

### Honey Whipped Greek Yogurt Bowl 15

mixed berries, crushed almonds, flax seed, cinnamon, homemade coconut granola

### Overnight Oats 14

steel cut rolled oats, chia & flax seed dust, mixed nuts, berry syrup

### Cinnamon Roll French Toast 17

griddled in orange scented batter, berries, sugar dust, almond brittle vermont maple syrup

#### Farmer's Omelet\* 19

scrambled eggs, baby spinach, wilted grape tomatoes roasted wild mushrooms, aged cheddar cheese

### The Sweet Grass\* 23

scrambled eggs, melted jack cheese, farm fresh sausage patty, open faced on a buttermilk biscuit served with IOP home fries

## Smoked Salmon Sammy 19

hickory smoked salmon, cucumber, sprouts, pickled red onion cream cheese, crushed avocado, toasted croissant pineapple & strawberries \*tofu substitute available upon request

### Avocado Toast 15

sourdough, cherry tomatoes, chia & flax seed dust

# À LA CARTE

IOP home fries 6 sourdough toast 4 farm fresh sausage patty 7 pecan-wood smoked bacon 7 buttermilk biscuit & honey 6 two eggs scrambled 7 griddled tofu 4 crushed avocado 4 fresh fruit 7

## **BEVERAGES**

## Mimosa \$12

classic with orange juice bellini with peach poinsetta with cranberry

## Michelada \$12

draft lager in tajin rimmed pint glass bloody mary mix, hot sauce, lime juice

# Sangria Spritz \$14

red or white wine, cocchi americano lemon juice, sparkling water

## Coffee or tea \$5

# Juice \$5

apple, orange, grapefruit, tomato cranberry, pineapple

<sup>\*</sup>checks left open will incur a 20% tip