

SUNFLOWER

breakfast until 11:30

OMELETES

Midwestern 11
all natural Hickory smoked Iowa ham
cheddar cheese and spinach

Southwestern 11
chicken breast, roasted peppers,
tomato, pepper jack, chipotle Tabasco
and sour cream

Out Western 13
Bay shrimp tossed with lemon, parsley,
sliced roasted pepper and celery with
avocado and jack cheese

Vegetarian 9.5
seasonal roasted mélange of
vegetables and feta cheese

Herbed Goat Cheese & Spinach 11
vegetarian omelet with herbed goat
cheese, spinach and tomato

Cagiano Italian Pork Sausage 11
Cagiano brand Sweet Italian pork
sausage with fresh fontina and tomato

Roasted Turkey & Shallot Mousse 9.75
house roasted turkey breast with our
luscious roasted shallot mousse, tomato
and Parmesan cheese

Cheese 8
one cheese, but you
name it from our list!

MINI OMELET

BREAKFAST SANDWICHES

*recommended on potato bun,
toasted brioche or wheat toast*

The Pedestrian 7
hickory smoked all natural Iowa ham
and cheddar cheese

Avocado & Pepper Jack 7
with tomato

add hickory smoked ham 2.5
add peppered bacon 2.5

Lox & Herbed Goat Cheese 9.75
with a hint of roasted shallot mousse

Egg & Cheese 4.5
that's it—one cheese, but you
name it: cheddar, jack or pepperjack!

WAFFLES

Buttermilk Belgian Waffles 6.25
served with pure Vermont organic
maple syrup & whipped butter

Toasted Pecan Waffle 6.75

Peppered Bacon Waffle 6.75
crisp peppered bacon in your waffle, WOW!

add whipped cream 0

add fresh fruit salad 2.5

add Fuji apple 1.5

add toasted almonds 1

OATMEAL

**Brown sugar, raisins
& steamed milk** 4.5

Clover brand
organic local kefir 1

Fuji Apple 1

sliced banana 1

toasted almonds
or pecans 1

BAGEL, LOX & CREAM CHEESE

Lox & Bagel 12.75

real NY-style local bagel,
sustainably farmed cold
smoked salmon, cream
cheese, capers, red
onion, tomato & lemon;
interactive assembly

TOASTED

**bagel, sliced sourdough,
sliced wheat, sliced brioche
caraway rye, French
baguette, foccacia,
potato bun**

with:
butter & strawberry jam 2.25

cream cheese 3

herbed goat cheese 3.5

ESPRESSO BAR & HOT BEVERAGES

we serve a variety of organic, fair trade and/or sustainably farmed coffee and espresso; all drinks served with a double ristretto

iced or hot, decaf available

drip coffee (free refills)	2.25
French press for two	4.75
espresso	2.25
macchiato	2.75
cappucino	3.25
latte	3.5
mocha	3.75
hot tea	2
pot	4.25
chai latte	3.5
hot chocolate	2.75
add Monin syrups	.5

COLD BEVERAGES

iced tea	2.25
Arnold Palmer	2.75
juice	2.75 / 3.5
<i>orange, apple, cranberry, lemonade</i>	
fountain soda	2.25
Italian soda	2.5
bottled drinks	2.75
bottled water	5
<i>San Pelligrino, Acqua Panna</i>	
fruit smoothies	4.75
<i>peach, mango, strawberry</i>	
<i>blueberry</i>	
add banana	.5
add Clover organic Kefir	1
milkshakes	4.75
iced mocha shake	4.75
banana latte shake	5.25

Mimosa, Cider, Beer, Wine & Champagne

*we have an amazing list
visit our garden wine bar*

monster mimosa a double size to really start the day right 7

