

## Extras

GRILLED RED POTATOES	1.45
GRITS: VEGAN, Organic Yellow	1.45
TURKEY BACON or CHICKEN SAUSAGE	2.45
TOFU SLICE, Tempeh Slices:Fakin Bacon+ or Plain	2ea
EGG: Fried or Scrambled	1.85
EGG WHITE	1.85
1 PANCAKE REG	1.85
2 PANCAKES GF medallions	1.85
2 TOAST SLICES	.75
BEANS: BLACK BEANS or LENTILS	1.75
ENGLISH MUFFIN: Multigrain	2.25
BAGEL: Multigrain	2.25
GLUTEN FREE BAGEL or English Muffin	2.75
GLUTEN FREE BREAD 2 SLICES	1.00
ORGANIC MAPLE SYRUP 2oz	.75
FRUIT SIDE	.50
TORTILLA CHIPS	.75
AVOCADO	2ea
HALF LEMON	1.50
CHEESE: DAIRY or DF	1.25ea
KALE, SPINACH or PIMENTO CHEESE	1.75ea

## Smoothie Extras

1ea	Honey, Liquid Herbal Extracts: Ginseng, Kava, Devil's Claw, Echinacea & Goldenseal
2ea	Extra Fruit, Liquid B-12, Liquid Vit C, Spirulina Powder, Peanut Butter*, Flax Oil, Acai Powder,
2ea	Rice, Low Carb, Spirutein, or Whey Protein
2.25	Vegan Blend or Hemp Protein, Almd Butter*, Maca, Coc Oil
2.50	Coconut Water Base 8oz
1.50	Substitute Vegan Blend or Hemp Protein

**Bread options:** Sprouted Grain+V, Sourdough+ VGN, Millet & Flax +VGN, Tortilla+ VGN, or Lettuce Wrap. Gluten Free Bread V \$1.00 extra.

**We proudly serve:** Local/Regional Free Range Eggs & Organic Cheeses, Regional & Gluten Free Chicken Sausage, Nitrate Free & Antibiotic Free Turkey Bacon  
Follow Your Heart Veganaise Mayo DF, Egg Free, Non GMO Daiya Cheeses DF, GF, SF, LF

**Please note that our Kitchen uses Dairy, Meats, Nuts \* indicates item contains nuts, Wheat + indicates contains wheat &**

**Fish/Shellfish # indicates item contains Fish/Shellfish**

Diet specific menu items are identified by

**Vegetarian V, Vegan VGN, Gluten Free GF, Raw R, Dairy Free DF, Soy Free SF, Lactose Free LF**

05/2015

## Breakfast MENU



843.448.0011

## ORGANIC SMOOTHIES

16oz Smoothies made with Frozen Organic Fruit

Choose a base of Org. Apple Juice, Almond Milk\*, Soy Milk or Rice Milk

### **Full of Fruit "Classic" \$4.95**

Frozen Banana, Frozen Strawberries, Frozen Pineapple & Frozen Blueberries

### **Power Scoop "Classic with Protein" \$5.75**

"Classic" & with a choice of one protein powder: **Vanilla Spiru-tein** GF (Rice/Pea/Soy); **Whey** (Milk & Egg); **Rice** VGN, R, GF; or **Low-Carb** GF 2 Carbs (Rice/Pea/Soy Blend)

### **Bella's Pain Lifter "Muscle & Joint Relief" \$6.75**

"Power Scoop" enhanced with Devil's Claw extract, Liquid #Glucosamine, Chondroitin, & MSM, & Flax Seed Oil

### **Blueberry Almond\* Tart "BAT" \$6.95**

Frozen Banana, Frozen Blueberries, Almond Butter & Vanilla Protein in Almond Milk

### **Chocolate Chiller "Protein Energy" \$5.95**

Frozen Banana, Dairy Free Chocolate Ice Cream, Organic Chocolate Syrup & Chocolate Protein

### **Cliffy "Immune Booster" \$6.50**

"Power Scoop" & Echinacea Goldenseal extract & Liquid Vitamin C

### **Green Peach \$6.75**

Fresh Spinach, Frozen Peaches & Banana, Peach Protein in Almond Milk\*

### **High Anxiety "Stress Reducer" \$6.75**

"Power Scoop" enhanced with Kava extract, & Liquid B-Complex

### **Kale Yeah \$6.75**

Fresh Kale, Frozen Mango, Frozen Peaches in Almond Milk\*

### **Lucky Leprechaun \$6.75**

Fresh Spinach, Frozen Mango, Frozen Pineapple in Almond Milk

### **"Pick A Fruit" Smoothie \$5.75**

"Power Scoop", Frozen Banana and Choose **ONE** fruit: **Mango, Strawberry, or Peach**

### **Second Wind \$6.75**

"Power Scoop" & add liquid B-12 & Ginseng Extract

### **Smoothie of the Month \$5.95**

See Blackboard for details

### **Swamp Water Special "Internal Cleanser" \$6.75**

"Classic" with spoonful of Spirulina powder for internal toxic cleansing & Local Raw Honey for a quick burst of energy

### **ACAI BOWL VGN \$7.95**

Blended Unsweetened ACAI FRUIT, Frozen Banana, & Almond\* Milk then garnished w/Granola and fresh Blueberries & Bananas

## ORGANIC BREAKFAST

### OMELET 5.50

3 EGGS w/ Organic Mild Cheddar Cheese or Vegan Cheese.  
Choose side: Grilled Red Potatoes or VEGAN GRITS

**1-2 ITEMS 5.85                      3-4 ITEMS 6.25**

Choices: Tomato, Spinach, Broccoli, Green & Red Bell Pepper,  
Mushrooms, Onions, Salsa, Jalapeño, Lentils, Black Beans

### PROTEIN OMELET 6.35

Cheese Omelet w/ one choice: Fakin Bacon+,  
Chicken Sausage GF or Turkey Bacon

### 4 EGGWHITE OMELET GF 5.60

w/Organic Mild Cheddar Cheese or Vegan Cheese

**5.95 1-2 items,                      6.35 3-4 items**

### MEXICO OMELET GF 6.75

CHEESE OMELET w/BLACK BEANS & SALSA.

Served w/ AVOCADO Slices

### PANCAKE BREAKFAST 6.75

2 Pancakes. One Choice: Grilled Potatoes or Grits,  
one choice: Fakin Bacon+, Chicken Sausage GF or Turkey  
Bacon. Served w/ Organic Maple Syrup & Organic Butter

### 2 PANCAKES 4.85

Choice of Grilled Red Potatoes or Vegan Grits

**ADD BLUEBERRIES TO BATTER +1.25**

### 3 GLUTEN FREE Medallion PANCAKES 4.95

w/Grilled Red Potatoes

### CASAMIENTO BURRITO 4.75

BLACK BEANS, SCRAMBLED EGG, & SALSA

**ADD CHICKEN SAUSAGE GF +2.45**

### VEGAN CASAMIENTO BURRITO 5.25

BLACK BEANS, TOFU SCRAMBLE, & SALSA

**ADD FAKIN BACON+ +2.00**

### VEGAN BREAKFAST QUESADILLA 6.45

BLACK BEANS, TOFU SCRAMBLE, FAKIN BACON, SALSA, VEGAN CHEESE

### BREAKFAST QUESADILLA 6.75

BLACK BEANS, SCRAMBLED EGG, CHICKEN SAUSAGE, SALSA, CHEESE

### BAY PLATE 5.95

EGG, TURKEY BACON or CHICKEN SAUSAGE,

SAUTE SPINACH & TOAST

CHOICE: GRILLED RED POTATOES or GRITS

### BAY BEAN PLATE 6.25

TOFU SCRAMBLE, LENTILS or BLACK BEANS,

FAKIN BACON+, SAUTEED SPINACH & TOAST

ONE CHOICE: GRILLED RED POTATOES or GRITS

### VEGAN BAY PLATE 5.75

TOFU SCRAMBLE, FAKIN BACON+, SAUTE SPINACH & TOAST

ONE CHOICE: GRILLED RED POTATOES or GRITS

### VEGAN BREAKFAST "ALL DAY LONG" BURRITO 7.50

Tofu Scramble, Fakin Bacon+, Chopped Tomatoes  
& Veganaise

### SMOKED POTATO BURRITO+ 6.95

CHOPPED RED POTATOES, FAKIN BACON+, TOMATOES,  
MONTEREY JACK CHEESE & Veganaise. VEGAN option.

### SCRAMBLE BURRITO VGN 5.50

TOFU SCRAMBLE, BLACK BEANS, SAUTE SPINACH & GRILLED  
POTATOES

### POTATO SKILLET GF 4.95

FRIED or SCRAMBLED EGG or TOFU SCRAMBLE, TOMATOES,  
SPINACH, & GRILLED ONIONS PILED ON RED BLISS POTATOES

### "FBLT" FAKIN BACON Lettuce & Tomato+ VGN 5.50

### BLT 4.95

TURKEY BACON, LETTUCE, TOMATO & Veganaise

**ADD FRIED or SCRAMBLED EGG +1.75**

### BAY BAGEL or MUFFIN 4.50

Bagel or English Muffin w/Fried Egg or Tofu Scramble  
& Sauté Spinach

**ADD FAKIN BACON+ +2.00**

**ADD CHICKEN SAUSAGE GF or TURKEY BACON +2.45**

**Gluten Free bagel or Muffin add .50**

### EGG SANDWICH 3.50

ADD CHICKEN SAUSAGE GF or TURKEY BACON +2.45

### QUICHE SLICE 4.75

SPINACH CHEESE or BROCCOLI MUSHROOM

### GRANOLA BOWL 4.25

*Organic Granola, Almond Milk, Fresh Bananas & Blueberries*

### PARFAIT CUP 3.75

*Organic Vanilla Yogurt & Granola with Fresh Fruit*

*PB&J or Organic Banana* VGN 3.95

*AB&J (Almond Butter) or Organic Banana* VGN 4.95

## Organic Baked Goods

See CHAULKBOARD for daily list

**Fresh Muffins, Fruit Scones, Cinnamon Rolls, & Donuts**

## BEVERAGES

First refill complimentary on Ice Tea or Hot Coffee

**Organic Ice Tea 2.45**

**Organic Hot Tea 2.25** Herbal, Black, & Decaf

**Organic Coffee 2.25** Larry's Coffee Raleigh, NC

**Organic Iced Coffee 3.45ea**

**Cucumber Water .99c**

**NonDairy Milk: Almond, Rice, or Soy                      8oz 2.25    16oz 4.25**

**Organic Apple Juice (Unfiltered & Pasteurized) 8oz 2.25    16oz 4.25**

**Coconut Water 8oz 2.50                      16oz 4.95**