

# BREAKFAST TO GO

available daily 6:30-11 a.m.

## DAILY BOWLS

- Chia Seed Pudding (V)..... 15  
almond butter + raspberry  
+ pecan granola
- Island Breeze Bowl (V) ..... 16  
passion fruit yogurt + pineapple  
+ toasted coconut
- Mylk Labs Oatmeal (V).....8  
cultivated blueberry + vermont maple

## BREAKING BREAD

- Blueberry Muffin (V) .....6
- Banana-Nut Muffin (V) .....6
- Croissant (V).....6
- Morning Cookie (V) .....6

## SNACKING WELL

- Immunity Market Smoothie (V)..... 16  
pineapple + green apple + spinach  
+ lemon + ginger
- Detox Market Smoothie (V) ..... 16  
red beet + raspberry + strawberry  
+ blueberry + basil
- Antioxidant Market Smoothie (V) ... 16  
lychee + kiwi + honeydew + mint
- Fresh Berries (V) ..... 12  
strawberry + raspberry + blueberry
- Whole Fruit.....4  
banana or apple
- Greek Yogurt (V).....8  
local orange blossom honey
- Yogurt Parfait (V) ..... 10  
local orange blossom honey  
+ fresh berries + seven-grain granola

# SEAGLASS

## BREAKFAST MENU

available daily 6:30-11 a.m.

### BREAKFAST QUICHE

accompanied with artisan green salad

**Morning Harvest**  ..... 16

farm eggs + broccoli + tomato  
+ spinach + cheddar + ranch

**Smokehouse** ..... 19

farm eggs + smoked ham  
+ smoked gouda

### ON THE RISE

accompanied with fresh fruit

**Croissant Sandwich**..... 16

farm eggs + bacon + cheddar

**Smoked Salmon Flatbread**..... 18

herb tomato pesto + grateful hill farms  
goat cheese + capers + red onion  
+ arugula

**Chorizo Burrito** ..... 17

farm eggs + azar's chorizo  
+ fingerling potato + jack cheese

gluten-friendly bread available upon request

 gluten-friendly     vegetarian

Consuming raw or undercooked meats / poultry / seafood / shellfish  
or eggs may increase your risk of foodborne illness.  
Please notify us of any food allergy.

