



BREAKFAST

Fluco: Bacon, 2 fried eggs, & cheese on biscuit or English muffin \$6.95

☞ **Biscuits or English muffin:** Egg and cheese \$4.00
add ☞ plant-based sausage \$2.00
sausage or bacon \$2.50

☞ **Sunnyside:** 2 eggs your way, toast, side of fruit with ☞ plant-based sausage \$9.00
bacon or sausage \$9.50

Omelets:

Meat- 2 eggs, bacon, and cheese \$7.35

☞ Veggie- 2 eggs, mushrooms, onions, peppers, & cheese \$7.35

☞ Cheese- 2 eggs and cheese \$5.25

☞ Southwestern- 2 eggs, onions, tomatoes, peppers, black beans, cheese - topped w salsa & avocado \$9.45

Pancakes: (3 multi-grain pancakes) \$9.50

Additional pancake: \$3.50 each

Add chocolate chips or bananas \$1.00 per pancake

☞ **Breakfast Burrito:** 2 eggs w/cheese \$5.75

Add: ☞ plant-based sausage \$2.00
bacon or sausage \$2.50
black beans \$0.75
avocado \$1.25
onions, mushrooms, & peppers \$1.75
salsa \$1.00
sour cream \$1.00

☞ **Vegan Breakfast Wrap:** tofu scramble, vegan cheese, onions, peppers, mushrooms, black beans, & avocado \$10.50

Add-Ons:

☞ Extra egg \$2.00

Side of fruit \$3.00

☞ Plant-based sausage \$2.00

Bacon or sausage \$2.50

Toast (honey wheat, 9 grain, white, rye) \$1.25

☞ English muffin \$2.25

☞ Home fries \$3.00

Biscuit \$2.25

Bagel \$2.50

Croissant \$2.50

BEVERAGES

Coffee \$2.50

Hot Tea \$2.50

Orange Juice \$3.00

Tea (sweet or unsweet) \$2.50

Lemonade \$2.50

Specialty Drinks \$4.49

Orange Sunrise - orange juice, beet juice, turmeric
Lavender Sunset - organic lemonade, lavender syrup,
organic butterfly pea tea

☞ vegan

☞ plant-based option

SANDWICHES

All sandwiches served with a dill pickle

Choice of bread: Honey Wheat, 9 Grain,
Cracked White Wheat, Rye

The Willow: Grilled ham and cheese \$8.00

Stella: Chicken salad with grapes, walnuts, celery, &
mayo w/mixed greens \$9.25

BLT: Bacon, lettuce, tomato and mayo \$8.00

Nu-Beginnings: Turkey, bacon, lettuce, tomato, and
avocado aioli \$9.25

🌱 **Why Not:** Grilled mushrooms, onions, peppers,
garlic, sliced tomato, and avocado \$8.50

🌱 **Something Different:** Twin Oaks tofu, sauerkraut,
mango chutney, mixed greens \$8.50

Hen House: Egg salad, mixed greens \$8.50

🌱 **Big Cheese:** Grilled cheese \$4.75

SALADS

Choice of house-made salad dressing: buttermilk ranch,
honey mustard, raspberry vinaigrette, oil & vinegar

🌱 **Garden Medley:** mixed greens, red onions,
tomatoes, peppers, cucumbers, & boiled egg \$8.75

Easy Chicken: chicken salad, bed of greens \$8.75

Green Eggs: Egg salad, bed of greens \$8.50

🌱 **SpringTime:** mixed greens, strawberries, walnuts,
blue cheese \$8.75

🌱 **Greek Salad:** mixed greens, kalamata olives,
feta cheese, red onions & tomatoes \$8.95

PANINIS

All paninis served with a dill pickle

Choice of bread: 🌱 Sourdough, Rosemary,
🌱 Wheat, or 🌱 Rye

Turkey: Turkey, apple slices, honey mustard, muenster
cheese, mixed greens \$9.50

Ham: Ham, tomato, smoked garlic mayo, swiss \$9.00

Spicy Chicken: Chicken, onions, bacon,
sriracha mayo, provolone cheese,
mixed greens \$9.50

🌱 **Apple:** Apple slices, muenster cheese,
caramelized onions & walnuts,
mixed greens \$8.00

BBQ: chicken, bacon, bbq sauce,
muenster cheese, mixed greens \$9.50

Ranch: chicken, bacon, ranch,
provolone cheese, mixed greens \$9.50

🌱 **BBQ Tofu:** tofu, pineapple, red onions, bbq sauce,
mixed greens \$9.50

GRAIN BOWLS

All start with brown rice, garlic quinoa, mixed greens

🌱 **Fiesta:** Grilled onions, corn, black beans, avocado,
cherry tomatoes, cilantro dressing

🌱 **Greek:** Red onions, cucumbers, cherry tomatoes,
kalamata olives, feta, hummus, tzatziki dressing

🌱 **Grilled Tofu:** Twin Oaks tofu, grilled corn, avocado,
feta, cherry tomatoes, basil vinaigrette dressing

Full Size \$11.50 (Half Size \$5.75)
Add Chicken \$3.00

🌱 vegan

🌱 plant-based option