

# Crumbs Lighter Bites

Available Monday – Friday, excluding holidays. No substitutions please, it messes with the universe.

## One-Egg Benedicts

One poached egg topped with our house-made hollandaise sauce made fresh daily on an English muffin served with choice of green salad, hash browns, home potatoes (roasted red & sweet potatoes), sliced tomatoes, a cup of soup or a cup of fruit.

**Half Lemmy's Original** 13.25  
Thick-cut Canadian bacon topped with house-made hollandaise sauce.

**Half California Benny** 13.5  
Applewood smoked bacon, sliced avocados & grilled tomatoes.

**Half Hash & Mash Benny** 14.25  
Perfectly seasoned avocado mash & corned beef hash.

**Half Salmon Royale** 16.95  
Fresh salmon, lightly smoked with oak & applewood.

**Half Carnitas & Avocado Benny** 13.95  
Divine layers of carnitas (pulled pork), sliced avocado, sautéed red onions, jalapeños & tomatoes.

**V Half Veggie Benny** 12.5  
Grilled tomato slices, sautéed mushrooms, spinach & red onions. Topped with fresh avocado slices.

**Half Crab Benny** 18.95  
House-made wild-caught Canadian crab cakes, sliced avocados & tomatoes.

## Rustic Sourdough Toasts

A slice of grilled rustic sourdough topped with heaps of delicious goodness!  
*Gluten-Free toast available.*

**V One Caprese Pesto Toast** 8.75  
Delicious house-made pesto, shredded Jack cheese & grilled cherry tomatoes.

*Add an egg 2.25, bacon 2.5, chicken apple sausage 2 or smoked salmon 3.5*

**V One Avocado Toast** 10.25  
Perfectly seasoned avocado mash topped with crumbled queso fresco & arugula.

*Add an egg 2.25, bacon 2.5 or smoked salmon 3.5*

**One Tunacado Toast** 11.95  
"Better than grandma's tuna salad", perfectly seasoned avocado mash & red onions & tomatoes. Garnished with fresh cilantro & a dash of black pepper.

*Add shredded cheddar 1.75  
Add an egg 2.25*

## Crumbs Brunchy 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.

*Make it vegan: sub the eggs for tofu*

*Carnivore-ize it! 4  
Add chicken apple sausage*

**Steel Cut Oatmeal** 9  
Pick 3: milk, brown sugar, raisins, dried cranberries, slivered almonds or walnuts.  
*Add fresh berries 4*

**V Breakfast Yogurt Bowl** 12  
Greek yogurt & rich organic granola. Perfectly naturally sweetened oats, almonds, pumpkin & sunflower seeds, dried blueberries & cranberries, topped with fresh strawberries, blueberries, slivered almonds, sprinkled with coconut flakes & drizzled with honey

*Add any .50¢  
Bananas, chocolate chips, peanut butter or walnuts*

**V GF 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.

**GF Chia Coconut Pudding** 11  
Refreshing, vegan, gluten-free, keto-friendly creamy deliciousness! Made with coconut & almond milk, strawberries & blueberries.

*Add walnuts, almonds & peanut butter 3.5*

*Sweet tooth? Add honey & bananas 3*

## Perfect Half & Half Pairs

**Half B.L.T. & Green Salad, or Fruit or Soup** 11.5  
Bacon, mayo, lettuce & tomato on sourdough.

**Soup of the Day & Salad** 8.5  
Cup of house-made soup & salad with choice of dressing.

**Half Chicken Salad Sandwich & Cup of Fruit or Salad or Soup** 11.95  
Apples, walnuts, grapes, red onions, dried cranberries, a hint of smoke, lettuce & tomato on wheat.

**Half Grilled Cheese Sandwich & Cup of Soup or Salad or Fruit** 10.25  
Cheddar, Swiss & Jack, served on rustic sourdough.  
*Make it classic: choose tomato soup as your side.*