

# LOCAL FOODS KITCHEN

Breakfast

Saturdays Only 8:00<sup>AM</sup> - 12:00<sup>PM</sup>



<b>MORNING BOOSTERS (20 OZ)</b> .....	8
<b>BERRY</b> , ginger, whey protein, cranberry juice, ginseng & ice	
<b>BANANA</b> , flax, almond butter, yogurt, ginseng & apple juice	
<b>OLD-FASHIONED OATMEAL</b> cooked with milk - comes with trays of butter, brown sugar, honey, walnut, almond, dried cranberries & raisins .....	7
Add fruit & berries .....	2
Add just berries.....	4.50
<b>LOCAL'S GRANOLA</b> with milk.....	5
With fresh fruit & berries .....	8.50
<b>FRUIT &amp; BERRIES</b> .....	small...4.25 ..... large...6.50
Just berries .....	small 7 ..... large...9
Add honey yogurt or plain yogurt .....	3
<b>FRUIT PARFAIT</b> layers of fresh fruit, our homemade granola and plain or honey yogurt.....	9

## MAINS

<b>EGGS YOUR WAY</b> 2 eggs, 2 slices of thick smoked bacon or breakfast chicken apple links, crunchy potatoes & choice of buttered toast.....	12
<b>SMASHED AVOCADO TOAST BENEDICT ON HIPPIE WHEAT</b> poached eggs, Hollandaise, crispy potatoes.....	16
Add ham .....	18
<b>ANY WAY OMELET</b> you pick the ingredients! Select one....12 / Add more....1.35 each / avocado....3 gruyere • spinach • veggies • ham • mixed cheeses • bacon • peppers • tomatoes • caramelized onions • mushrooms Comes with crunchy potatoes & choice of buttered toast	
<b>SMOKED BRISKET HASH</b> caramelized onions, potatoes, kale, one sunny side egg & choice of buttered toast.....	16
<b>TABLE 2</b> Tomato-Avocado-Bacon-Lettuce-Egg sandwich w/2 eggs cooked your way on toasted sourdough with mayo and sriracha .....	12
<b>AVOCADO TOAST</b> on sourdough.....	14
Add an egg .....	2.50
Top with smoked bacon.....	1.65 each slice
<b>FRESH BLUEBERRY PANCAKES</b> with smoked bacon & syrup .....	16

## STREET TACOS

SEE *Extras!*

Choose corn or flour tortilla. Egg whites only - add 1.00.  
Add avocado - 2.00 each taco.

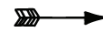
<b>EGGS QUESO FRESCO</b> fresh pico de gallo .....	4
<b>GRILLED VEGGIE</b> spinach, pico de gallo, queso fresco, with or without egg .....	4
<b>EGG &amp; SMOKED BACON, BRISKET OR CHORIZO</b> queso fresco & pico de gallo.....	5

## BURRITOS

SEE *Extras!*

Comes with both fresh pico de gallo & roasted salsa on the side

<b>EGG &amp; SMOKED BRISKET OR BACON</b> onion, cheddar & jack cheese.....	10
Add potatoes 60¢	
<b>HOUSE SMOKED BRISKET</b> onion, cheddar & jack cheese.....	12
Add potatoes 60¢	



## Sides • Extras

<b>EGG YOUR WAY</b> .....	2.50
<b>TOAST</b> Empire Breads: sourdough, walnut scallion, jalapeno cheese, rye or Thomas English muffin with house jams & honey (without breakfast).....	4
*We carry gluten free breads	
<b>MUFFINS</b> carrot pecan, blueberry, zucchini .....	3.50
With butter .....	add 75¢
<b>CRISPY POTATOES</b> .....	5
<b>BREAKFAST CHICKEN APPLE SAUSAGE, SMOKED BACON</b> or <b>CARVED SMOKED HAM</b> .....	5
<b>BUTTERS</b> almond butter, peanut butter .....	1.50
<b>SIDE AVOCADO</b> .....	small 3 ..... large 6