

VITALITY SMOOTHIES

Add Protein Powder or Spirulina to Any Smoothie for \$2

BLUEBERRY & BANANA CHIA | Blueberries, bananas, Greek yogurt, agave nectar, chia seeds and milk 8

GREEN DELIGHT | Mangos, bananas, pineapples, spinach, agave nectar and almond milk 8

MIXED BERRY CHIA | Blueberries, strawberries, blackberries, raspberries, chia seeds, Greek yogurt, agave nectar and milk 8

SUMMER REFRESHER | Mint, honeydew melon, cucumber, freshly squeezed lime juice and agave nectar 8

PROTEIN PUNCH | Greek yogurt, peanuts, chocolate sauce, fresh banana, cinnamon and milk 8

FRESH-SQUEEZED JUICES

FRESH SQUEEZED JUICE | Choice of Orange, Pineapple, Watermelon, Grapefruit or Apple 7

CITRUS DAYBREAKER | Grapefruit, orange, lemon, pineapple and apple 8

CARROT + GINGER | Fresh carrot, lemon, orange and ginger 8

MORNING CLEANSE | Fresh kale, cucumber, celery, green apple and lemon 8

GINGER SHOOTER | Fresh ginger and lemon juice with a dash of agave nectar, served in a shot glass 4

IN THE BEGINNING

FRUIT SALAD AND YOGURT - ⑥

Seasonal melons and berries served with honey and Greek yogurt 9

HOUSE-MADE GRANOLA

House-made granola topped with berries, coconut flakes, and Colorado bee pollen, served with your choice of any one of our house-made smoothies 12

COLORADO PARFAIT

House-made granola, Greek yogurt, seasonal berries, bee pollen, and coconut, served with a side of agave nectar 9

ELEVATED OATMEAL

Steel-cut oatmeal topped with sliced bananas, berries, house-made granola, coconut flakes and Colorado bee pollen, served with your choice of any one of our house-made smoothies 12

STEEL-CUT OATS - ⑥ ⑤

Steel-cut oatmeal topped with dried cranberries and brown sugar 6

SMOKED SALMON

Smoked salmon, hard-boiled egg, capers, pickled onions, cucumber, tomatoes cream cheese and your choice of bagel 15

CONTINENTAL

Banana or pumpkin bread, cranberry or blueberry scone, a croissant, fruit salad, Colorado peach compote, strawberry jam, butter and your choice of any one of our house-made smoothies served on a three-tiered stand 17

SWEETS

All selections are served with seasonal berries, powdered sugar, maple syrup and come with your choice of bacon or chicken sausage

FRENCH TOAST 13

SIMPLE HOUSE-MADE PANCAKE 12

BELGIAN WAFFLE 12

CHOCOLATE CHIP PANCAKE 13

RICOTTA PANCAKE 13

BLUEBERRY PANCAKE 13

SWEET N' SAVORY FRENCH TOAST 14

LOADED BELGIAN WAFFLE 13

Brioche bread stuffed with Nutella and bacon, topped with chocolate sauce and powdered sugar

Belgian waffle topped with peanut butter, bacon, sliced bananas, strawberries and powdered sugar

HOUSE ENTREES

Served with your choice of Yukon skillet potatoes, seasonal melons and berries, or a side salad with house-made lemon-dill vinaigrette.

Make any dish with egg whites for only \$0.75

THE TRADITIONALIST | © | Two eggs cooked to order with your choice of bacon, Canadian bacon or chicken-apple sausage and served with your choice of toast 15

THE HARVEST PLATE | © | Two poached eggs over quinoa, spinach, sprouts, carrots, heirloom tomatoes, cucumbers and tossed with a lemon dill-vinaigrette 13

THE GREEN PLATE | © | Two poached eggs served inside a fresh avocado bowl with sautéed kale, Swiss chard and asparagus topped with arugula, heirloom tomatoes, fresh lime and feta cheese 13

BACK BOWLS BURRITO | Scrambled eggs, grilled chorizo, Yukon skillet potatoes, red onions, tomatoes, jalapenos and melted pepper jack cheese served with salsa and sour cream 12

VEGGIE BURRITO | Scrambled eggs, Yukon potatoes, asparagus, red onions, heirloom tomatoes, jalapenos, and pepper jack cheese with salsa and sour cream 12

FRITTATAS

Served with your choice of Yukon skillet potatoes, seasonal melons and berries, or a side salad with house-made lemon-dill vinaigrette.

Make any dish with egg whites for only \$0.75

EGG WHITE FRITTATA | © | Fresh spinach, roasted mushrooms and tomatoes topped with arugula, green onion, chives and Colorado goat cheese 13

TURKEY FRITTATA | Turkey, avocado, asparagus, red onion and provolone cheese topped with arugula, charred Roma tomato and chives 12

SWISS CHARD FRITTATA | © | Swiss chard, red onion and ricotta cheese topped with arugula, charred Roma tomato and chives 12

IT'S YOUR WORLD OMELET - ©

Served with your choice of Yukon skillet potatoes, seasonal melons and berries, or a side salad with house-made lemon-dill vinaigrette.

Make any dish with egg whites for only \$0.75

Three egg omelet with your selection of three ingredients: bell peppers, mushrooms, onions, tomato, spinach, asparagus, black olives, ham, chicken apple sausage, bacon, chorizo, cheddar, Swiss, pepper jack or Colorado goat cheese. 12 (\$0.50 per additional item)

EGGS BENEDICT

Served with your choice of Yukon skillet potatoes, seasonal melons and berries, or a side salad with house-made lemon-dill vinaigrette

CLASSIC BENEDICT

Poached eggs, Canadian bacon, Asparagus and traditional hollandaise 12

CHEF'S BENEDICT

Poached eggs, thick cut Brioche, prosciutto, gruyere, mixed greens, heirloom tomatoes, asparagus and traditional hollandaise 14

FLORENTINE BENEDICT

Poached eggs, tomatoes, spinach, asparagus and traditional hollandaise 12

TURKEY-AVOCADO BENEDICT

Poached eggs, turkey, fresh avocado, asparagus and hollandaise 13

NEW-YORKER BENEDICT

Poached eggs, capers, fresh avocado, asparagus and Atlantic smoked salmon with Dill hollandaise 14

WAFFLE BENEDICT

Poached eggs, sausage, asparagus and traditional hollandaise served on a Belgian waffle 13

BRUNCH SANDOS AND SALAD

Served with your choice of Yukon skillet potatoes, seasonal melons and berries, or a side salad with house-made lemon-dill vinaigrette.

Make any dish with egg whites for only \$0.75

SUMMER BRUNCH SALAD | Ⓞ | Arugula with smoked salmon, poached eggs, heirloom tomatoes, Parmesan cheese and house-made lemon-dill dressing 14

GONDOLA SANDO | Two fried eggs, shaved Prosciutto di Parma, Manchego cheese, sliced tomato and arugula served on a locally sourced Brioche bun 12

CLASSIC BREAKFAST SANDO | Two fried eggs, pork sausage patty, American and Swiss cheeses served on a locally sourced Brioche bun 11

MOUNTAIN BREAKFAST SANDO | Two fried eggs, bacon, avocado and Colorado goat cheese on a bagel 12

SIDES AND SUBSTITUTIONS

BOWL OF COTTAGE CHEESE OR GREEK YOGURT | Ⓞ | Served with seasonal berries and honey 5

BANANA NUT RAINFOREST CEREAL | Ⓞ | Served with milk 7

PUMPKIN BREAD, BANANA BREAD, CROISSANTS OR SCONE | Choose two 7

ONE EGG | Ⓞ | Choice of whole egg or egg white 3

PROTEIN | Bacon, Canadian bacon, chicken sausage or pork sausage patty 5

SEASONAL BERRIES | Ⓞ | 5

MARKET FRUIT SALAD OR
HALF GRAPEFRUIT | Ⓞ | 3

SINGLE PANCAKE 5

YUKON SKILLET POTATOES 4

SMOKED SALMON | Ⓞ | 6

ASSORTED DRY CEREAL 5

TOAST OR ENGLISH MUFFIN 3

BAGEL 5

AVOCADO | Ⓞ | 5

BLUEBERRY MUFFIN | Ⓞ | 4

| Ⓞ | Gluten Sensitive | Ⓟ | Vegan

Parties of six or more are subject to a 20% gratuity

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