

BREAKFAST

SERVED ALL DAY

Healthy Start

*VEGETARIAN CROISSANT ^V

Grilled open-faced croissant with two eggs over-easy, melted muenster cheese, spinach, tomato slices, mushrooms, cucumber and scallions. Served with uptown potatoes 12.5

OLD FASHION OATMEAL ^V

Served with steamed milk and brown sugar
· Bowl 6 · Cup 4
· Fresh berries: add 3 · Fresh bananas: add 2

UPTOWN PARFAIT

Vanilla & strawberry yogurt, fresh berries & housemade granola 10

*HEALTHY HASH

Diced chicken, potatoes, broccoli, diced green chilies, mushrooms, red onion and spinach topped with two eggs your way and side of toast 14.5

AVOCADO TOAST ^V

Hearty multigrain, avocado, sweet chili-rubbed kale, diced strawberries, roasted pumpkin seeds 12
· top with two eggs your way 15

FRESH FRUIT PLATE ^V

Generous variety of seasonal fruits served with low-fat cottage cheese or yogurt 12.5

Frittatas & Omelets

COWBOY FRITTATA ^{GF}

Zesty sausage, potatoes, green onions and cheddar cheese 13

MEDITERRANEAN FRITTATA ^{GF} ^V

Fresh spinach, bell peppers, mushrooms, green onions, steamed broccoli, diced tomatoes and feta cheese 13

SCANDINAVIAN FRITTATA ^{GF}

Nova lox, tomato, capers, cucumber-chive relish and cream cheese 14

CAPRESE OMELET ^{GF} ^V

Tomato, basil and fresh mozzarella, topped with olive tapenade. Served with uptown potatoes or toast 13.5

FRESH FRUIT SMOOTHIES

All-natural smoothies are made with premium nonfat yogurt and a combination of bananas, berries and other seasonal fruits. No commercial purees, no chemicals, no thickeners and no artificial flavorings or stabilizers are added.

STRAWBERRY BANANA ^{GF} ^V

Strawberries, banana, agave, yogurt and a splash of orange juice 9

THE ELVIS ^{GF} ^V

Banana, peanut butter, milk and agave 9
· Add a shot of espresso 3

BERRY BLAST ^{GF} ^V

Raspberries, blueberries, strawberries, blackberries, banana, yogurt, agave and a splash of cranberry juice 9

MANGO SMOOTHIE

Mango puree, agave, vanilla yogurt and a splash of pineapple juice 9

Egg-Sclusive



*CHICKEN SAUSAGE HASH

Chicken sausage, spinach, sun-dried tomatoes, onions and potatoes topped with two eggs your way and choice of toast 13.5

*CORNED BEEF HASH

Corned beef, onions and potatoes topped with two eggs your way and a side of toast 13

TOMATILLO, BLACK BEAN & ROASTED CORN BURRITO ^V

Jalapeño tortilla filled with black beans and roasted corn, tomatillos, red onion, diced green chilies, cheddar cheese, and scrambled eggs. Served with housemade salsa verde 12.5

*HUEVOS RANCHEROS

Two eggs over corn tortillas, black beans with chorizo and cheddar cheese. Served with fresh guacamole, sour cream and housemade ranchero sauce 15



HUEVOS RANCHEROS

*BISCUITS & GRAVY

Two biscuits smothered in our sausage gravy, topped with two eggs your way. Served with uptown potatoes
· Full order 12 · Half order 8.5

*TWO EGGS ^V

Any style with uptown potatoes and choice of challah, multigrain, rye or sourdough toast 9.5
· With bacon, thick cut ham, sausage links or Chicken sausage: add 3.5
· Egg whites only: add 2

YOUR SCRAMBLE OR OMELET ^{GF}

Choose 3 ingredients and have them either scrambled together or folded over the middle. Served with uptown potatoes or toast 13



· American



· Bell Peppers



· Bacon

· Cheddar

· Broccoli

· Chicken Sausage

· Feta

· Fresh Basil

· Ham

· Goat Cheese

· Jalapeño

· Sausage

· Gouda

· Mushrooms

· Muenster

· Red Onions

· Provolone

· Spinach

· Swiss

· Tomatoes

· Additional items: add 1

· Egg white omelet: add 1.5 · Sub tofu: add 3

From the Griddle



MALTED PANCAKES 9

- ^{GF} add 2
- Blueberries: add 3
- Bananas/Chocolate Chips: add 2
- Make it B&B: add 3.5

HOUSEMADE WAFFLE

Topped with whipped cream, powdered sugar and served with your choice of compotes made with bananas, blueberries or strawberries 9
· Sub fresh berries 3

STUFFED FRENCH TOAST ^V

Cinnamon or thick cut challah toast with your choice of two of the following: chocolate, hazelnut, peanut butter, honey, cream cheese, or compotes made of banana, strawberry or blueberry 13
· ^{GF} add 2 · Sub fresh berries 1.5

Add: 100% Maple syrup 4



FRENCH TOAST

Uptown Essentials

UPTOWN BAGEL ^V

Your choice of plain, sesame or everything 3
· *The Works* with thinly sliced red onions, cream cheese, capers, cucumbers, tomatoes and chives 10
· *The Works* with nova lox 15

DAILY QUICHE

Meat or vegetarian option served with uptown potatoes and balsamic salad 10.5

BREAKFAST BURRITO

Jalapeño tortilla filled with chorizo, scrambled eggs, diced green chilies, red onions and melted cheese. Housemade salsa roja and guacamole on the side. Served with uptown potatoes 13.5

BREAKFAST SANDWICH

Eggs, cheese & choice of bacon, sausage or ham on a brioche bun. Served with uptown potatoes 12

BAKED OATMEAL ^V

Your choice of blueberry or cinnamon raisin. Served with steamed milk and brown sugar 9.5

SIDES BREAKFAST

Applewood smoked bacon 4.5 Zesty sausage 4 Chicken sausage 4 Fresh fruit cup 5 Thick cut ham 4

English muffin or biscuit 3 Bagel 3 with cream cheese 4 Low-fat yogurt vanilla or strawberry 3

Toast: challah, multigrain, rye or sourdough · Full 2.5 · Half 1.5 ^{GF} Bread available 3

