

## ENERGIZING AND FRESH

### SEASONAL FRUIT & BERRIES <sup>GF</sup> 15

house-made almond granola | waldorf harvested honey

### SMASHED CALIFORNIA AVOCADO TOAST 20

edamame | mint | parmesan | multi-grain  
add sunny side up local brown cage-free egg 4

add cambridge hand-cured smoked salmon 9

### COCONUT YOGURT BOWL 16

greek yogurt | farm fresh berries | house-made almond granola | pomegranate seed

### LOX AND NOSHMAN BAGEL 21

cambridge hand-cured smoked salmon | dill cream cheese  
pickled onion | arugula | cucumber

## GRAINS AND OATS

### BANANA FRENCH TOAST 20

fresh bananas | toasted almonds

### BLUEBERRY PANCAKES 20

blueberry compote | whipped mascarpone

### STEEL CUT OATMEAL 16

farm fresh berries | fresh bananas

### CONTINENTAL BREAKFAST 18

assorted house-baked pastries | seasonal fruit  
greek yogurt parfait | house-made almond granola

## LOCAL BROWN CAGE FREE EGGS

### THE ASTORIA 25

two local cage free eggs | breakfast potatoes | toast  
applewood smoked bacon or pork sausage or niman ranch sautéed ham

### CAPRESE FRITTATA <sup>GF</sup> 22

local brown cage-free egg whites | avolini marinated mozzarella  
mini heirloom cherry tomatoes | basil  
add california avocado 6  
add smoked salmon 9

### NIMAN RANCH HAM FRENCH OMELET <sup>GF</sup> 25

onion | cheese | niman ranch ham

### FARMER'S OMELET <sup>GF</sup> 25

mushroom | tomato | onion | goat cheese

### CROQUE MADAME 24

sunny-side egg | niman ranch ham | white cheddar | dijon |  
gruyere mornay

### SMOKED SALMON EGGS BENEDICT 29

english muffin | arugula | traditional hollandaise | breakfast potatoes

## MORNING SHAKES

### FRESH-PRESSED JUICES <sup>GF / V</sup> 10

orange • grapefruit • apple

### GREEN SMOOTHIE <sup>GF / V</sup> 11

kale | california avocado | local spinach | apple | citrus | ginger

### MIXED BERRY & ORANGE SMOOTHIE <sup>GF / V</sup> 10

### STRAWBERRY BANANA SMOOTHIE <sup>GF / V</sup> 10

agave | raw almond milk

### FITNESS & PROTEIN <sup>GF / V</sup> 12

omega seed butter | raw almond milk wild blueberries | hemp | chia | dates