

## Menu

### Monster Burrito (vegetarian)

\$8.75

Eggs, cheese, potatoes, onions and peppers stuffed into a generous flour tortilla

\*smothered with vegetarian green chili & cheese add \$2.25

### Meat Lover's Burrito

\$10.75

Your choice of sausage or bacon, eggs, cheese, potatoes, onions and peppers wrapped in a flour tortilla

\*smothered with green chili & cheese add \$2.25

### Breakfast Scramble (vegetarian)

\$10.75

Scrambled eggs, black beans, peppers & onions all smothered in melted cheese

\*choice of bacon or sausage add \$2.25

### Crunchy Power Bowl (gf/vegan)

\$9.75

A color-ful bowl of ancient grains, savory kale, sweet tidbits of dates, and marinated Chickpeas. Topped with nuts & seeds, in a tasty curry dressing!

### Greek Sunrise (gf)

\$6.75

Creamy Greek Yogurt drizzled with organic maple syrup and finished with a yummy Keto granola mix for a satisfying crunch!

### Everything Avo (vegan)

\$7.25

Toasted Everything Bagel with a rich layer of avocado tucked inside and topped with savory seasonings!

### No Nonsense Bagel (Plain bagel & cream cheese)

\$4.50

### Cinnamonster

\$4.95

Monster size cinnamon roll swimmin' in a sweet buttery-rich cream cheese sauce..yum!

### Assorted Pastries, Snacks, and Bars

Priced individually at our grab and go counter!

In a hurry? Trying to catch a boat,  
but hungrier than a whale?

During peak season we will have some heartier items at our grab and go counter such as handheld burritos and other selections. If you are trying to catch a boat, please let the barista know and we'll do our best to steer you in the right direction concerning your menu selection.