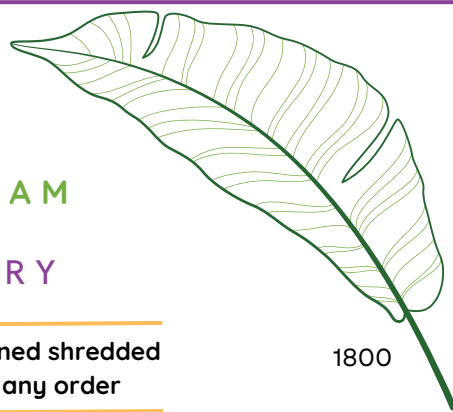


# BreakFast

SERVED FROM 7-11 AM



## SWEET

<b>Fresh Tropical Fruit Salad</b> <b>VG GF</b>	3500
<b>Fruit Salad with yogurt, granola &amp; honey</b> <b>V</b>	5000
<b>French Toast</b> <b>V</b> Homemade bread served with syrup	4500
<b>Banana Pancakes</b> <b>V</b>	4000
<b>Toast with Butter &amp; Jam</b> <b>V</b> Served with our homemade whole wheat toast.	3500

## SMOOTHIE BOWLS

<b>The Traveler</b> <b>GF* VG</b> Fresh orange juice, papaya & homegrown banana, topped with dried plums, granola, sunflower seeds, banana slices, dried coconut & ground flax seeds	4500
<b>Yogi Berry</b> <b>GF* V</b> Yogurt, homegrown banana & blackberry topped with granola, dried coconut, banana slices & raisins	4500
<b>Chocolate Sunrise</b> <b>GF* VG</b> Homemade coconut milk, banana & cacao topped with granola, dried coconut, banana slices & raisins	4500
<b>Green Dream</b> <b>GF* VG</b> Homemade coconut milk, spirulina, banana & papaya topped with granola, dried coconut, sunflower seeds & banana slices	5000

## BREAKFAST SIDES

Fried Plantains	700	Refried Beans	700
Gallo Pinto	1500	Eggs (2)	900
Sour Cream	700	Cheese	1000
Avocado	1000	Toast	900
Granola	900	Corn Tortillas (3)	700
Yogurt	900	Seasoned shredded	
Butter & Jam	1500	Chicken	1800

## SAVORY

<b>Add seasoned shredded chicken to any order</b>	1800
<b>Eggs &amp; Toast</b> <b>V</b> Served with our homemade whole wheat toast	3000
<b>Tipico</b> <b>GF V</b> Traditional Costa Rican breakfast of rice & beans, eggs, cheese, corn tortillas & plantains	4000
<b>Vegan Tipico</b> <b>GF VG</b> Traditional rice & beans, avocado, tomato, corn tortillas & plantains	4000
<b>Gallo Pinto with Eggs</b> <b>GF V</b>	3000
<b>Gallo Pinto with Eggs &amp; Tomato</b> <b>GF V</b>	3500
<b>Omelette</b> <b>GF* V</b> Tomato, sweet pepper, onion & cheese, served with homemade whole wheat toast	5000
<b>Scrambled Tofu</b> <b>VG</b> Tomato, basil & onion served with homemade whole wheat toast	4000
<b>Avocado Toast</b> <b>VG</b> Whole wheat toast topped with avocado & tomato basil mix	5000
<b>Breakfast Burrito</b> <b>V</b> Gallo pinto, eggs, fried plantain, cheese & ranchera sauce wrapped in a wheat tortilla	5000
<b>Huevos Rancheros</b> <b>GF V</b> Corn tortillas topped with fried eggs, refried beans, ranchera sauce & sour cream	4000
<b>Breakfast Chicken Sandwich</b> Shredded chicken with Mayo chipotle sauce, tomato, cucumber and lettuce, served on homemade whole wheat bread	5000
<b>Pesto Sunrise Sandwich</b> <b>V</b> Egg, tomato, with pesto sauce, served sauce, served on whole wheat bread	4000

VG=Vegan V=Vegetarian GF=Gluten free GF\* / VG\* = Gluten free /Vegan option available  
We are not a gluten free kitchen. We take special care but cross contamination could occur.

Rates do not include 13% Tax