

BRUNCH MENU

01

SMOKED CARROT & DREAMY CHEESE BAGEL

Everything bagel toasted & topped with raw cashew cream cheese, smoked carrots, pickled onion, capers 10.00

02

MEDITERRANEAN BREAKFAST SKILLET

Sweet potato, kale, red peppers, mushrooms, black olives & tofu feta. Finished with fresh rainbow tomatoes, avocado & drizzled parsley oil 16.00

04

EGGS VENNY

English muffin, tofu pinto bean breakfast sausage, baby spinach, smoked paprika black salt, finished with Mornay Sauce 16.00

05

TOFU SCRAMBLE

With vegan sausage, avocado & toast 15.00

Menu & Ingredients have all been created and curated by
Margie Cook, RHN, VLCE & Emily Dawson, RHN.

INGREDIENT LIST

coconut vinegar, olive oil // DREAMY CREAM CHEESE / Raw cashews, almonds, apple cider vinegar, refined coconut oil, coconut milk, agar flakes, lemon juice, sea salt // PICKLED RED ONION / Red onion, sugar, apple cider vinegar, kosher salt
MEDITERRANEAN BREAKFAST SKILLET / Sweet potato, onion, garlic, green kale, mushrooms, black olives, red peppers & smoked paprika. Fresh tomato salsa, avocado, micro-greens, Margie's tofu Feta, parsley oil
EGGS VENNY // ENGLISH MUFFIN // MORNAY SAUCE / Olive oil, mustard, nutritional yeast, Ripple milk, apple cider vinegar, turmeric, flour // BREAKFAST SAUSAGE / Pinto beans, veg stock, fennel, pepper, liquid smoke, garlic powder, chili flakes, nutritional yeast, brown sugar, cumin, vital wheat gluten