

breakfast <i>(add 2 slices of bacon to any breakfast entry)</i>			
toast & eggs			9.95
3 eggs with toast, optionally add bacon			
small breakfast special			8.95
1 egg, 1 piece of toast, 1 piece of bacon			
2 eggs - no toast			5.95
2 eggs, no toast, optionally add bacon			
3 eggs - no toast			6.95
eggs, no toast, optionally add bacon			
egg & cheese sandwich			9.95
2 eggs with cheese on your choice of bread, optionally add bacon			
pancakes			11.95
two pancakes served with real maple syrup			
biscuits & sausage gravy			14.95
house made biscuits and gravy with 2 eggs			
sacred avocado toast - 1 slice with egg			8.95
1 slice of sourdough bread, loads of avocado, tomato, house made roasted garlic aioli, fresh chives, and 1 egg - optionally add bacon			
sacred avocado toast - 2 slices with eggs			16.95
2 slices of sourdough bread, loads of avocado on each, tomato, house made roasted garlic aioli, fresh chives, and an egg on each - optionally add bacon			
sacred omlette			11.95
eggs, greens, cheese			
everything bagel sandwich			17.95
everything bagel piled high with avocado, tomato, lettuce, bacon, and egg, cheese, and chipotle aioli			
lunch			
sacred adult grilled cheese			9.95
two cheeses on grilled sourdough with tomatoes and garlic aioli - optionally add bacon			
chicken salad sandwich			14.95
cranberry pecan chicken salad on a croissant with arugula, and garlic aioli			
turkey sandwich			14.95
turkey, cheese, tomatoes, lettuce, and chipotli aioli, served on sourdough or croissant - (optionally add bacon!)			
roast beef sandwich			14.95
caramelized onion, bell peppers, garlic aioli, gouda, and arugula, served on sourdough			
prosciutto sandwich			14.95
harvati, hot honey, fig jam, served on sourdough			
eggplant sandwich			16.95
eggplant, mushrooms, roasted bell pepper, tomato, provolone, cheddar, and pesto, served on sourdough			
the blat sandwich			16.95
multiple slices of bacon, with avocado, lettuce, tomato, and garlic aioli, served on sourdough or a croissant			
tuna melt sandwich			14.95
house-made grilled tuna salad patty, greens, tomato, cheddar, dill pickle, served on sourdough			
the vermonter			15.95
ham, apple, sharp cheddar, maple dijon on croissant			
the cold veg			14.95
poached beets, chève, chimichurri, sprouts, carrot, onion, cucumber on ciabatta			
chicken romesco			16.95
chicken, romesco sauce, butter lettuce, caesar dressing, fried onions			
pastries <i>(made fresh each day - limited availability - items may vary)</i>			
maritozzi	4.00	scones	3.50
pastry bomb	5.00	cookie	3.50
cinnamon roll	5.00	danish	4.00
sticky bun	5.00	bagel	3.00
hand pie	5.00	bagel with cream cheese	4.00
muffins	4.00	slice of pound cake or bread	4.00
cupcakes	4.00		