

Breakfast *menu*

HEART AND
SOUL CAFE

No Modifications at this time

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} 8.95 Double fried egg with ham, and your choice of cheese *Egg and Cheese, Tomato, Avocado ^{GF} 9.10 Two Fried eggs with Tomato, Avocado, and your choice of cheese	Sausage, *Egg and Cheese 8.95 Double fried egg with sausage, ^{GF} and your choice of cheese The French Toast Breakfast Sandwich 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	Chorizo & Cheddar 8.95 2 eggs, cheddar, avocado Toast Options <ul style="list-style-type: none"> White ^{GF} Sourdough ^{GF} 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 Chorizo & Cheddar Omelet 11.95 with sliced avocado
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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	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	SIDES <ul style="list-style-type: none"> Toast (Ask your server for options) Bacon 3.99 Sausage 3.99 Ham 3.99 Home Fries 3.25 Homemade Hash 4.99 Fresh Fruit 5.25 Real Maple Syrup 2.25 Egg Whites 5.50 Egg Whites w/cheese & spinach 8.50 Chorizo 3.99 Avocado, seasoned on toast 9.50
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PEACE AND LOVE, ALWAYS



"Waffle"

Special Menu



Waffle

Belgian 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



Lunch menu

HEART AND SOUL CAFE

GF

Sandwiches come with chips and a dill pickle!

Sandwiches!

Tuna, Lettuce, Tomato, GF 11.95 House-made tuna with lettuce and tomato with your choice of bread	Turkey Burger 13.95 American cheese, lettuce, tomato, onion, pickle, mayo & mustard on golden bulkie roll California Chicken Club GF 13.95 Grilled Chicken with avocado, bacon, lettuce, tomato, and house-made chipotle on Sourdough bread Rueben GF 13.25 Corned Beef with cheese, sauerkraut, and house-made Russian dressing on Rye toast.	Patty Melt Burger * GF 13.99 6 oz. Ground Beef with choice of cheese, bacon, lettuce, tomato, mayo, on golden bulkie roll Cuban Sandwich GF 13.25 Smoked Pork with American cheese, sliced pickles, grilled ham, and mustard on toasted White Grilled Cheese and Tomato 9.25 Grilled Cheese and Tomato on toasted Sourdough (American, cheddar) GF
Chicken Salad on Sourdough GF 11.95 House-made chicken salad with lettuce and pickles BLT GF 11.95 Bacon, lettuce, tomato on your choice of toast BLTA GF 12.95 Bacon, lettuce, tomato, avocado on your choice of toast		

Salads and Chef's Power Bowls

Greek Rice and Quinoa Salad 14.25 Fresh greens, quinoa rice-mix, tomatoes, onions, feta cheese, cucumbers, carrots, olives GF Spinach & Mushroom Salad 13.25 Fresh Spinach, bacon, walnuts, mushrooms & feta cheese Garden Salad 11.95 Fresh greens, tomato, cucumbers, onions & carrots	Fresh Almond and Berry Salad GF 13.95 Fresh greens, grilled chicken, feta cheese, fresh berries, cucumbers, onions, and almonds Caesar Salad* GF 10.50 Fresh Romaine with parmesan, house-made croutons and caesar dressing Mediterranean Chicken Kabob Salad GF 15.95 Fresh greens, grilled chicken, onions, feta cheese, cucumbers, onion, olives	Protein Power Bowl GF 14.25 Ancient Rice-quinoa mix with chicken, corn, black beans, tomatoes, red onion, fried onion strings, and house-made chipotle Mexican Power Bowl GF 14.95 Ancient Rice-quinoa mix with ground beef, corn, black beans, tomatoes, red onion, fried onion strings and house-made chipotle Veggie Power Bowl 14.95 Ancient Rice-quinoa mix with veggie burger, corn, black beans, tomatoes, red onion, fried onion strings and house-made chipotle
Add Grilled Chicken or Tuna: \$4.75		

Wraps and More!

Chicken Caesar* Wrap 13.25 Chopped grilled chicken with freshly blended caesar romaine Chicken Pesto Wrap 13.95 Chopped grilled chicken, lettuce, tomatoes, Parmesan cheese, and house-made pesto-mayo Mediterranean Wrap 12.95 Spinach, hummus, tomatoes, olives, red onion, cucumber, feta cheese	Veggie Burger Wrap 13.25 Black bean veggie burger with American cheese, lettuce, tomatoes, onions, & sweet mustard Chipotle BLT Wrap 13.25 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 GF 6.95 Grilled Cheese & Chips GF 6.95 Grilled Cheese and Bacon GF 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

Green 11.50

Spinach, chia, honey, banana, blueberry & choice of milk

Berry Smoothie 8.95

Fresh Berries, banana, 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 Ⓜ GF \$12.50

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

Acaí Power Bowl Ⓜ GF \$13.50

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

Acaí Recharge Bowl Ⓜ GF \$13.75

Peanut-butter, banana, and nutella

SOUP OF THE DAY!

(SEASONAL) 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

**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.