
breakfast (add 2 slices of bacon or 2 pieces of sausage to any breakfast entry)

(v) toast & eggs 3 eggs with toast, optionally add bacon or sausage	9.95
small breakfast special 1 egg, 1 piece of toast, 1 piece of bacon or sausage	8.95
(v) egg & cheese sandwich 2 eggs with cheese on your choice of bread - optionally add bacon or sausage	9.95
(v) pancakes - 1 cake / 2 cakes / 4 cakes pancakes served with real maple syrup (alternative syrup available)	8.95 / 11.95 / 18.95
(v) biscuits & gravy (both vegetarian & sausage gravy available) house made biscuits and gravy with 2 eggs	14.95
(v) sacred avocado toast - 1 slice with 1 egg / 2 slices with 2 eggs sourdough bread, avocado, tomato, roasted garlic aioli, and an egg per piece - optionally add bacon or sausage	8.95 / 16.95
(v) sacred omlette three eggs with options of: mushroom, tomato, peppers & onions, spinach, and cheese topped with chives - optionally add bacon or sausage	11.95
(v) everything bagel sandwich everything bagel piled high with avocado, tomato, lettuce, bacon, and egg, cheese, and chipotle aioli	17.95
(v) french toast 2 slices of french toast served with real maple syrup	9.95
(v) oats pick from our large variety of retail oat cups (around the register) and we'll add the hot water for you. you simply let it steep for 5 minutes	5.00

lunch

(v) sacred adult grilled cheese two cheeses on grilled sourdough with tomatoes and garlic aioli - optionally add bacon	9.95
(v) egg salad sandwich house made egg salad served on sourdough or croissant - optionally add bacon	9.95
turkey sandwich turkey, provolone, tomatoes, spinach, served on sourdough or croissant - optionally add bacon	14.95
the vermonter ham, apple, cheddar, maple dijon on croissant	16.95
chicken salad sandwich cranberry pecan chicken salad on a croissant with arugula, and garlic aioli	14.95
prosciutto sandwich harvati, hot honey, fig jam, served on sourdough	14.95
the blat sandwich multiple slices of bacon, with avocado, lettuce, tomato, and garlic aioli, served on sourdough or a croissant	16.95
tuna melt sandwich house-made grilled tuna salad patty, greens, tomato, cheddar, dill pickle, served on sourdough	16.95
(v) sacred veggie sandwich sliced cucumber, avocado, tomato, house dill vinegarette dressed greens, red onion, and cheese, served on sourdough	11.95
cup of soup (availability and selection vary) ask about our current selections!	7.95

pastries (made fresh each day, limited availability, items may vary)

pastries	5.00
scones	4.00
cookie	4.00
bagel	3.00
biscotti	3.00

add-on side options

yogurt with housemade fruit compote	2.00
housemade herb crusted potatoes	2.00
bag of chips	2.00

(v) : vegetarian option