

Breakfast

Seasonal Fruit Plate (V, Gf)	5
Oatmeal	5
Parfait <small>Greek Yogurt, Local Honey, Granola, Dried & Fresh Berries</small>	5
Baked Oatmeal <small>Brown sugar, Dried Cranberry, Raisin, Almond, Vanilla-Scented Almond Milk, Fresh Berries</small>	6
Power Bowl (V, GF)	8
<small>Coconut Chia Pudding, Crispy Kale, Dried Fruit, Toasted Walnut, Agave Syrup, Cinnamon, Orange Slices</small>	

Toast

5 / 1 Piece 8 / 2 Pieces

<small>Served on Thick-Cut Brewer's Bread from Modern Malt Bake Shop (Syracuse, NY)</small>		<small>*Available on Udi's Gluten Free Toast</small>
Smashed Avocado (Veg)	PB, C, & B (V)	Slab Bacon
<small>Goat Cheese, Blistered Cherry Tomato</small>	<small>Peanut Butter, Banana, Chia Seed</small>	<small>Runny Egg, Salsa Roja</small>

Farm Fresh Eggs

Bakery and breads sourced from Mario's Italian Bakery (North Syracuse, NY) & Pasta's Daily Bread (Syracuse, NY)
Available with Udi's Gluten Free Toast

Two Eggs <small>Bacon, Ham, or Sausage; Breakfast Potatoes, Choice of Toast</small>	11
Breakfast Burrito <small>Scrambled Eggs, Cheddar, Bacon, Sausage or Ham; Breakfast Potatoes, Salsa Roja</small>	12
Breakfast Sandwich <small>Runny Eggs, Sausage, Crispy Kale, Smoked Gouda Cream, Sweet Chili Aioli, On Pasta's Stretch Bread, Breakfast Potatoes</small>	13
Omelet <small>Egg Yolks or Egg Whites</small>	12
<small>Choice 3 (each additional item .50) Spinach, Mushroom, Onion, Tomato, Pepper, Bacon, Sausage, Ham, Feta; American, NY Cheddar, Smoked Blue, Breakfast Potatoes, Toast</small>	
Eggs Benedict <small>English Muffin, Poached Eggs, Slab Bacon, House Hollandaise, Breakfast Potatoes</small>	13

Specialties

Belgian Waffle <small>Whipped Cream, Berry Compote</small>	11
Vegan Waffle <small>Whipped Coconut Cream, Berry Compote</small>	12
Limoncello French Toast <small>Mario's Bakery Lemon Bread, Limoncello Glaze, Berry Compote</small>	13
Falafel Waffle <small>Tzatziki, Sundried Tomato, Feta, Runny Egg</small>	11
Pancakes <small>Buttermilk, Chocolate Chip or Blueberry</small>	11
Add <i>Local</i> Honey .50	

Buffet

15

Hot Items; Scrambled eggs, Poultry sausage, Bacon, Potatoes, Fresh *Local* Modern Malt Bread Pudding & Oatmeal

Continental Items; Fresh *Local* Pastries & Breads, a Variety of Whole & Mixed Fruit, Yogurt, & Cereals

Eggs Your Way; Two Eggs Cooked to Order, Any Style

Beverages; Hot Coffee / Tea, Simply Orange Juice, Cranberry, Apple, Grapefruit, Iced Tea, & Coke Products

Sides

Bacon, Ham Steak, Sausage	4	Slab Bacon	6
(1) Egg / (2) Eggs	2/3	Local Pastries	4
Toast; White Wheat, Rye, English Muffin, Bagel, Udi's Gluten Free Bread	4		