



# Hello winter



## Toasts | \$7

on Nord Sourdough Bread  
from Doylestown

### **Lavender Fig Toast**

goat cheese, figs, honey  
& lavender buds

### **Traditional Avocado Toast**

smashed avocado, EVOO,  
lemon & everything spice (optional)

### **Olive Hummus Toast**

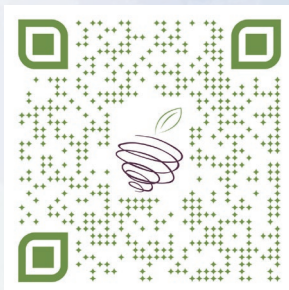
hummus, olives, hemp seeds  
& balsamic glaze

### **Winter Avocado Toast**

smashed avocado, sliced apples,  
walnuts, maple syrup & sea salt

### **Banana & Nut Butter Toast**

peanut or almond butter with  
sliced banana, chia seeds  
& honey / agave / maple syrup



SCAN FOR  
DIGITAL MENU!

## Breakfast

served all day!

customize waffles with 3 toppings

### **Funky Monkey Waffle (GF) | \$10**

protein waffle with cinnamon,  
sliced banana, nut butter, walnuts  
& maple syrup or honey

### **Sweet & Salty Waffle (GF) | \$10**

protein waffle with vanilla or chocolate  
ghee, pink sea salt, caramel sauce  
& whipped cream

### **Winter Tracks Oatmeal (V) | \$6.50**

organic oats, cranberries, cinnamon,  
nutmeg, wild orange & chia

## Acai & Smoothie Bowls

pick 3 topping: GF granola, coconut,  
cacao nibs, hemp/chia seed, fruit,  
honey/agave, nut butter (.50)

### **Calm (V & GF) | \$10**

acai, mixed berries & banana  
+ 3 toppings

*Make it Bliss by adding a nut butter!*

### **Winter Energizer (V & GF) | \$10**

orange, mixed berries, banana,  
get greens & raw cacao + 3 toppings  
(we like granola, banana & chia seeds)

