



## SURFER'S BREAKFAST

\$5 (7AM- 9AM)  
12oz coffee & sausage or ham biscuit  
- add fried egg\* \$1.60

## BREAKFAST SERVED ALL DAY

- FRIED RICE ..... \$10.00  
brown basmati rice, chicken breast, carrot, cabbage, red onion, seared kale, tamari-ginger sauce, 2 fried eggs\*, house kimchi
- SOUTHENDER ..... \$8.75  
house made sausage, rosemary biscuit, fried egg\*, pimento cheese, fresh fruit
- TURKISH BREAKFAST PLATTER ..... \$10.25  
2 sunny side up eggs\*, cucumber feta salad, hummus, olives, sumac, dried apricots, toasted pita bread
- DUCK HUEVOS RANCHEROS ..... \$11.50  
duck confit, cotija cheese, pickled jalapeños, avocado, 2 corn tortillas, 2 sunny side eggs\*, rancheros sauce  
-make it a burrito with salsa fresca \$1.50
- BREAKFAST MEATLOAF ..... \$10.00  
River Road Farms grass-fed beef and bacon meatloaf, secret sauce, asparagus, 2 sunny side up eggs\*
- LOX PLATE..... \$12.50  
smoked salmon, warm asparagus, horseradish lebneh, hard boiled egg, arugula, sliced tomato, rye bread, capers, red onion
- 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, wheat bread, herb aioli - add a fried egg\* \$1.60
- SPRING FRITATTA ..... \$9.00  
asparagus, marinated zucchini, parmesan cheese, pickled ramps
- CHIA YOGURT BOWL ..... \$8.75  
topped with house granola, fresh mango, honey
- BELGIAN PEARL SUGAR WAFFLE ..... \$4.50  
butter and maple syrup

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

## SOUPS

w/ a mini rosemary biscuit  
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

### STRAWBERRY GAZPACHO

fresh strawberries, tomatoes, cucumbers, basil

### VEGAN TOMATO COCONUT

creamy vegan style made with cauliflower, carrots, thyme and basil and coconut milk

### PAN SEARED ORGANIC SALMON ..... \$12.50

pan seared organic salmon, zucchini noodles, asian vegetables, spicy miso broth, sesame seeds

### 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

### ITALIAN TURKEY ..... \$8.25

oven roasted turkey breast, roasted red peppers, marinated zucchini, provolone cheese, eggplant caponata spread

### PORK CARNITAS..... \$9.00

crispy pork, herb aioli, sunny side up egg\*, cilantro, salsa fresca

### FISH RUEBEN ..... \$8.50

crispy hake, swiss cheese, jalapeño vinegar slaw, house dressing

### AVO ..... \$7.25

smashed avocado, evoo, pickled peppers, tomato, lime, sea salt  
add a poached egg\* \$1.60

### CHICKEN SALAD ..... \$9.00

chicken breast, celery, green onions, raisins, dijon mustard, greek yogurt & aioli dressing, sunflower seeds, mixed greens

## SALADS

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

### FATTOUSH AND FALAFEL SALAD ..... \$10.50

2 falafel, cucumbers, tomatoes radish, baked pita chips, fresh herbs and za'atar spice, citrus vinaigrette, yogurt tahini

-make it a wrap w/ hummus..... \$1.75

### 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

### STRAWBERRY TURKEY SALAD ..... \$10.50

roasted turkey breast, fresh strawberries, radish, house granola, mixed greens, poppyseed vinaigrette

### ZUCCHINI NOODLE GREEK SALAD ..... \$10.00

spiraled 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
- One egg\* ..... \$1.60
- Lamb burger\* ..... \$7.25
- Organic Salmon ..... \$7.00
- 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..... \$4.85
- San Benedetto Natural Water..... \$2.50
- Coconut Water ..... \$2.85
- Super Juices Bottle ..... \$5.10
- San Pellegrino ..... \$3.10
- Sparkling Elderflower ..... \$4.60