



PLANT-BASED

*True food is local, flavorful and wholesome. True to nature. True to you.

TOFU MORNING SCRAMBLE

Crumbled tofu lightly seasoned with turmeric and sautéed with fresh spinach, mushrooms, onions, bell peppers, and tomato

70 CAL   

BENEDICT

Toasted sprouted grain bread topped with sautéed mushrooms, fresh tomato, and seared tofu finished with lemon sunshine hollandaise

180 CAL  

WINTER OATMEAL

Steel cut oats, ground flax seeds, and mashed banana simmered to perfection and topped with a cranberry orange compote

140 CAL   

Morning Additions

H3 SIGNATURE SMOOTHIE

CASHEW COCONUT BUTTER

80 CAL   

MIXED SEASONAL FRUIT

40 CAL   

MIXED BERRIES

25 CAL   

H3 GOJI BERRY & ALMOND GRANOLA

130 CAL   

SLICED FRESH AVOCADO

80 CAL   

1 SLICE OF SPROUTED GRAIN TOAST

110 CAL  

SIDE OF SALSA

10 CAL   

BAKED TOFU (2 OZ.)

50 CAL   

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



Dairy Free



Gluten Free



Vegetarian



Vegan

Consuming raw or undercooked meats, poultry, seafood or eggs may increase your risk of foodborne illness.

Note: While we do our best to accommodate and meet the dietary and allergy needs of our guests, we **cannot** guarantee that cross contact will not occur due to the shared cooking and preparation areas of our kitchen.