

LAUREL

(lawr-uhl) The name Laurel derives from the aromatic evergreen bay tree prominent in classical Greek and Roman culture. The Laurel leaf has served as a symbol of wisdom, nobility, health, immortality, and prosperity.

HEALTHY START

ORGANIC OLD FASHIONED ROLLED OATS GOLDEN RAISINS. BROWN SUGAR. MILK	11
AVOCADO TOAST ORANGE. RADISH. PARMESAN. BALSAMIC	12
ACAI BOWL ALMOND BUTTER. BERRIES. BANANAS. SHREDDED COCONUT. GRANOLA	14
QUINOA & KALE HASH ROASTED BELL PEPPER. POACHED EGG. AVOCADO. KALE PESTO	17

CLASSICS

BUTTERMILK BELGIAN WAFFLES FRESH BERRIES. BANANA. WHIPPED CREAM. PRESERVED CHERRIES	14
LEMON RICOTTA PANCAKES MACERATED BLUEBERRIES. POWDERED SUGAR. WHIPPED RICOTTA	16
STEAK & EGGS TWO EGGS ANY STYLE. CHOICE OF POTATOES OR GREEN SALAD	19
BISCUITS & GRAVY BUTTERMILK BISCUITS. ITALIAN SAUSAGE. SCRAMBLED EGG. GREEN SALAD	17
CHEESE OMELET GRUYÈRE. PARMESAN. CHOICE OF POTATOES OR GREEN SALAD	16
EGGS BENEDICT ENGLISH MUFFIN. MAPLE GLAZED CANADIAN BACON. SPINACH. HOLLANDAISE SAUCE	18
THE GRAND AMERICAN TWO EGGS ANY STYLE. ROSTI POTATOES. CHOICE OF BACON. HAM. OR SAUSAGE	15

SMOOTHIES

PINEAPPLE AGAVE BANANA. KALE. GINGER. ORANGE JUICE. BLUE AND GREEN ALGAE	10	ANTIOXIDANT ACAI. STRAWBERRIES. GOJI BERRIES. AGAVE. APPLE JUICE. VANILLA PROTEIN	10
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COLD PRESS JUICES

FRESHLY SQUEEZED ORANGE JUICE	6	COLD PRESS APPLE CIDER	6
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TO COMPLEMENT

APPLEWOOD SMOKED BACON	7	VEGETARIAN SAUSAGE PATTIES	6
SAUSAGE LINKS	6	WHEAT RYE SOURDOUGH TOAST	4
CHICKEN APPLE SAUSAGE LINKS	5	TOASTED BAGEL	4
GRILLED MAPLE GLAZED CANADIAN BACON	6	TWO EGGS ANY STYLE	6

Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, milk, pork, poultry, or shellfish reduces the risk of foodborne illness.
Food is produced in a kitchen environment that contains peanut, wheat, soy, and milk.