

# WEEKEND » *brunch* «

SATURDAYS & SUNDAYS • 10AM – 2PM

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## **bananas foster french toast** *n*

whole wheat toast, flambéed bananas, butter, maple syrup, dates, almond crunch, strawberries & mint **9**  
*nut-free upon request*

## **blueberry quinoa pancakes** *gf*

quinoa, blueberry compote, butter, strawberries & mint **9**  
*dairy-free upon request*

## **breakfast tacos** *gf*

organic tortillas, scrambled eggs, green onions, cheddar cheese, roasted potatoes, cholula, chipotle aioli & salsa verde **8.5**  
*dairy-free upon request*

## **the chancellor**

whole wheat toast, fried eggs, cheddar cheese, bacon, avocado smash, sliced tomato & balsamic **9**  
served with choice of baked sweet potato fries or organic arugula salad  
*dairy-free upon request*

## **frittata primavera** *gf*

three-egg open-faced omelette, grilled asparagus, sautéed zucchini, yellow squash, tomato & feta **10**  
served with organic arugula salad  
*dairy-free upon request*

## **brunch scramble**

three eggs scrambled with green onions, cheddar cheese, bacon, roasted potatoes & whole wheat toast **9**  
*dairy-free upon request*

## **sunny side skillet**

ground turkey hash sautéed with roasted potatoes, yams, spinach, cheddar cheese, topped with two eggs over easy, chipotle aioli & whole wheat toast **10**  
*dairy-free or gluten-free upon request*

## **morning veggie wrap** *v*

scrambled tofu, edamame hummus, zucchini, yellow squash, arugula, tomato, portobello, avocado, whole wheat tortilla, smoky pepper aioli & salsa verde **9**  
served with choice of roasted potatoes or organic arugula salad

## **breakfast burrito**

scrambled eggs, cheddar cheese, arugula, tomato, avocado, whole wheat tortilla, smoky pepper aioli & salsa verde **9**  
served with choice of roasted potatoes or organic arugula salad

*substitute organic tofu in any egg dish for vegan options*

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## — *sides* —

### **seasonal soup** *gf*

*cup 3.5 • bowl 5*

eggs your way **2 each**  
fresh berries, almond crunch  
& greek yogurt **4 n**  
two bacon strips **2**  
muffin **3 n**

roasted potatoes,  
yams & spinach **3**  
two slices of  
whole wheat toast **2**  
roasted asparagus **4**



**LYFE  
KITCHEN**

— *house faves* —

**margherita flatbread** *gf*

mozzarella, tomato, basil & pomodoro sauce **7**

*with chicken 9 • with shrimp 10*

**quinoa crunch bowl** *gf v*

quinoa, cucumber, snap peas, broccoli, tomato, avocado, organic arugula, edamame hummus, chipotle vinaigrette & fireman's hot sauce **8**

**seasonal market salad** *gf n*

organic romaine, spinach, arugula, roasted brussels, butternut squash, dried cranberry, feta, almond nut crunch, pomegranate vinaigrette **8**

**sweet chile chicken tacos** *gf*

avocado smash, chayote slaw, black bean relish, chipotle aioli **11**

*served with choice of chips & salsa verde or organic arugula salad*

**chicken + avocado sandwich**

sun-dried tomato hummus, avocado smash, bibb lettuce, red onion, basil aioli, ciabatta **10**

*served with choice of baked sweet potato fries or organic arugula salad*

**farmhouse burger**

100% grass-fed beef, bacon, egg over easy, cheddar cheese & dijonaise on ciabatta **13**

*without bacon or egg 12*

*served with choice of baked sweet potato fries or organic arugula salad*

**turkey burger + egg over easy**

bacon, cheddar cheese, pickled carrots & avocado smash topped with an egg over easy on ciabatta **12**

*served with choice of baked sweet potato fries or organic arugula salad*

**crispy chicken + brussels** *n*

roasted brussels + butternut squash, dried cranberry, corn purée & dijon vinaigrette **12**

**herb roasted salmon** *gf*

seasonal vegetables, quinoa, chayote slaw & basil aioli **16**

— *cocktails* —

**mimosa**

**5**

**bloody  
mary bar**

**6**

**red, hot & blue**

signature bloody mary with blue cheese stuffed olives **8**

*add shrimp or bacon to your bloody mary 1*

— *little LYFERS* —

**silver dollar blueberry**

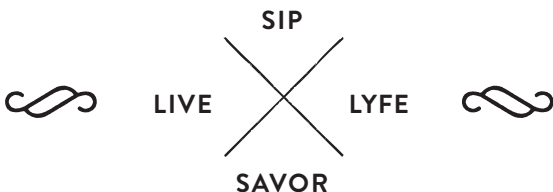
**pancakes 5** *gf*

*dairy-free upon request*

**½ order french toast** *n*

plain or bananas foster **5**

*nut-free upon request*



*gf* gluten-free   *v* vegan   *n* contains tree nuts