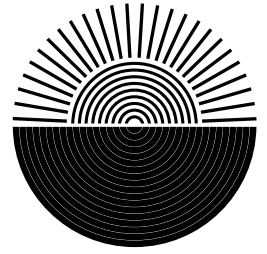


ANOTHER KIND OF SUNRISE



Trusty Bowls 7

(choose your milk/yogurt and a topping*)

- Raisin Bran w/ flax
- Corn Flakes gf/wf/sf
- O's gf/wf
- Rice Crispies gf/wf
- Cocoa Crispies gf/wf
- Frosted Flakes gf/wf
- Peanut Butter Puffs gf/wf

Tasty Bowls 9

Fafurina's Paleo Granola gf/wf
 sprouted almonds, raw pumpkin seeds, pecans,
 shredded coconut, honey, grade b maple syrup
 (choose your milk and a topping*)

Chia Porriage gf/wf
 chia seeds, fresh young coconut milk, vanilla
 (choose your topping*)

Acai gf/wf
 acai berries, blueberries, cashews, fresh young coconut milk
 (comes w/ sliced banana & wildflower honey granola)

Milk/Yogurt/Non-Dairy

- Straus Grass-Fed Whole Milk
- Straus Grass-Fed Whole Milk Yogurt
- Mylkman Almond & Coconut Mylk**
(thurs - sun only)
- Almond Milk

Toppings

- Sprouted Almonds
- Raw Cashews
- Raw Pumpkin Seeds
- Seasonal Fresh Fruit
- Goji/Goose/Mulberry Mix
- Shredded Coconut
- Raisins
- Cacao Nibs
- Flax Seeds

Cold-Pressed Juice

by Moon Juice

Cup of Mylk 6

by Mylkman
(thurs - sun only)

Cup of Coffee 3

by Handsome Coffee Roasters

Tea 3

- China Green
- Earl Grey
- Irish Breakfast
- Chai

Herbal Tea 3

by Distira Tisanes

- Dandelion-Lavender-Ginger
- Lemongrass-Echinacea
- Cassia Bark-Chicory-Burdock Root
- Licorice Root-Cardamom-Peppermint

* extra topping add \$1 ** Mylkman add \$2 gf - gluten free wf - wheat free sf - sweetened w/ fruit juice

We strive to provide food that is organic, locally sourced, healthy and environmentally friendly.