

# SALT

#### THE CYPRESS

Organic scrambled eggs, bacon, Cabot cheddar, kale pesto, warm brioche

13.

#### LOX AND EGGS

Stirred eggs, house lox, chive labne and buttered brioche

15.

#### TURKISH POACHED EGGS

Harissa spiced eggplant, flatbread, dukkah and chive yogurt 14.

#### HUEVOS RANCHEROS ^

Pinto beans, eggs, melted cheddar, fresh harissa salsa, GF corn tortilla 14.

# BREAKFAST SALAD

Greens, local mushrooms, caramelized squash, sunny fried egg

14.

# FURIKAKE SALTY OATS

Poached egg 14.

# **SWEET**

# CINNAMON CUSTARD FRENCH TOAST

Maple sea salt butter, seasonal fruit 14.

# PUMPKIN SPICED GRANOLA

Grated carrots, apples, yogurt 13.

# **BLENDIES**

#### CHOLESTEROL FIGHTER ~

Almond butter, banana, carrots, oats, soy milk, and cinnamon flax cocoa mix

12

#### GREEN PROTEIN\*^

Kale, banana, chia seeds, mint Macha and yogurt

\* items that are suitable for children | ^ items that are gluten-free | <sup>v</sup> items that are vegetarian or can be made vegan

Please inform us of any allergies or dietary restrictions prior to placing your order

For courtesy of our kitchen staff we have added 3% livable wage tax onto sales, it will be directly allocated. We value and appreciate your support.



# SOUP SOUP OF THE DAY 12.

# SANDWICHES

#### CUBANO

Cuban braised pork, melted swiss, mustard and pickles on sourdough 14.

#### TOFU BAHN MEV

Cider pickled vegetables, fresh cucumber and spicy coriander mayonnaise 14.

#### TURKEY CLUB SANDWICH\*

Hand-carved turkey, chipotle mayo, crispy bacon, greens, house vegetable pickles 14.

#### SALMON BURGER

Seared salmon patty, pickled sesame cabbage and greens on toasted house brioche 14.

#### THE CYPRESS

Organic scrambled eggs, bacon, Cabot cheddar, kale pesto, warm brioche 13.

#### VEGETARIAN GREEK GYROV

Local tempeh, tahini yogurt, toasted garlic, mint, greens, flatbread

15.

#### GRILLED CHEESE\*V

Toasted sourdough, melted brown butter, Cabot cheddar 10.

# **BLENDIES**

#### CHOLESTEROL FIGHTER ^V

Almond butter, banana, carrots, oats, soy milk, and cinnamon flax cocoa mix

12.

#### GREEN PROTEIN \*^

Kale, banana, chia seeds, mint Macha and yogurt 12

# SALADS

# QUINOA CRUNCH VA

Caramelized squash, cauliflower, olives, toasted seeds and chili honey lime dressing 14.

#### IMMUNE BOOSTER N E FARRO

Raddicchio, roasted wild mushrooms, walnuts, grated parmesan and local apple cider vinaigrette 16.

# AUTUMN KALE AND SWEET POTATOV

Toasted pecans, grated apple and rosemary goat cheese yogurt dressing

14



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# SUNDAY BRUNCH

# **PLATES**

#### LOX AND EGGS

Stirred eggs, house lox, chive labne and buttered brioche

15.

#### TURKISH POACHED EGGS

2 poached eggs, harissa spiced eggplant, flatbread, dukkah and yogurt

14.

#### HUEVOS RANCHEROS ^

Pinto beans, eggs, melted cheddar, fresh harissa salsa, GF corn tortilla 14.

# PUMPKIN SPICED GRANOLA

Grated carrots, apples, yogurt 13.

#### CREAMY POLENTA

Cooked greens, braised pork, poached egg, hot sauce 16.

# **BLENDIES**

# CHOLESTEROL FIGHTER ^V

Almond butter, banana, carrots, oats, soy milk, and cinnamon flax cocoa mix

12

#### GREEN PROTEIN\*^

Kale, banana, chia seeds, mint Macha and yogurt 12

# **SANDWICHES**

#### THE CYPRESS

Organic scrambled eggs, bacon, Cabot cheddar, kale pesto, warm brioche 13.

# TURKEY CLUB \*

Hand-carved turkey, chipotle mayo, crispy bacon, greens, house vegetable pickles 14.

# HOUSE SPECIAL

# CINNAMON CUSTARD FRENCH TOAST

Maple sea salt butter, seasonal fruit 14.

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