiss cheese served on a toasted soft roll served with au jus

REUBEN (HOT) \$16.95

Corned beef, sauerkraut, Swiss cheese, thousand island dressing, served on grilled marbled rye

ROASTED TURKEY SANDWICH 15.95

Fresh roasted turkey breast, lettuce, tomato & mayo on herb bread

BREAD

HOUSE MADE HERB - WHOLE WHEAT - EGG -
MARBLED RYE

SLICED SOURDOUGH - FLOUR TORTILLA

WHEAT TORTILLA - SOFT ROLL

MARIPOSA GLUTEN FREE BREAD \$2.50

THE "SIDES" \$5.95

GREEN SALAD - POTATO SALAD - PICKLED

BEETS - FRUIT - BREAKFAST POTATOES -

SEASONAL ROASTED VEGGIES

HOUSE MADE PASTRIES - PREPARED DAILY!

MORNING BUNS \$4.25

CINNAMON ROLLS \$4.50

COFFEE CAKE, ZUCCHINI BREAD & CHOCOLATE

CHIP BANANA BREAD \$4.50

BLUEBERRY MUFFINS \$3.75

OATBRAN MUFFINS - PLAIN OR WITH RAISINS \$3.75

POWER SCONES \$3.95

SEE OUR FULL PASTRY LIST LOCATED ON OUR
BEVERAGE MENU