

Prepared fresh using the finest organic ingredients. Always using local produce and products when available. Thank you for your patience and support!

# BREAKFAST

## [CLASSICS]

TWO EGGS any style with toast & choice of homefries or fruit / 12  
add meat / 6.50  
BREAKFAST SANDWICH with two eggs on a Kaiser roll / 9 with meat / 14

## [STARTERS]

PARFAIT fresh fruit, vanilla yogurt, homemade granola 🌱 / 13  
coconut yogurt 🌱🥥 / 15  
OATMEAL rolled oats, raisins, brown sugar, maple syrup 🌱🥜 / 8  
QUINOA BOWL tricolor quinoa, fresh berries, topped with agave, flax, chia, hemp seeds 🌱🥜 / 9  
BREAKFAST BREADS banana nut, pumpkin, coconut, 3 slices 🌱 / 14

SMOKED SALMON PLATTER bagel, cream cheese, lettuce, tomato, onion, capers, lemon wedges / 21  
FRESH FRUIT BOWL market fresh fruit with a side of maple yogurt dipping sauce 🌱 / 11 coconut yogurt 🌱🥥 / 12

## [BENNYS] served with homefries or fruit

EGGS BENNY two poached eggs, berkshire canadian bacon, toasted english muffins, topped with hollandaise / 18  
THE POACHED SPECIAL two slices ezezial toast, topped with avocado, poached eggs, salsa, feta, sprouts / 19  
CRABCAKE BENNY two poached eggs, two jumbo lump crabcakes, spinach, tomato, hollandaise / 20  
SMOKED SALMON BENNY two poached eggs, toasted everything bagel, sliced tomatoes, cream cheese, hollandaise, scallions / 22

## [OMELETTES]

THREE EGG OMELETTES served with choice of toast / 17

## [BREAKFAST PLATTERS]

BIG BOY two eggs any style, choice of two pancakes or french toast, choice of meat and homefries or fruit / 18  
VEGAN BIG BOY tofu scramble with two vegan pancakes, vegan sausage with homefries or fruit 🌱 / 19

## [SPECIAL OMELETTES]

TURKISH SOUJOK spicy sausage, pepper, onion / 18  
JOE LEONE spinach, roasted red peppers, mozzarella / 17  
MEDITERRANEAN spinach, tomato, kalamata olives, feta / 17  
MARKET VEGGIE mixed vegetables / 16

all omelettes served with homefries or fruit

## [MAKE YOUR OWN]

choose 3 ingredients  
[additional veggies / 2 additional meat / 3  
avocado, sprouts, salsa / 2]  
sausage, turkey bacon, bacon, chicken, steak, turkey,spicy sausage, porkroll, onions, peppers, broccoli, spinach, kale, mushrooms, chickpeas, olives, roasted red peppers, tomatoes  
cheese: american, swiss, provolone, cheddar, feta, mozzarella, cream cheese, vegan mozzarella/cheddar

## [GRIDDLE] all served with organic maple syrup

PANCAKES	[short stack]	[short stack]	[tall stack]
plain	13	BRIOCHE FRENCH TOAST	13 14
chocolate chip	14	GLUTEN FREE FRENCH TOAST 🌱	15 16
peanut butter banana	16	EZEKIEL FRENCH TOAST topped	15 16
banana walnut	16	with your choice fresh to order blueberry or strawberry compote	
blueberry	16		
super (goji, chia, flax)	16		
cacao 🌱	16		
nutella (strawberries, banana)	17		
VEGAN 🌱 / 3			

## [SPECIALS]

HUEVOS RANCHEROS two corn tortillas topped with black beans, sunny side up eggs, salsa, avocado, drizzled with siracha and ranch 🌱 / 18  
FALAFEL hummus, spring greens, sliced pickle, fried falafel on grilled pita / 15 gluten free 🌱 / 16  
BREAKFAST BURRITO scrambled eggs, black beans, rice, salsa, avocado, served with tortilla chips / 17  
STEAK & EGGS two sunny side eggs with a grass fed and finished steak served with choice of home fries and fruit / 25

## [KIDS MENU]

BREAKFAST MEAL choice of small milk, oj, apple or chocolate milk, any style egg, choice of french toast or pancakes and homefries or fruit / 10 with meat / 12 gluten free 🌱 / 12  
KIDS PARFAIT fresh fruit, granola, and yogurt / 8 dairy free coconut yogurt 🥥 / 9  
GRILLED CHEESE multigrain bread with american cheese / 7  
SWEET POTATO with sunflower seeds, maple syrup, coconut yogurt 🌱🥥 / 7  
CHICKEN TENDERS with fresh cut french fries 🌱 / 12  
GRILLED CHICKEN with side of tomatoes and cucumbers 🌱 / 10.5

🌱 vegan 🌱 gluten free 🥥 dairy free

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# LUNCH

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## [STARTERS]

CHICKEN TENDERS with choice of bbq or honey mustard 🌱 / 16  
AHI TUNA TACOS two wild caught ahi tuna tacos with shredded cabbage, mango salsa, ranch dressing on corn tortillas 🌱 / 15  
HUMMUS PLATTER market fresh vegetables, pita wedges, homemade garlic hummus 🌱 / 15 gluten free 🌱 / 16  
GUACAMOLE with corn tortilla chips 🌱 / 15  
SOUP OF THE DAY cup / 5 bowl / 7 quart / 16  
BONE BROTH cup / 6 bowl / 8 quart / 16  
sub gluten free bread 🌱 / 2.5 sub sprouted multigrain / 2.5 sub collard green wrap / 3 raw kale chips / 3

## [SANDWICHES]

HARISSA SANDWICH grilled chicken, spring greens, tomato, red onion, avocado, spicy harissa aioli on multigrain toast / 18  
HUMMUS garlic hummus, cucumber, tomato, peppers, sprouts, avocado on multigrain toast 🌱 / 15  
BLACKBEAN BURGER housemade served with fresh salsa, avocado on multigrain toast 🌱 / 16  
VEGGIE BURGER house made veggie burger patty on multigrain toast with sliced avocado, sprouts, roasted red pepper vegan mayo, vegan american cheese 🌱 / 17  
TLT tempeh bacon, lettuce, tomato, vegan mayo on multigrain toast 🌱 / 14  
TBALT turkey bacon, avocado, lettuce, tomato, mayo on multigrain toast / 15  
BURGER grass fed and finished beef burger patty with lettuce, tomato and onion served on a roll / 18 with cheese / 19  
CRABCAKE super lump crabcake served over spring greens on a roll with chili lime aioli dressing / 19  
LUK CHEESE STEAK sliced thin top round grass fed and finished beef with peppers, onions, mushrooms and provolone cheese served on a 6in. hoagie roll / 19  
AHI TUNA SANDWICH seared and blackened ahi tuna on multigrain toast with wasabi mayo, sliced avocado and spring greens / 20

[SIDES] french fries / 7 sweet potato fries / 9 kale chips / 6 kim chi / 3

## [SALADS]

SPINACH QUINOA spinach greens, quinoa, tomato, red onions, cucumber, chia seeds, sunflower seeds, sprouts, live apple cider vinaigrette 🌱 🌱 / 17  
LUK SALAD spring greens, walnuts, strawberries, dried cranberries, tomato, cucumber, red onion, broccoli, sunflower seeds, feta with balsamic vinaigrette 🌱 / 17  
MEDITERRANEAN SALAD romaine, kalamata olives, feta, cucumber, tomato, red onion, served with a lemon parsley vinaigrette 🌱 / 16  
AHI TUNA SALAD seared wild caught ahi tuna, spring greens, shredded cabbage, mango salsa, ranch dressing 🌱 / 20  
KALE SALAD kale, tomatoes, cucumber, carrots, peppers, scallions, cilantro lime vinaigrette 🌱 🌱 / 16  
AVOCADO SALAD avocado topped with salsa, black beans, corn, and a green goddess dressing 🌱 🌱 / 19

## [MAKE YOUR OWN SALAD]

choose a green

spring greens, kale, spinach, romaine, shredded cabbage, arugula

choose 3 toppings / 16

add chicken / 6 add tofu, veggie burger, black bean burger / 6 add ahi tuna / 8

steak / 12 extra toppings / 1.50 extra dressing / 1

tomato, cucumber, peppers, red onions, celery, carrots, apples, broccoli,

chickpeas, roasted red peppers, oranges, egg, croutons, sunflower seeds, chia seeds, hemp seeds, flax seeds, walnuts, almonds, dried mangos, dried cranberries, diced turkey bacon, fresh mozzarella, avocado, feta, strawberries, goji berries, sprouts, apples, pumpkin seeds, mint, watermelon, pineapple, quinoa, brown rice, Kalamata olives, mushrooms,

lemon parsley vinaigrette, balsamic vinaigrette, green goddess, ranch, raw/ live apple cider vinaigrette, cilantro, lime vinaigrette, garlic cumin vinaigrette

## [DRINKS]

COFFEE / TEA regular or decaf  
small / 1.75 large / 2.25  
FRESH squeezed orange juice  
small / 5 large / 8  
APPLE juice  
small / 2 large / 3

MILK  
small / 1.5 large / 2  
SOY / ALMOND / COCONUT milk  
small / 2 large / 3  
CHOCOLATE .75

SPRING OR SPARKLING water  
small / 2.5  
KOMBUCHA / 6  
FRESH unsweetened iced black tea, sweet lemonade, unsweetened hibiscus tea, LUK half and half (hibiscus tea and sweet Lemonade), Arnold Palmer (unsweetened black tea and sweet lemonade)  
small / 2.25 large / 3.25