
BREAKFAST MENU

7:30 a.m. - 11:30 a.m.

BREAKFAST PLATE

scrambled eggs, white cheddar, chives, sautéed wild mushrooms and baby spinach,
Niman Ranch apple sausage links, toasted sprouted wheat berry bread ~ \$12.75

SOUTHWESTERN BREAKFAST WRAP

scrambled eggs, black beans, pepper jack cheese, guacamole, green chili, vine-ripened tomato,
Oomph! spiced potatoes, salsa fresca, whole wheat tortilla ~ \$12.95

DEER VALLEY GRANOLA

served with a choice of milk or plain yogurt and side of berries ~ \$9.75

TOAST OF THE DAY ~ \$12.25

BREAKFAST SANDWICH

two fried eggs, white cheddar, maple pepper bacon, baby spinach, freshly baked stoneground English muffin ~ \$11.75

DUTCH BABY

fresh berries, whipped butter, powdered sugar ~ \$11.75

LOX PLATE

smoked salmon, vine-ripened tomato, caper berries, fennel pollen chive cream cheese,
Copper Moose Farm mixed micro greens, pickled red onions, toasted everything bagel ~ \$14.75

AVOCADO AND BEET TOAST

beet hummus, avocado, feta cheese, micro greens, sautéed baby spinach, toasted pumpkin and sesame seeds,
single fried egg, toasted sprouted wheat berry bread ~ \$12.25

IRISH OATMEAL

served with your choice of:

golden raisins, pecans, almonds, chia seeds, coconut, dried cranberries, brown sugar, honey, steamed milk ~ \$9.50

KIDS PLATE

half-portion scrambled eggs, sourdough bread, side of berries ~ \$6.75

SIDES




OOMPH! SPICED HOME FRIES  \$4.50 add cheese ~ \$1.50

FRESH FRUIT SALAD ~ \$7.25

SIDE OF BERRIES ~ \$3.75, BOWL OF BERRIES ~ \$12.50

BAGEL AND CREAM CHEESE ~ \$4.75, CHOICE OF TOAST ~ \$3.15

SIDE OF BACON OR NIMAN RANCH APPLE SAUSAGE LINK ~ \$5.25

 gluten-free option available  vegetarian option available  vegan option available

*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of foodborne illness.
(not produced in a vegetarian, vegan or gluten-free environment)