

“BREAKFAST & LUNCH ALL DAY”

HEART & SOUL CAFÉ MENU

No modification at this time



BREAKFAST SANDWICHES (2 FRIED EGGS*)

Cage Free Eggs*

*Egg and Cheese (GF) \$7.95

Add

Bacon..... \$1.00 Fresh Avocado \$1.25
Sausage..... \$1.00 Tomatoes..... \$0.50

Toast options (GF)

- White • Gluten-Free \$2.00 • Croissants \$1.50
- Sourdough • Cranberry-Pecan \$2.00 • English Muffin \$1.25
- Rye (Dark) • Plain Bagel \$0.75 • Wheat Wrap \$1.00

The French Toast Breakfast Sandwich **\$11.95**

French toast with American cheese, sausage, and 2 eggs over-medium*

Breakfast Burrito..... **\$13.95**

Scramble eggs with cheese, peppers, onions and salsa*

Add

Bacon..... \$1.00 Ham and Cheddar..... \$8.95
Sausage..... \$1.00

Sides

- Bacon \$4.25
- Sausage \$4.25
- Home fries \$3.25
- In house made Hash \$4.99
- Real Maple Syrup \$2.25
- Egg* Whites \$3.50
- Egg* Whites w/cheese & spinach \$4.75
- Avocado, seasoned on toast \$5.99

HEART AND SOUL OMELET SHOP AND SIGNATURE DISHES

Heart and Soul Spinach Avocado Toast (GF) **\$15.95**

Two pieces of toast (your choice) with spinach, avocado spread, two eggs over medium, feta, tomatoes, and house made lemon-aioli*

Three Eggs* Your Way (GF) **\$12.95**

With Bacon or Sausage, Home fries and toast

Add homemade hash.\$3.50

Veggie Breakfast Bowl **\$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) **\$15.95**

Sautéed chicken, peppers, onions and cheese with avocado

Soulful Hash and Hearty Cheese Omelet (GF) **\$12.95**

Homemade hash, and your choice of American, Cheddar or Feta cheese

Omelets come with home fries and your choice of toast

RICH AND CREAMY HEART AND SOUL BENEDICTS

Bacon Eggs* Benny..... **\$12.95**

Two poached eggs with crispy bacon, and house made benny sauce on an English muffin*

Irish Eggs* Benny..... **\$14.95**

Corn beef hash, with two poached eggs, house made benny sauce on an English muffin*

California Sunshine Eggs* Benny..... **\$14.95**

Sautéed spinach, two poached eggs, fresh avocado, tomato, house made benny sauce on an English muffin*

FOR THE SWEET TOOTH'S

Belgian Waffle **\$9.50**

Add Chocolate Chip... \$1.00 Add Peanut Butter..... \$1.00 Add Fresh Berries..... \$1.50

Add Banana..... \$1.00 (Peanut Allergy) Add Fluffy cream \$0.75

Buttermilk Pancakes..... **\$7.95**

Add Chocolate Chip... \$1.00 Add Peanut Butter.... \$1.00 Add Fresh Berries \$1.50

Add Banana \$1.00 (Peanut Allergy) Add Fluffy cream \$0.75

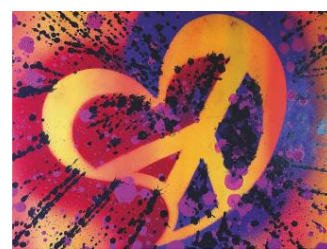
*Before placing order please inform your server if a person in your party has a food allergy.

*Be advised that food prepared here may contain: milk, eggs, wheat, soybean, peanuts, tree nuts, fish and shellfish.

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NORTH SHORE FAVORITE ACAI BOWLS

Bud's Traditional	\$13.50
<i>House made granola, fresh berries, banana and sweet honey (Peanut and tree nut Allergy)</i>	
Power	\$14.50
<i>House made granola, chia seeds, peanut butter, coconut, chocolate chips (Peanut and tree nut Allergy)</i>	
Re-charge	\$13.75
<i>Peanut butter, and sliced banana (Peanut and tree nut Allergy)</i>	

GROOVY LUNCHES--Sandwiches come with chips and a dill pickle

Chicken Salad (GF)	\$12.95
<i>House made Chicken salad with lettuce</i>	
BLT (GF)	\$11.95
<i>Bacon, lettuce and tomato + Add Fresh Avocado \$1.25</i>	
California Chicken Club (GF)	\$13.95
<i>Grilled Chicken with avocado, bacon, lettuce, tomato, in house made chipotle sauce</i>	
Rueben (GF)	\$13.95
<i>Extra lean Corned Beef with cheese, sauerkraut and Russian dressing</i>	
Texas Burger (GF)	\$13.95
<i>6 oz. Ground Beef with cheese, bacon, crispy fried onions and chipotle mayo sauce</i>	
Go Healthy Burger (Black bean base) (GF)	\$13.95
<i>Fresh sliced tomato, lettuce, Avocado, chipotle mayo</i>	

HIGH ROLLERS

Chicken Caesar* Wrap	\$12.95
<i>Chopped grilled chicken, and freshly blended cesar cheese romaine, house croutons</i>	
Chicken Pesto Wrap	\$13.95
<i>Chopped grilled chicken, lettuce, tomatoes, parmesan cheese and house pesto mayo</i>	
Mediterranean Wrap	\$13.95
<i>Fresh spinach, hummus, tomatoes, black olives, red chopped onion, cucumber and feta cheese</i>	

ENERGY POWER BOWLS

Protein Power Bowl (GF)	\$14.95
<i>Ancient rice mix, corn, black beans, tomatoes, red onion, house made chipotle with crispy fried onions</i>	
<i>Add Chicken \$2.00 Add Burger..... \$2.00 Veggie Burger \$2.00</i>	

HEART OF THE GARDEN

Not so classic Caesar Salad (GF)	\$13.95
<i>Fresh romaine, parmesan, home croutons, crispy bacon, fresh avocado and Cesar dressing</i>	
<i>Add Chicken \$2.00</i>	
Heart and Soul Kabob Salad (GF)	\$15.95
<i>Grilled chicken, feta cheese, mixed greens, onions, cucumbers, black olives, tomatoes, lemon dressing</i>	
Julie's Favorite Green Salad (GF)	\$15.95
<i>Fresh spinach, sliced parmesan, raw mushrooms, juicy mix berries, house balsamic dressing</i>	

KIDS MENU

Scramble Eggs* and toast	\$6.95
Mickey Mouse Pancake	\$6.95
Grilled Cheese & Chips (GF)	\$6.95
Add	
Bacon	\$1.00
Tomatoes	\$0.50

REFRESHING SOULFUL SIGNATURE DRINKS

Strawberry Banana Smoothie	\$7.95
Substitute Almond milk	\$1.00
Green Smoothie	\$9.50
Substitute Almond milk	\$1.00
Iced Mango-Berry hibiscus Refresher 20 oz.	\$5.50
Strawberry Refresher 20 oz.	\$5.50

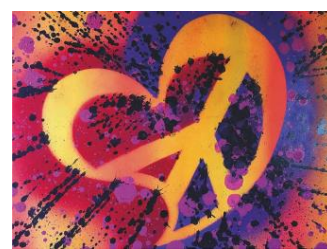
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HOT DRINKS

Proudly serving Atomic Coffee

Substitute Almond milk \$1.25

Hot Coffee/Tea \$3.95/4.50
Hot tea \$3.45/3.85

Hot Chocolate\$3.95/5.50
Soothing Vanilla Steamer.....\$3.95/4.70

HOT EXPRESSO BAR

Double Espresso\$3.95
Americano\$3.95
Latte\$4.60
Cappuccino\$4.60

Macchiato\$4.45
Chai Latte.....\$4.60
Dirty Chai Latte\$5.50

COLD DRINKS

Iced Tea\$3.85/4.25
Iced Coffee.....\$4.40/5.50
Iced macchiato\$4.45
Iced Cappuccino\$4.95 16 oz.

Iced Latte\$4.95 16 oz.
Iced Chai Latte\$4.95 16 oz.
\$5.50 20 oz.
Dirty Ice Chai Latte\$6.70 20 oz.

Add Flavor Shot: \$1.00 each

- Blueberry
- Hazelnut
- Caramel
- Swiss chocolate
- Spiced Brown Sugar
- Vanilla

Add Cordials: \$ 4.50 each

- Bailey's
- Frangelico
- Kahlua
- Sambuca

BAR MENU

MIMOSA

Our Famous, Large “OJ” Mimosa .. \$11.95

Watermelon- Strawberry Mimosa .. \$11.95

BEER

Today's House Beer ... \$6.85

WINE

Local Winery

House Wines: Cabernet .. \$10.50 Chardonnay .. \$10.50 Rose ... \$10.50

NON-ALCOHOL DRINKS

Milk \$3.00/\$4.00
Soda Cans \$2.75
Flavored Seltzer \$2.75

Juice \$3.50/\$4.50
Lemonade Refresher\$3.50/\$4.50

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