

Crumbs Bowls

V Lydia's Breakfast Bowl 14.75
Two eggs any style, sliced avocado, roasted potatoes, spinach, cherry tomatoes, onions, garlic sauce & a sprinkle of everything "but" the bagel seasoning.

V+ Make it vegan: sub the eggs for tofu

Carnivore-ize It! 4

Add chicken apple sausage



Banana & Chocolate Granola Bowl 11

Bananas, chocolate chips, organic honey oats granola, walnuts, slivered blanched almonds, sunflower & sesame seeds, raisins & coconut flakes on top of creamy Greek yogurt.



V Shakshouka 16.25
Two scrambled or fried eggs on a spicy sauce of stewed tomatoes, onions, red peppers & garlic. Topped with crumbled feta & cilantro, served with rustic sourdough.

Add avocado 3

Hannah's special: add grilled jalapeños 1.5

Carnivore-ize It! 4

Add chorizo & linguica



Steel Cut Oatmeal 9

Pick 3: milk, brown sugar, raisins, dried cranberries, slivered almonds or walnuts.

Add fresh berries 4



V Quinoa Avocado Bowl 15.75
Organic Peruvian quinoa, two fried eggs, avocado slices, fresh kale, black beans, cherry tomatoes & cilantro. Served with our house-made citrus vinaigrette.



Berry Granola Bowl 11

Greek yogurt topped with delicious rich granola packed with organic oats, honey, walnuts, almonds, raisins, a special blend of grains & seeds, strawberries, blueberries, coconut & a drizzle of golden honey.

