



nautilus —
BREAKFAST
7AM-10:30AM



STAPLES

Acai Acre with Acre Granola, Acai Greek Yogurt, Berries & Honey 6

Oatmeal with Dried Cherries & Brown Sugar 5

French Toast with Two Pieces of Sourdough, Syrup & Berries 7

Classic with Two Farm Eggs any Style, Toast, Choice of Protein 8

Omelet or Scramble with Farm Eggs & Smoked Cheddar Cheese 6

Add Your Favorite Veggies +1 or Protein +2

BREAKFAST SANDWICHES

Breakfast Wrap in a Flour or Wheat Tortilla with Scramble Eggs, Cheddar Cheese, Fries & Salsa Roja 6

Breakfast Sandwich on Sourdough with Cream Cheese, Tomato & Bacon 7

Soyrizo on an English Muffin with Smoked Cheddar, Baked Egg & Salsa Verde 9

AM English Muffin with Spinach, Baked Egg, Cheddar & Your Choice of Ham, Bacon or Sausage 8

AVOCADO TOAST

Plain Jane on Sourdough with Guacamole, Arugula, Breakfast Radish & Dukkah 7

Lox on Sourdough with Sliced Avocado, Smoked Salmon, Cream Cheese, Tomato, Red Onion & Fried Capers 8.5

ADD VEGGIE TO ANY BREAKFAST +1

Tomato, Arugula, Jalapeño, Mushroom, Onion, Peppers, Garden Harvest

ADD PROTEIN TO ANY BREAKFAST +2

Bacon, Sausage, Soyrizo, Ham, Avocado



SMOOTHIES 7

Green Man

Kale, Avocado, Banana, Almond Milk

In a Nut Shell

Banana, Cashew Butter, Almond Milk
Add Espresso for Java Jones

Fresh & Fruity

Fresh Berries, Bananas, Almond Milk

Oatmeal Chai

Banana, Chai, Oats, Honey, Almond Milk

Berry Lemonade

Mixed Berries, Lemonade, Honey, Berry Puree

Matcha

Matcha, Orange Juice, Banana, Almond Milk

Orange Dream

White Chocolate, Orange Juice, Almond Milk,
Oats, Banana

Add Protein Powder +1

LIQUID ENERGY

Coffee 2.25

Refill 1.00

Espresso 1.50

Espresso Dbl 2.50

Espresso Tpl 3.50

Americano 2.70

Macchiato 3.15

Cappuccino 3.25

Latte 3.75

Mocha 4.25

Chai Latte 4.25

Matcha Latte 4.25

Dirty Chai Latte 4.75

Cold Brew 5.25

SODA, LEMONADE, TEA 2.50