

breakfast <i>(add 2 slices of bacon or 2 pieces of sausage to any breakfast entry)</i>			
toast & eggs			9.95
3 eggs with toast, optionally add bacon or sausage			
small breakfast special			8.95
1 egg, 1 piece of toast, 1 piece of bacon or sausage			
2 eggs - no toast			5.95
2 eggs, no toast, optionally add bacon or sausage			
3 eggs - no toast			6.95
eggs, no toast, optionally add bacon or sausage			
egg & cheese sandwich			9.95
2 eggs with cheese on your choice of bread, optionally add bacon or sausage			
pancakes			11.95
two pancakes served with real maple syrup (alternative syrup available)			
biscuits & gravy (both vegetarian & sausage gravy available)			14.95
house made biscuts and gravy with 2 eggs			
sacred avocado toast - 1 slice with egg			8.95
1 slice of sourdough bread, loads of avocado, tomato, roasted garlic aioli, fresh chives, and 1 egg - optionally add bacon or sausage			
sacred avocado toast - 2 slices with eggs			16.95
2 slices of sourdough bread, loads of avocado, tomato, roasted garlic aioli, fresh chives, and two eggs - optionally add bacon or sausage			
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			
french toast			9.95
2 slices of french toast served with real maple syrup			

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			
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			16.95
house-made grilled tuna salad patty, greens, tomato, cheddar, dill pickle, served on sourdough			
the vermonter			16.95
ham, apple, sharp cheddar, maple dijon on croissant			
the cold veg			15.95
poached beets, chève, chimichurri, sprouts, carrot, onion, cucumber on ciabatta			

pastries <i>(made fresh each day - limited availability - items may vary)</i>			
pastries, slices of bread/cakes		scones	4.00
cinnamon rolls / sticky buns		cookie	4.00
hand pies		bagel	3.00
muffins / cupcakes		biscotti	3.00