Crumbs Bowls

- 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.
- 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.



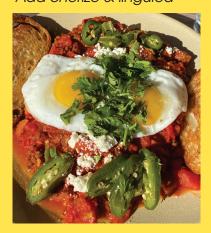
■ Shakshouka 16.25

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



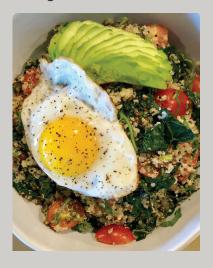
Steel Cut Oatmeal 9

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

Add fresh berries 4



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.

