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SEASONAL FRUIT CREPE Made to order crepes filled with whipped coconut cream and seasonal fruit, garnished with house made coconut cashew butter	210 CAL	  
MORNING SCRAMBLE One whole egg and two egg whites whipped with fresh spinach, mushroom, onion, bell peppers, and tomato	110 CAL	  
TOFU SCRAMBLE Tofu scrambled with fresh spinach, mushroom, onion, bell peppers, and tomato	70 CAL	  
H3 CINNAMON AND BANANA OATMEAL Old fashion oats, ground flax seeds, cinnamon and mashed banana simmered to perfection	110 CAL	 
CHEF'S FEATURED BREAKFAST ENTRÉE Chef's daily creation served on Tuesday's and Thursday's		
<i>Morning Additions</i>		
SEASONAL FRUIT	50 CAL	  
GREEK YOGURT WITH VANILLA BEAN & LOCAL HONEY	80 CAL	 
SIGNATURE H3 GOJI BERRY & ALMOND GRANOLA	130 CAL	  
SLICED FRESH AVOCADO	60 CAL	  
1 EGG	70 CAL	  
1 SLICE OF SPROUTED GRAIN TOAST	110 CAL	 
SIDE OF SALSA	5 CAL	  

Recommended breakfast calorie intake 200-250. Additional vegetarian options available upon request.
Dine Mindfully, please refrain from cell phone use.

