



Fast n’ Fresh

Protein Bowl 14

greek yogurt, blueberry puree, strawberry,
banana, flax, sunflower seed, toasted coconut, honey drizzle (650 Cal)

Greek Yogurt Parfait 8

fresh berries, granola (200 Cal)

Fruit Cup 6

pineapple, cantaloupe, honeydew, berries (50 Cal)

Oatmeal 7

cranberries, brown sugar (200 Cal)

The Classics

Green Goat Omelet 16

egg whites, chives, goat cheese, mushroom, toast (450 Cal)

Two Egg Omelet 14

two eggs, bacon, onions, red peppers, cheddar cheese, toast

Bacon & Eggs 15

two eggs your way, potatoes, applewood bacon, toast

Avocado Toast 15

multigrain toast, avocado, pickled radish, tomato, chives. queso fresco

Waffles 14

fresh berries, syrup

Challah French Toast 14

fresh berries, powdered sugar, syrup

Breakfast Handhelds

Sandwiches come with side of breakfast potatoes

The Jersey Special 15

thick sliced pork roll, white american cheese, broken yolk egg, kaiser roll

Good Start Wrap 15

egg whites, avocado, watercress, heirloom tomato, mozzarella

Classic B.E.C. 15

broken yolk egg, bacon, cheddar, everything bagel

Sides

Crispy Potatoes 5

Sausage 6

Applewood Bacon 6

Pork Roll 6

Turkey Sausage 6

Multigrain or Sourdough Toast 3

If you have any concerns regarding food allergies, please let your server know prior to ordering.

Consuming raw or uncooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illnesses.

*A 20% gratuity will be applied to groups of 6 guests or more *