

Breakfast *menu*

HEART AND SOUL CAFE

No Modifications at this time

"GF" - GLUTEN-FREE
IS AN OPTION

Breakfast Sandwiches (2 Fried Eggs*)

*Egg and Cheese, GF \$7.95 Double fried egg with your choice of cheese Bacon, *Egg and Cheese GF \$8.95 Double fried egg with bacon, and your choice of cheese Ham, *Egg, and Cheese GF Double fried egg with ham, and your choice of cheese \$8.95 *Egg and Cheese, GF Tomato, Avocado \$9.10 Two Fried eggs with Tomato, Avocado, and your choice of cheese	Sausage, *Egg and Cheese GF \$8.95 Double fried egg with sausage, and your choice of cheese The French Toast Breakfast Sandwich GF \$11.95 French Toast with American cheese, sausage, and 2 eggs* over-medium Breakfast Burrito Scrambled eggs* with cheese, ham, peppers, and onions and salsa \$13.75	Toast Options: <ul style="list-style-type: none"> • White • Sourdough • Rye (Dark) • Gluten-Free \$2.00 • Cranberry-Pecan \$2.00 • Plain Bagel \$0.75 • Everything Bagel \$0.75 • Croissants \$1.50 • English Muffin \$1.25 • Wheat Wrap \$1.00
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The Omelette Shop and Signature Dishes

Spinach Avocado Toast GF \$15.95 Two pieces of toast (your choice) with spinach, avocado, two eggs* over-medium, feta, tomato, and house-made lemon-aioli Three *Eggs Your Way GF \$12.65 Three eggs with bacon, ham, or sausage, home fries, and choice of toast (with hash \$15.65) Veggie Breakfast Bowl GF \$12.95 Ancient Rice-quinoa mix with two eggs* over-medium with sautéed onions, tomatoes, black beans, corn and your choice of toast	Brazilian Bomblete* GF \$16.45 Sautéed chicken, peppers, onions, and cheese with avocado Meat Lover's Omelette* GF \$13.75 Bacon, ham, sausage and American cheese Spinach, Mushroom, Feta Omelette* GF \$12.65 Sautéed Spinach, mushrooms, and feta cheese Omelettes* come with homefries and choice of toast	Western Omelette* GF \$12.65 Sautéed ham, peppers, onions, and American cheese Garden Omelette* GF \$12.65 Sautéed Spinach, peppers, onions, tomatoes and American Cheese Sausage, Broccoli, and Cheddar Omelette* GF \$13.25 Sautéed Sausage, broccoli, and Cheddar Cheese
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The Benedict Landing and More

Traditional *Eggs Benny \$12.50 Sautéed Ham, two poached eggs, and house-made benny sauce on an english muffin Bacon *Eggs Benny \$12.95 Two poached eggs with crispy bacon, and house-made benny sauce on an english muffin Sausage *Eggs Benny \$13.25 Sautéed Sausage, two poached eggs, and house-made benny sauce on an english muffin	Irish *Eggs Benny \$14.75 House-made Corn Beef Hash, with two poached eggs, with house-made benny sauce on an english muffin California *Eggs Benny \$14.50 Sautéed Spinach, two poached eggs, avocado, tomato and house-made benny sauce Avocado Spread GF © \$9.50 Plain avocado spread with everything seasoning on your choice of toast	SIDES <ul style="list-style-type: none"> • Toast <ul style="list-style-type: none"> ◦ White, Rye, Sourdough \$2.99 ◦ Bagels (Plain, Everything) \$2.50 ◦ Cranberry Pecan \$3.25 ◦ Croissants \$2.25 ◦ English Muffin \$1.50 • Bacon \$3.99 • Sausage \$3.99 • Ham \$3.99 • Homefries \$3.25 • House-made hash \$4.99 • Fresh fruit \$3.75 • Real Maple Syrup \$2.25
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PEACE AND LOVE, ALWAYS



"Waffle"

Special Menu



Waffle

Plain Waffle	\$7.95
Chocolate Waffle	\$8.95
Fruity Waffle	\$9.95
Nutella Waffle	\$8.95
Peanut Waffle	\$8.95

Pancakes (Doubles)

Plain	\$7.95
Chocolate Chip	\$8.95
Fruity	\$ 9.95
Nutella	\$8.95
Texas French Toast	\$9.95



Lunchmenu

HEART AND SOUL CAFE

Sandwiches come with chips and a dill pickle!

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AN OPTION.

Sandwiches!

Tuna, Lettuce, Tomato, on Rye \$11.50 House-made tuna with lettuce and tomato on toasted rye Chicken Salad on Sourdough \$11.50 House-made chicken salad with lettuce and pickles BLT GF \$11.50 Bacon, lettuce, tomato on your choice of toast BLTA GF \$12.65 Bacon, lettuce, tomato, avocado on your choice of toast	Grilled Ham and Cheese on Rye \$10.50 Grilled Ham and cheese with house-made honey mustard California Chicken Club \$13.75 Grilled Chicken with avocado, bacon, lettuce, tomato, and house-made chipotle on Sourdough bread Rueben \$12.50 Corned Beef with cheese, sauerkraut, and house-made Russian dressing on Rye toast.	Patty Melt Burger * \$13.75 6 oz. Ground Beef with choice of cheese, bacon, lettuce, tomato, mayo, on toasted white Cuban Sandwich \$12.50 Smoked Pork with American cheese, sliced pickles, grilled ham, and mustard on toasted White Grilled Cheese and Tomato \$8.75 Grilled Cheese and Tomato on toasted Sourdough (American, cheddar)
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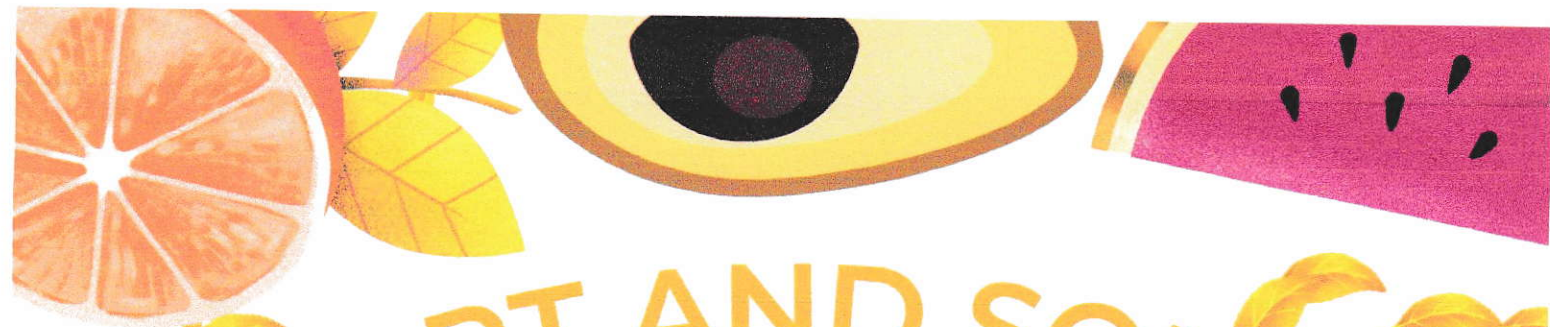
Salads and Chef's Power Bowls

Greek Rice and Quinoa Salad GF \$13.65 Fresh greens, quinoa rice-mix, tomatoes, onions, feta cheese, cucumbers, carrots, olives Spinach & Mushroom GF Salad \$12.65 Fresh spinach, bacon, walnuts, and mushrooms, feta cheese Garden Salad GF \$11.50 Fresh greens, tomato, cucumbers, onions & carrots Add Grilled Chicken or Tuna: \$4.50	Fresh Almond and Berry Salad GF \$13.25 Fresh greens, grilled chicken, feta cheese, fresh berries, cucumbers, onions, and almonds Caesar Salad* \$9.75 Fresh Romaine with parmesan, house-made croutons and caesar dressing Mediterranean Chicken Kabob Salad GF \$15.25 Fresh greens, grilled chicken, onions, feta cheese, cucumbers, onion, olives	Protein Power Bowl \$13.75 Ancient Rice-quinoa mix with chicken, corn, black beans, tomatoes, red onion, fried onion strings, and house-made chipotle Mexican Power Bowl \$14.25 Ancient Rice-quinoa mix with ground beef, corn, black beans, tomatoes, red onion, fried onion strings and house-made chipotle Veggie Power Bowl \$14.25 Ancient Rice-quinoa mix with veggie burger, corn, black beans, tomatoes, red onion, fried onion strings, and house-made chipotle
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Wraps and More!

Chicken Caesar* Wrap \$12.65 Chopped grilled chicken with freshly blended caesar romaine Chicken Pesto Wrap \$13.50 Chopped grilled chicken, lettuce, tomatoes, American cheese, and house-made pesto-mayo Mediterranean Wrap \$12.25 Spinach, hummus, tomatoes, olives, red onion, cucumber, feta cheese	Veggie Burger Wrap \$12.65 Black-bean veggie burger with American cheese, lettuce, tomatoes, onions, and house-made pesto-mayo Chipotle BLT Wrap \$13.50 Crispy bacon bits, ham with lettuce, tomatoes, avocado, cheddar cheese and house-made chipotle dressing on a wheat wrap	Kids Menu <ul style="list-style-type: none"> Scrambled Egg and Toast \$6.95 Mickey Mouse Pancake \$6.95 Yogurt Parfait \$5.75 PB&J & Chips \$6.95 Grilled Cheese & Chips \$6.95 Grilled Cheese and Bacon \$7.25 KIDS DRINKS <ul style="list-style-type: none"> Apple Juice \$3.50 Milk \$3.00 Soda/ Seltzer \$2.75 Orange Juice \$3.50
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PEACE AND LOVE, ALWAYS



HEART AND SOUL'S

JUICE, SMOOTHIE & ALCOHOL MENU

SMOOTHIES

Strawberry-Banana | \$8.95

Strawberries, banana, ice, choice of milk

Nutella-Banana | \$8.95

Banana, nutella, ice, choice of milk

The Green Smoothie | \$10.50

Spinach, matcha powder, blueberry, milk of choice

The Berry Smoothie | \$8.95

Fresh Berries, ice, milk of choice

The Açaí Smoothie | \$10.50

Frozen Açaí, fresh berries, ice, milk of choice

BERRY REFRESHERS

Iced Mango-Berry Hibiscus Refresher | \$4.99

Strawberry Refresher | \$4.99

Pink-Lemonade Refresher | \$4.99

Lavender Iced Tea | \$4.99

Blueberry Pink-lemonade | \$4.99

Smoothie Add-Ons:

Almond Milk \$1.00

Protein Powder: \$1.00



Healthy Side

ACAÍ BOWLS AND SOUP!

Traditional Acaí Bowl \$12.50

House-made Granola, fresh blueberries, strawberries, banana, and honey

Acaí Power Bowl \$13.50

House-made granola, Chia-seeds, peanut-butter, coconut, chocolate chips

Acaí Recharge Bowl \$13.75

Peanut-butter, banana, and nutella

SOUP OF THE DAY!

REFER TO SERVER! \$9.50

Refer to the Daily Specials Board for daily dishes and deals!

Baked Goods and More!

(Refer to Pastry Case)

Frozen Yogurt \$7.95

- Vanilla
- Chocolate
- Refer to server for toppings!

Farmer's Fridge!- Catered or for dining!

- Yogurt parfaits \$5.75
- Overnight Oats \$5.75
 - Oatmeal, chia seeds, and cinnamon, blueberry, almond milk Add-Ons: Honey \$.75; Peanut Butter \$.75
- House-made Pasta Salad (Quart) \$10.50
 - Boiled pasta with feta cheese, roasted red peppers, olive oil
- Cake of the Day! \$3.75

**These items may be served under-cooked. Consuming raw or under-cooked poultry, meat, shellfish, seafood or eggs may result in foodborne illness.*

Before placing your order, please notify your server if anyone in your party has a food allergy.

Please be advised that food prepared here may contain these ingredients: milk, eggs, wheat, soybean, peanuts, tree nuts, fish and shellfish.

BEVERAGES

COFFEE, TEA & MORE (in-house) (to go small/large)

Hot Coffee	\$3.85	3.85/4.40
Iced Coffee	4.40	3.85/4.40
Hot Tea	3.30	3.30/3.70
Iced Tea	3.70	3.30/3.70
Hot Chocolate	3.85	3.85/4.40
Vanilla Steamer	3.75	3.75/4.50

ESPRESSO BAR

Espresso (double)	3.85	3.85/-
Americano	3.85	3.85/-
Cappuccino	4.40	4.40/-
Machiato	4.25	4.25/-
Cortado	4.50	4.50/-
Latte (hot or iced)	4.40	4.40/5.60
Chai Latte (hot or iced)	4.40	4.40/5.25
Dirty Chai Latte (hot or iced)	5.25	5.25/6.10

ADD-ONS

Almond Milk	\$1.00		
Flavor Shot	\$.50 each		
Blueberry	Golden Tumeric	Pumpkin Pie	
Brown Butter Toffee	Hazelnut	Spiced Brown Sugar	
Caramel	Lavender	Swiss Chocolate	
Coconut	Pear	White Chocolate	
Ginger	Peppermint	Vanilla	
Cordial Shot	\$3.50 each (see choices below)		
Other			
Caramel Drizzle	n.c.	Cocoa Powder	n.c.
Chocolate Drizzle	n.c.	Sweet Cold Foam	\$1.00
Cinnamon	n.c.	Whipped Cream	\$.50

MILK, SODA & JUICE

Milk	\$3.50	Orange Juice	\$3.50	Soda/Seltzer	\$2.75
Chocolate Milk	\$3.75	Apple Juice	\$3.50		

BEER OF THE DAY \$6.85 (Please ask your server)

HOUSE WINE (RED OR WHITE) \$10.50 (Please ask your server.)

MIMOSA \$11.95

Traditional Orange Juice
Watermelon-Strawberry

SANGRIA \$12.95

CORDIALS \$3.50

Baileys	Frangelico	Peppermint Schnapps
Chocolate	Kahlua	Sambuca