

Morningside Cafe

BREAKFAST MENU

juices

small \$10 large \$15

THE HULK

baby kale, green apple, cucumber, spinach, ginger root & oranges

PINEAPPLE EXPRESS

pineapple, ginger & lime

PICK ME UP

carrot, red apple, celery, lemon

BERRY BUZZ

grapes, kiwi, strawberries, lemon

smoothies

small \$10 large \$15

BLUEBERRY BANANA

almond milk, old fashioned oats, almond butter, bananas & blueberries

MANGO COLADA

mango, coconut, coconut milk, agave nectar, lime

THE PROTEIN PUNCH

local dates, banana, chia seeds, peanut butter, almond milk

wellness shots \$4

DIGESTIVE BOOST

pineapple, mint & ginger

ANTI-INFLAMMATORY

carrot, green apple & turmeric

THE DAY AFTER

spinach, parsley, red apple, lemon & ginger

eggs & things

BUILD YOUR OWN OMELET

choice of organic eggs, egg whites or egg beaters...17

FITNESS FRITTATA

egg whites, kale, spinach, tomatoes, green onions, and feta cheese...18

CLASSIC BREAKFAST

two eggs any style, choice of bacon, pork sausage, turkey sausage, or ham. choice of toast, fruit or hash browns...17

THE CHARRO SKILLET

beef fajitas, onions, peppers, two organic eggs, fresh salsa, warm tortillas, home fries...20

SHORT RIB HASH

peppers, onions, red bliss potatoes, fresh herbs, two fresh organic eggs any style...22

CLASSIC MEXICAN CHILAQUILES

tomatillo sauce, sweet onions, queso fresco, avocado, two organic eggs any style, micro cilantro...20

MORNINGSIDE CAFE BREAKFAST BURRITO

organic eggs, home fries, bacon, cheese, avocado with salsa on the side...18

from the griddle

SWEDISH PANCAKES

served with lingonberry jam & powdered sugar...17

CANADIAN SKILLET

three buttermilk pancakes, two eggs any style, pea-meal bacon, maple syrup...19

BAKED PAN PERDUE

thick cut brioche soaked in cinnamon orange custard, whipped butter, warm maple syrup, powdered sugar, bacon...19

LEMON & HOUSE RICOTTA PANCAKES

blueberry compote, whipped butter, vermont syrup...18

wholesome offerings

OLD FASHIONED OATMEAL

golden raisins, brown sugar and toasted walnuts... 9

BROOKLYN ACME FAMILY SMOKED SALMON PLATE

new york bagel, herb whipped cream cheese, capers, sliced red onions and tomato... 24

AVOCADO TOAST

toasted sourdough miche, avocado-cilantro pesto spread, marinated campari tomatoes, crumbled feta, poached eggs...16

VEGGIE BOWL

garnette yam hash, spinach, onions, cremini mushrooms, avocado, thyme, salsa roja, two organic eggs any style... 20