**Breakfast**

***Served ALL day***

**Plain Bagel & Cream Cheese *$4***

**Bagel, Egg & Cheese Sandwich *$5***

(Add bacon or sausage *$2*)

 **Buttermilk Biscuits & Gravy *$7***

**Buttermilk Pancakes *$8***

 **Eggs & Toast *$5***

 **3 Egg Omelet & Toast *$9***

**French Toast *$8***

 **Oatmeal & Berries *$7***

 **Oatmeal Banana Pancakes *$8***

**Stack of Waffles *$8***

 **Waffle Egg & Cheese Sandwich *$8***

(Add bacon or sausage *$2*)

 **Quiche & Fresh Fruit *$8***

**Breakfast Burrito *$9***

Scrambled Eggs, Corn & Black Beans, Spinach, Pepper Jack Cheese & Avocado served with Fresh Fruit

**Personal Breakfast Pizza $10**

Gravy,mozzarella cheese, eggs,onion,green pepper,sausage and bacon

**Charcuterie Board**

**Breakfast board $35 $20**

Hard boiled eggs,bacon, blueberry biscuits w/whipped honey butter, strawberries & pineapple w/ chef G’s toasted coconut fruit dip,red & green grapes, waffles & mini pancakes with syrup and caramelized bananas

**Brunch board $45 $24**

Ham w/ honey mustard, red & green grapes, sliced apple, mini cinnamon rolls, mini loaf of tea bread and biscuits w/ whipped honey butter and jam, cheese slices, mini quiche, mixed dried fruit & nuts

**Soup & Sandwich Combo $8**

Bowl of Chefs choice Soup of the day with ½ of Sandwich

-Grilled Cheese

-Grilled Ham & Cheese

-Grilled Turkey & Cheese

On White, Wheat or Rye

**Waffle Sandwiches**

***Served with Chips***

**Outrageous Cuban *$11***

Sliced ham, pulled pork, Swiss, sliced dill pickle & mojo sauce

**Tequila Lime Chicken *$12***

Tequila Lime Chicken, Spanish Cheese, Bacon, Cilantro, Avocado & Chipotle Mayo

**B-L-TEA *$10***

Bacon jam, Lettuce, tomato, egg & avocado

**The Nutty Monkey *$9***

Peanut Butter, banana, honey & pecans

 **Cranberry Turkey *$11***

Turkey, Provolone Cheese, Bacon, Egg, Cranberry Mayo

**Pasties & Pot Pies**

***Takes at least 15 minutes!***

**Beef *$9***

 Ground beef, potatoes, rutabaga & onion

**Chicken *$9***

 White meat, cabbage, potatoes & Rutabaga

**Breakfast *$9***

Sausage, Bacon, Eggs, Potatoes & Cheddar Cheese

**Chicken Pot Pie *$8***

White meat, peas, carrots, in a savory sage sauce

**Paninis**

***Served with Chips***

**Club *$11***

Ham, turkey, bacon, bread and butter pickles, Swiss & American cheese

**Cheesy Pig *$9***

Bacon jam, American & Gouda cheese & avocado

 **Greek *$11***

 Your choice of lamb or chicken with tomato, red onion, feta cheese & tzatziki sauce

**Guido *$11***

 Italian sausage, pepperoni, mozzarella, mild peppers, black olives & tomato sauce

**Southwest Chicken *$11***

 Chicken breast, Cheddar, black bean and corn salsa, avocado & chipotle-mayo

**Sweet & Salty *$8***

 Peanut butter, jelly & potato chips

**Sandwiches**

***Served with Chips***

**Twisted Turkey *$11***

 Turkey, apple-cherry coleslaw, cheddar cheese, sweet jalapeno mustard & avocado on a rustic hero roll

**Sanctuary Beef *$10***

Beef, Garlic Sauteed Potatoes, Gouda Cheese, Coleslaw and Spinach on grilled Sourdough Bread & Habanero Mustard

**Matts Maker *$11***

Pulled pork, ham, coleslaw, bacon aioli, cheddar cheese, Chef G’s bacon jam, & housemade BBQ on a rustic hero roll

**Southern Peachy Chicken *$10***

Chicken, Provolone Cheese, Bacon, Pecans, Arugula, and homemade peach jam on grilled Sourdough Bread

**Tried & True Turkey *$10***

Turkey, Provolone Cheese, Arugula, Apple, Dried Cherries and Blackberry Sauce on House-Made Cinnamon Roll Bread

**Salads**

**Greek *Full $12 Half 6***

Romaine lettuce, mild peppers, red onion, tomatoes, beets, black olives, hard-boiled egg & feta with Greek dressing

 **Maurice *Full $12 Half $6***

 Iceberg lettuce, ham, turkey, Swiss and American cheese, hard-boiled egg, tomatoes, pickles & homemade Maurice dressing

**Michigan Cherry *Full $10 Half $5***

Mixed greens, dried cherries, bleu cheese, sunflower seeds, red onion & raspberry vinaigrette

**Spinach *Full $10 Half $5***

Fresh baby spinach, almonds, mandarin

Oranges, strawberries, asiago cheese & raspberry vinaigrette

**Sweet Crepes**

Gluten-free add: $3

**Apple Pie *$8***

 Homemade applesauce, streusel & whipped cream

**Chocolate PB & J *$9***

 Peanut butter, banana & marshmallow, caramelized banana drizzled with raspberry sauce

**Triple Split *$10***

 Banana, pineapple, strawberries, Nutella & ice cream

**Fruit and Yogurt *$10***

 Strawberries, blueberries, pineapple & Greek yogurt with raspberry sauce topped with granola

**Caribbean $*8***

Bananas, caramel-rum sauce & whipped cream

**Savory Crepes**

Gluten-free add: $3

**Sunny Side *$10***

Bacon, Provolone Cheese, Spinach, Garlic, topped w/ a sunny side up Egg & Tomatoes

**Dijon *$11***

Chicken breast, Mushrooms, Spinach, Swiss Cheese & Dijon Sauce

**Pork On The Green *$10***

Ham, Asparagus & Cheese Sauce

**The Catch *$11***

Salmon, Capers & Dill Cream Sauce

**Arty *$10***

Artichokes, Spinach & Garlic Cream Sauce

**Reuben *$11***

Corned Beef, Sauerkraut, Swiss Cheese, homemade 1000 Island

**Croque Madame *$10***

Egg, Ham, Provolone & Homemade Raspberry Sauce

**Create Your Own Crepes**

**Regular *$3* Gluten Free *$6***

***(these are completely plain until you add to them)***

**Add for $1.50ea.**

American Cheese

Asparagus

Bananas

Blackberry Syrup

Blueberries

Broccoli

Caramel

Cheddar Cheese

Chocolate Chips

Chocolate Syrup

Cinnamon Sugar

Feta Cheese

Green Pepper

Homemade Applesauce

Homemade Raspberry Sauce

Ice Cream

Maple Syrup

Mozzarella Cheese

Mushroom

Nutella

Onion

Peanut Butter

Pineapple

Provolone Cheese

Raspberries

Sausage Gravy

Spinach

Strawberries

Strawberry Syrup

Sweet Cream Cheese

Swiss Cheese

Whipped Cream

**Add for $2**

Bacon or Sausage

**Add for $4**

Chicken, Ham, Turkey or Salmon

**Smoothies *$6***

**Add Flaxseed $1 or Protein $2**

**Berry Energy**

Orange juice, Greek Yogurt, Almond Milk & Mixed Berries

**Berry Green**

Banana, Blueberries, Raspberries, Spinach, Almond Milk & Greek Yogurt

**Blueberry Blast**

Blueberries, Strawberries, Banana, Greek Yogurt & Almond Milk

**Chocolate Banana**

Banana, Peanut Butter, Chocolate Almond Milk

**Strawberry Banana**

Strawberries, Banana, Almond Milk & Greek Yogurt

(Honey or agave to sweeten)

**Tropical**

Strawberries, Pineapple, Banana, OJ, Almond Milk & Greek Yogurt

**Drinks**

Coffee (Hot or Iced) $2

Cold Brew $4

Chai Tea (Hot or Iced) $4

Hot Fresh Leaf Tea $4

Milk $2

Chocolate Milk $2.25

Bottled Cooler Beverages

**Crazy Shakes *$10***

Flavors and toppings subject to change!

Birthday Celebration

Oh Nuts!

Chocolate Therapy

Strawberry Delight

*Seasonal & Holiday flavors may be available.*

**Soda Pop Floats $6**

***Vanilla Ice Cream with your choice of Soda***

Orange Cream

Boston cooler (Vernors)

Root Beer float

**Milkshakes $6**

Strawberry

Chocolate

Vanilla

***Add Malt Powder for $2***

**Waffle bowl Banana split $8**

Ice cream, chocolate, strawberry & caramel syrup, strawberries, pineapple and banana all in a waffle bowl, Topped with whipped cream a cherry (nuts or no nuts)

**Vegetarian**

**Sweet & Sour Chickpeas *$11***

Sweet and Sour Chickpeas, Green Beans, Edamame & Quinoa

**Healing Bowl *$11***

Turmeric Sweet Potatoes,Lemon dressed Arugula, and an Egg over Quinoa

 **Black Bean Burger *$12***

Black Bean Burger topped with pickled onions, lettuce, tomato and Vegan Chipotle Mayo served w/ sauteed Cabbage

**Mediterranean Wrap *$12***

Cucumber, Tomato, Lettuce, Red Onion,

Green Pepper, Kalamata Olives, Chickpeas & Vegan Mayo

**Bowls**

**Breakfast Bowl *$9***

Bacon, Asparagus, Onions, Mushrooms, Black Beans, Pepper Jack Cheese, over easy Eggs & Toast

 **Avocado Bowl *$9***

Quinoa, Spinach, Avocado, Feta, over easy Eggs & Toast

**Citrus Salmon Bowl *$11***

Citrus Salmon, Avocado, Green Olives, Cucumbers, Hard Boiled Egg, Lemon dressed Arugula

**The Cabbage Patch $10**

Red & Green Cabbage, Spinach, Arugula, Mozzarella Cheese, Tomato, Hard Boiled Egg & Kielbasa

**The Hen’s Nest $10**

Italian glazed Chicken, Chickpeas, Tomato, Quinoa, Avocado, Arugula & Spinach

**Cuban Chicken *$10***

Cuban baked chicken, Black Bean & Corn Salsa, Diced Tomato, Red Onion, Sweet Potato & Quinoa

**Sweet & Sassy *$10***

Honey Sriracha Chicken, Red Peppers, Chickpeas, Avocado, Quinoa, Pickled Brussel Sprouts over Spinach

**Avocado Toast**

***Served on Whole Wheat toast***

 ***And a side of Fresh Fruit***

**Mediterranean $8**

Roasted Beet Hummus, Avocado, Feta, Kalamata Olives, Pistachios, Red Onion, Cucumber

**The Everything but the Bagel $7**

Smashed Avocado, Poached Egg, Everything Bagel Seasoning

**The Margarita $7**

Smashed Avocado, Sliced Tomato, Fresh Basil & Balsamic Reduction

**The Southwest Street $8**

Avocado, Corn & Black Bean Salsa, Feta Cheese, Cilantro & Chipotle Mayo

**The Not-ella $6**

Cocoa smashed Avocado, caramelized Banana, Honey, Pecans



**Hours**

Sunday & Monday: Closed

Tuesday- Thursday: 8 am to 2 pm

Friday & Saturday: 8 am to 3

***Hours subject to change***

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