

SELDEN BREAKFAST \$5 (8AM- 10AM)

12oz coffee & sausage or ham biscuit
- add fried egg* \$1.60

BREAKFAST

- FRIED RICE \$10.00
brown basmati rice, chicken breast, carrot, cabbage, red onion, seared kale, tamari-ginger sauce, 2 fried eggs*, house kimchi
- TURKISH BREAKFAST PLATTER \$10.25
2 sunny side up eggs*, cucumber feta salad, hummus, olives, sumac, dried apricot, toasted pita bread
- BREAKFAST MEATLOAF \$10.00
grass-fed beef and bacon meatloaf, secret sauce, sautéed spinach, 2 sunny side up eggs*
- CORNED BEEF HASH \$10.00
corned beef, sweet potatoes, sautéed onions & peppers, 2 poached eggs*, buttered toast
- EGG SCRAMBLE \$9.00
3 eggs, bacon, grilled onions, peppers, spinach, cheddar cheese
-make it a burrito with salsa fresca \$1.50
- THE VIBE SANDWICH \$8.00
warm country ham, lettuce, tomato, avocado, herb aioli
- add a fried egg* \$1.60
- VEGETABLE FRITATTA \$9.00
sweet potatoes, cheddar, black garlic aioli
- CHIA YOGURT BOWL \$8.50
topped with house granola, fresh mango, honey
- BELGIUM PEARL SUGAR WAFFLE \$4.50
butter and maple syrup

SOUPS

w/ a mini rosemary biscuit or buttered toast
8oz cup \$4.25 / 12oz bowl \$5.85 / 32oz quart \$13.50

SOUPS DU JOUR

see board for daily offerings

CHICKEN NOODLE

chicken broth, chicken breast, tamari, ginger, soba noodles, green onion, kimchi, cilantro
-add a poached egg \$1.60

SIGNATURE BUTTERNUT SQUASH

Creamy vegan style made with cashews, vegetables and topped with house-made granola

CYPRESS COMBO \$11.50
cup of soup, Virginia ham & honey biscuit, side salad

TOASTIES \$5

POPS cheddar, dijon, tomato
TOD - see board

TOASTS

- make it a sandwich \$1 or wrap \$1.50 GF-sub greens \$1.50
- PORK CARNITAS..... \$9.00
crispy pork, herb aioli, sunny side up egg*, cilantro, salsa fresca
 - AVO \$7.25
smashed avocado, evoo, pickled peppers, tomato, lime, sea salt - add a poached egg \$1.60
 - HUMMUS \$7.25
traditional hummus, kale, carrot, tumeric pickled cauliflower, nutritional yeast, sumac
 - EGG SALAD \$7.00
farm eggs, celery, pickled red onion, green onion, house aioli, Speedy's hot sauce, arugula
 - CHICKEN SALAD \$8.25
chicken breast, celery, green onions, raisins, dijon mustard, greek yogurt & aioli dressing, sunflower seeds, mixed greens

SALAD

make any selection into a wrap \$1.50

- CHIFRIJO BOWL \$11.50
black beans, crispy pork, puffed wild rice, avocado, fresh mango, pico de gallo, cotija cheese, mixed greens, fresh lime
- KALE 'BLT' SALAD \$10.00
kale, arugula, bacon, roasted tomato, sunflower seeds, tahini yogurt dressing
- HOUSE SALAD \$9.25
mixed greens, red cabbage, carrots, tomato, cucumber, bell pepper, avocado, hard-boiled egg, sunflower seeds, carrot ginger dressing on the side
- ZUCCHINI NOODLE GREEK SALAD \$10.00
spiralized zucchini noodles, red onion, tomato, cucumber, feta cheese, garbanzo beans, olives, pepperoncini, citrus vinaigrette
- LAMB BURGER SALAD \$13.00
Border Springs ground lamb burger*, mixed greens, cabbage, cucumber, roasted tomatoes, wasabi ranch dressing on the side
- SALAD ADDITIONS
 - Chicken salad scoop \$3.35
 - Egg salad scoop \$3.00
 - Poached egg \$1.60
 - Lamb burger* \$7.25
 - Chicken breast \$3.60
- SIDES AND SNACKS
 - Toasted bread and butter \$2.10
 - Rosemary biscuit, butter, seasonal jam \$2.60
 - Seasonal fruit \$2.60
 - Granola and greek yogurt \$3.35
 - Half an avocado, lime, sea salt \$2.85
 - Hard boiled egg \$1.60
 - Peanut butter & jelly sandwich \$3.85
 - Hummus and pita bread \$3.75

SMOOTHIES

- 16 oz \$8.00
- COCONUT CRUSH
pineapple, banana, greek yogurt, vanilla, orange juice, toasted coconut, almond milk
- COCO
banana, almond butter, cocoa, honey, almond milk
- BERRY
strawberry, blueberry, spinach, greek yogurt, honey, coconut water
- VERDE
kale, pineapple, ginger, chia seeds, avocado, coconut water

SMOOTHIE ADDITIONS

- Sunwarrior Organic Plant Protein
- CHOCOLATE / VANILLA\$2.10
- SPINACH\$0.50
- AVOCADO\$0.75

BEVERAGES

- Organic Coffee..... \$2.85
- Hot Tea..... \$2.85
- Iced Tea..... \$2.85
- Orange Juice, Lemonade..... \$2.85
- Blood Orange Juice \$3.00
- Hibiscus Iced Tea..... \$3.00
- Cane Sugar Coca Cola \$3.60
- Blue Ridge Bucha Kombucha..... \$3.99
- San Benedetto Water..... \$2.50
- Coconut Water \$2.85
- Super Juices Bottle \$5.10
- San Pellegrino \$3.10
- Sparkling Elderflower \$4.60

*consuming raw or undercooked eggs and meats may increase your risk for food-borne illness