



local foods kitchen

breakfast menu

Monday – Friday served 7:30am until 11:00am / Saturday until 12:00pm

Morning Boosters 20oz 7.99

berry, ginger, whey protein, cranberry juice, ginseng & ice

banana, flax, almond butter, yogurt, ginseng & apple juice

Old-Fashioned Oatmeal cooked with milk- comes with trays of butter, brown sugar, honey, walnut, almond, dried cranberries & raisins 4.95

Local's Granola with milk 3.50

With milk & fresh fruit 4.95

Fruit & Berries small 2.75 / large 4.75

just Berries small 3.99 / large 6.99

add honey yogurt *or* plain yogurt 2.75

Fruit Parfait layers of fresh fruit, our homemade granola & plain *or* honey yogurt 7.99

street tacos

Choose corn *or* flour (egg whites only- add 1.00)

Eggs Queso Fresco fresh pico de gallo 3.29

Grilled Veggie spinach, pico de gallo, queso fresco, *with or without egg* 3.29

Egg & Smoked Bacon *or* Chorizo queso fresco & pico de gallo 3.99

Smoked Brisket egg, queso fresco, pico de gallo 3.99 / **No EGG** 4.89

Add avocado, bacon, or jack & cheddar blend +1.50 *avocado per taco / all the rest* 1.35

burritos

Comes with both fresh pico de gallo & roasted salsa on the side

Egg & Smoked Brisket *or* Bacon with onion, cheddar & jack cheese 5.99

House Smoked Brisket with onion, cheddar & jack cheese 7.49

Add avocado +1.50/3.00 / Potatoes +0.60

mains

Eggs Your Way 2 eggs, 2 slices of thick smoked bacon *or* breakfast chicken apple links, crunchy potatoes & choice of buttered toast 9.99

AM Club egg omelet style, tomato, thick bacon on grilled sourdough 6.99

Any Way Omelet you pick the ingredients! *Select one* 8.75 / *Add more* +1.35 each / *avocado* 2.00
gruyere • spinach • veggies • ham • mixed cheeses • bacon
peppers • tomatoes • avocado • caramelized onions • mushrooms
Comes with crunchy potatoes & choice of buttered toast

Smoked Brisket Hash caramelized onions, potatoes, kale, 1 sunny side egg & choice of buttered toast 12.99

Avocado Toast on sourdough 10.99
With 1 or 2 poached eggs 11.75/12.99
Topped with smoked bacon +1.35 each slice

Fresh Blueberry Pancakes with smoked bacon & syrup 13.99

on the side

Bread Selection: wheat, sourdough, rye, Thomas English *or* multigrain muffins with house jams & honey (*without breakfast*) 2.50 *We carry gluten free breads

Crispy Potatoes 3.00

Breakfast chicken apple sausage *or* Smoked Bacon half & half *or* pick one 4.00

Butters:

Almond Butter, Peanut Butter 1.50

