

## Breakfast

\* Served with organic whole grain bread  
& your choice of potatoes or fruit salad

### Organic Porridge \$7.95

Oatmeal, oat bran, brown rice, Vermont maple syrup, cinnamon, caramelized walnuts, golden raisins.

### Power Breakfast\* \$10.95

Two eggs any style with your choice of turkey sausage, veggie sausage or turkey bacon.

### Southwest Tofu Scramble \$11.95

Organic tofu, corn tortilla, veggie sausage, soy cheese, organic black beans, jalapeno, roasted pepper, guacamole.

### Garden Omelet\* \$10.95

Fresh vegetables, tomato basil sauce. With feta add. \$1.00

### Nuevo Rancheros \$11.95

Sunny side up eggs, ranchera sauce, soy or feta cheese, guacamole, cilantro, black beans, corn tortilla, potatoes.

### High Protein Scramble \$12.95

6 egg whites, tofu, soy cheese, free range chicken breast or veggie sausage, jalapeno, broccoli, organic brown rice.

### Egg White Scramble \$12.95

6 egg whites, onion, broccoli, soy cheese, mushroom, brown rice, veggie sausage, turkey sausage or turkey bacon.

### Egg White Frittata\* \$12.95

5 egg whites, carrot, broccoli, zucchini, mushroom, spinach, onions, roasted red pepper, fresh herbs, soy or feta cheese.

### AVS Breakfast Wrap \$12.95

Eggs, garden burger, turkey bacon, black beans, guacamole, mexican salsa, soy cheese or organic cheddar, mixed greens.

### AVS Chilaquiles \$12.95

Toasted corn tortilla, garden burger, ranchera sauce, 2 over easy eggs, black beans, guacamole, feta cheese, jalapeno.

### Sante Fe Free Range Chicken Omelet \$13.95

Organic black beans, organic corn, roasted red pepper, cilantro, soy cheese or organic cheddar, corn tortilla.

### Trainer Feast \$13.95

6 egg whites, brown rice, veggie sausage or chicken breast, fresh fruits, organic whole grain toast, choice of pancakes.

### Tex-Mex Scramble \$13.95

Egg whites, salmon, corn tortilla, soy cheese, guacamole, roasted pepper, jalapeno, asparagus, organic black beans.

### Organic Pancakes (S) \$8.50 (L) \$11.95

-Blue corn with banana. W/Vermont all natural maple syrup

-Yellow corn with blueberries.

-Wheat free oat bran with brown rice.

## Sides

### Two Eggs any style \$3.95

### Four Egg Whites \$6.95

### Fresh Fruit Bowl \$4.95

### Veggie Sausage \$4.50

### Free Range Turkey Sausage \$4.95

### Turkey Bacon \$4.95

### Sante Potatoes \$3.50

## \$4.00 Brunch Cocktails

### Saturdays & Sundays

Prosecco \* Mimosa \* Bellini Venetian Cocktail

## Beverages

Soy milk or almond milk add 0.75

Coffee.....\$3.25

Espresso.....\$2.95

Cappuccino.....\$4.95

Cafe Mocha.....\$5.50

Cafe Latte.....\$4.95

Chai Latte.....\$4.95

Bancha Tea.....\$3.95

Organic Herbal Teas.....\$3.25

Iced Tea.....\$3.25

Spring Water.....\$2.95

Agave Sweetened Lemonade.....\$5.25

Sparkling Water.....\$4.50

Orange Juice.....S-\$4.95.....L-\$5.95

Organic Carrot Juice.....S-\$4.95.....L-\$5.95

Apple Juice.....S-\$4.95.....L-\$5.95

Sante Fruit Smoothie.....\$5.95

Zevia All Natural Soda.....\$3.95

Sprite, Coke, Diet Coke.....\$3.25

Additional maple syrup \$1.50

Egg white substitutions \$1.50