



Breakfast

Build Your Own Omelette | 7

Choice of three toppings

Peppers, Tomato, Spinach, Italian Sausage, Ham, Wild Mushrooms, Monterey Jack Cheese

Served with Roasted Potato **Extra Toppings | 1**

BVC Hash | Potato, Peppers, Italian Sausage, 2 Scrambled Eggs & Monterey Jack Cheese

Topped with Salsa Fresca | **7.5**

Benedict | Two Poached Eggs, Shaved Ham, English Muffin & Roasted Organic Potatoes | **7.5**

Porridge | Steel Cut Oats, Mixed Berry Compote, Greek Yogurt & House Granola | **5**

Parfait | Greek Yogurt, Mixed Berry Compote Topped with House Granola | **5**

Sides

Toast | Multigrain, White or Marble Rye | **2**

Bacon | Slice Smoked Bacon | **1**

Sausage | Maple Pork | **1**

Salsa Fresca | **1**

Fruit Salad | Seasonal Fruit Bowl | **5**

Tomato | Fresh Local Tomato | **2**

Potato | Roasted Organic | **1.5**

Egg | Any style | **1**

Small Bites

Breakfast Wrap | Two Eggs Scrambled, Bell Peppers, Ham, Jack Cheese, Salsa Fresca | **4.5**

Egg English Muffin | Fried Egg, Aged White Cheddar, Shaved Ham on a Herb Buttered English Muffin | **3.5**

Smoothies

BVC | Banana, Milk, Cocoa Nibs, Vanilla Honey, Greek Yogurt | **5**

LindSTRONG | Strawberry, Raspberry, Almond Milk, Spinach, White Chocolate Protein Powder | **6**

Blueberry Buzz | Blueberries, Almond Milk, Greek Yogurt, Spinach, Black Forest Protein Powder | **6**

Add Extra Dynamis Black Forest or White Chocolate Brownie Protein Powder | **1.5**

TAKE IT TO GO OPTION AVAILABLE