



HEALTHY START

PRICE



FRUIT & YOGURT BOWL

Greek Yogurt with Berries and Homemade Granola

Contains: **Gluten, Wheat, Milk**

\$7.49



AVOCADO TOAST

Whole Wheat Bread, Avocado, Caramelized Onions, Feta, and Pico de Gallo

Contains: **Gluten, Wheat, Soy, Milk**

\$5.55

POWER BOWL

Eggs your way, Quinoa, Farro, Pico de Gallo, Cheese, Bacon, Sausage, or Vegan Chorizo, Avocado, Cilantro and Lime Sauce
Contains: **Egg, Soy, Milk, Gluten, Wheat**

\$9.09



BREAKFAST BURRITO

Eggs, Cheese, Pico de Gallo, Salsa, Black Beans, and Avocado wrapped in a Flour Tortilla
Contains: **Gluten, Wheat, Egg, Milk**

\$8.05



VEGAN BURRITO

Seasoned Tofu, Vegan Chorizo, Black Beans, Corn Salsa, and Avocado
Contains: **Gluten, Wheat, Soy**

\$8.05

EGG BOWL

Choice of Eggs or Tofu, Bacon, Sausage or Vegan Chorizo, Vegan or Cheddar Cheese, served with Caramelized Onions, Peppers, Salsa, Pico de Gallo and Avocado
Contains: **Egg, Milk, Soy, Tree Nuts**

\$7.99

EGG SANDWICH

Bacon, Sausage or Vegan Chorizo, Vegan or Cheddar Cheese on a Plain Bagel or English Muffin
Contains: **Gluten, Wheat, Egg, Soy, Tree Nuts**

\$6.69

Please notify our staff if you have a food allergy.



PROTEIN ENHANCED
SMOOTHIES & SHAKES

- V

BERRY BLISS SMOOTHIE

Strawberry, Banana, Orange Juice, Apple Juice, Greek Yogurt, Protein Powder

Contains: Milk, Soy
- VG

GREEN GLOW SMOOTHIE

Banana, Kale, Coconut Oil, Almond Milk, Lime, Plant-Based Protein Powder

Contains: Tree Nuts, Soy
- V

DREAMSICLE SHAKE

Orange Juice, Mango, Milk, Vanilla Bean Ice Cream, Protein Powder

Contains: Milk, Soy
- V

NUTELLA BOOST SHAKE

Nutella, Milk, Vanilla Bean Ice Cream, Protein Powder

Contains: Milk, Tree Nuts, Soy

PRICE

\$7.79

\$8.25

\$8.45

\$7.79

DRINKS

PRICE

12OZ JUICE

\$2.09

HOT TEA
12OZ

\$2.59

SUN ROASTERS
COFFEE
12OZ

\$2.65

SUN ROASTERS
COFFEE
16OZ

\$2.95

EXTRAS

PRICE

- VG

HOME FRIES

BACON

SAUSAGE PATTY
- VG

TOFU SCRAMBLE

Contains: Soy

\$3.19

\$3.19

\$3.19

\$3.19

V

SCRAMBLED EGG WHITES

Contains: Egg

V

FRIED & SCRAMBLED EGGS

Contains: Egg

VG

BAGEL

Contains: Gluten, Wheat, Soy

VG

ENGLISH MUFFIN

Contains: Gluten, Wheat, Soy

PRICE

\$4.29

\$3.19

\$2.35

\$2.35

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the nest



MEAL EXCHANGE

Combo includes your choice of 12oz Sun Roasters Coffee or Tea

AVOCADO TOAST COMBO

Whole Wheat Bread, Avocado, Caramelized Onions, Feta, Pico de Gallo.
Served with Home Fries

Contains: Gluten, Wheat, Milk, *Soybean Oil

EGG SANDWICH COMBO

Choice of Bacon or Sausage or Vegan Chorizo, Vegan or Cheddar Cheese
on a Plain Bagel or English Muffin. Served with Home Fries

Contains: Egg, Wheat, Gluten, Soy, Tree Nuts

EGG PLATTER COMBO

Scrambled Eggs, Choice of Bacon, Sausage or Vegan Chorizo.
Served with Home Fries

Contains: Egg, Gluten, Wheat, Soy

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional information available upon request.

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