

# MENU


*Catering to the Health Conscious Foodie*

## In the Beginning (Breakfast)




**Naomi**   12  
Two slices of French Toast stuffed with Creamcheese Frosting & Strawberries

**Adam**  \* 14  
Sourdough Toast topped with Fresh Avocado & Everything Seasoning (Add Egg +\$2)



**Noah**   18  
Smoked Salmon Omelet with Cream Cheese, Capers, Red Onion, Tomatoes & Arugula. Comes with Choice of Bacon, Turkey Bacon or Turkey Sausage & Your Choice of Toast

**Samson** \* 12  
Breakfast Sandwich with choice of Traditional Bacon or Turkey Bacon, Free Range Egg & Cheese

**Jacob**   18  
Omelet with Peppers, Onions & Mexican Cheese. Comes with Your Choice of Toast

**Asher**    12  
Fluffy Egg Quiche Stuffed with Broccoli, Cauliflower, Peppers, Onions, Cheddar & Mozzarella Cheeses. Served with a side of Arugula Salad


**Ruth** 14  
Thick Cut Maple Walnut Banana French Toast

**Able**   10  
Two Eggs any Style. Comes with Choice of Bacon, Turkey Bacon or Turkey Sausage & Your Choice of Toast (Add an Egg +\$2)

Side of Breakfast Potatoes 4

## Breaking Bread (Lunch)


**Jonathan**  15  
Chicken Quesadilla with Cheese Blend, Peppers & Onions (Add Guac. +\$2)

**Eden**  12  
Romaine Lettuce with Chicken, Parmigiana Cheese & house made Caesar Dressing on Low Carb Tortilla Wrap (Make it a salad +\$2)

**Joshua**   14  
Butter Crunch Cobb Salad with Avocado, Turkey Bacon, Red Onion, Black Olives, Gouda, Hard Boiled Eggs & house made Ranch Dressing

**Ezra** [Half Size \$8] 14  
Grilled Chicken Breast on Garlic Rosemary Bread with Pesto, Fresh Mozzarella, Basil, Vine Ripened Tomatoes & Balsamic Reduction

**Benjamin** [Half Size \$6] 10  
Fresh Baked Seedless Rye Grilled to Perfection with a Blend of Gouda & Cheddar Cheese (Add bacon +\$2)

**Samuel** \* [Half Size \$9] 16  
Chicken Salad with Onions, Celery & Mayonnaise on Rye Bread

Soup of the Day 6



KETO  VEGETARIAN  GLUTEN FREE  LOW-CARB  \* OPTION

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

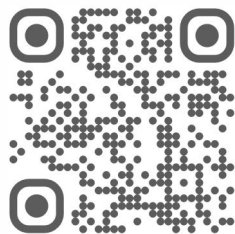
## Forbidden (Sweets)

Dalilah® Pistachio Cream stuffed Taquitos	6
Eve® House made Banana Bread Cake topped with Yogurt "Glossing" and crushed Walnuts	8
Leah® Mini Cheesecake	10
Sarah®* Assortment of Mini Cakes Coated in a Hard Chocolate Shell	5
Shiloh Two Decadent Mini Cupcakes. Choice of Carrot-Cake or Red Velvet	6
Candace Warm Cinnamon Rolls Topped with Coffee Infused Icing	8

KETO (K) VEGETARIAN (V) GLUTEN FREE (GF) LOW-CARB (LC) \* OPTION



CAFE 23



## Milk & Honey (Drinks)

### Hot

Coffee (Regular or Decaf.)	10oz	4
	16oz	6
Latte / Cappuccino	10oz	6
	16oz	7
Espresso (Extra Shot +\$2)	2oz	4
Espresso Con Panna	2oz	6
Matcha	10oz	5
	16oz	6
English Breakfast Tea	10oz	3
	16oz	4
Hot Chocolate	16oz	6
Chai	10oz	6
	16oz	8

### Cold

Iced Coffee (Regular or Decaf.)	16oz	7
	20oz	8
Cold Brew (Add: Cold Foam +\$2)	16oz	8
	20oz	9
Frozen Coffee		9
Latte	16oz	7
	20oz	8
Matcha	16oz	7
	20oz	8
Passion Tea	16oz	4
Unsweetened Tea	16oz	4
Chocolate Milk	16oz	4
Chai	16oz	7
	20oz	8
Smoothies (Each Add-in +\$1)	16oz	7

Any variation of Strawberries, Blueberries, Bananas, Mixed Berries, Peanut Butter, Chocolate, Collagen, Whey Protein & Baobab