



BREAKFAST (served all day!)

Breakfast Sandwich – A fried egg, sausage or thick-cut bacon and sharp cheddar served on a house-made English muffin, biscuit or pancakes. **6.5** (Try it on our croissant for **\$1** more!) (Add avocado for **\$1**)

Loaded Biscuits and Gravy – Our freshly-made biscuits and sausage gravy, covered with Ryan's bacon hash, and topped with two eggs your way. **12**

Egg White Sandwich – Egg whites stacked with fresh spinach, marinated tomatoes and avocado, served open-faced atop our harvest grain bread. **7.5** (Add a second slice of bread for **.50!**)

Organic oats and fruit – Overnight oats and fresh fruit, sweetened with pure maple syrup, served chilled. (Always vegan!) **8**

Crustless Quiche – Meat and vegetarian varieties – always gluten free! Includes choice of fresh-cut fruit, green salad, soup, biscuit or an English muffin (choice of 1). **11**

Fruit and Greek Yogurt Plate – Freshly-cut fruit and Greek or vegan yogurt, served with pecans and brown sugar or our homemade cinnamon apple granola. (Always gluten free!) **10**

Buttermilk Pancakes – Our special recipe flapjacks, cooked until perfectly golden, served with 100% pure maple syrup and whipped butter. **6/8** (Add chocolate chips or bananas for **\$1!**)

Eggs Etc.* – Two eggs, bacon or sausage and your choice of toast, English muffin or a biscuit. **8.5** With a side of Ryan's bacon hash **12**

LUNCH

Soup of the Day – Always homemade! **4**
Make it a soup and salad combo! **7.5/9.5**

Hummus Plate – Our house-made hummus served with warm pita and fresh veggies for dipping. (Always vegan!) **10**

Apple Pecan Salad – Mixed greens topped with apple slices, pecans, bacon and bleu cheese crumbles, and served with our house-made balsamic vinaigrette dressing. **10**

Full Circle Salad – Mixed greens topped with sliced turkey breast and ham, sharp white cheddar, bleu cheese, tomatoes, cucumbers and red onion, served with our house-made ranch dressing. **10** (Add avocado for **\$1!**) (Add bacon for **\$2!**)

****Sandwiches include choice of kettle chips, fresh fruit, green salad or soup****

Curried Chicken Salad Sandwich – Our special recipe chicken salad served open-faced, atop our freshly-baked banana bread. **10** (Want to skip the bread? Try it on lettuce wraps or on top of a green salad!)

Grilled Cheese Sandwich – Muenster, baby Swiss and sharp white cheddar cheese melted to perfection on toast of your choice. **10** (Add tomato for **\$.50!**) (Add avocado for **\$1!**) (Add bacon for **\$2!**)

Turkey and Swiss Sandwich – Sliced turkey breast and baby Swiss team up with avocado, crisp lettuce, tomato and our house-made garlic parmesan aioli, all atop your choice of our freshly-baked bread. (Try it *hot!*) **10**

Hot Ham and Cheddar – Thinly sliced ham and sharp white cheddar served warm on your choice of our freshly-baked bread, with our house-made garlic parmesan aioli. **10** (Add bacon for **\$2!**)

Italian Club Sandwich – Salami, pepperoni, bacon and mozzarella served warm and stacked with lettuce, tomato, garlic parmesan aioli and our house-made Italian dressing, atop our crusty Italian white toast. **10**

Veggie Delight Sandwich – Sautéed bell peppers, romaine, tomato slices and cucumber stacked atop your choice of bread with our house-made hummus. **10** (Add avocado or your choice of cheese for **\$1!**)

We are as generous as we can be with our portions, but we are always happy to give you extra of any of the following:
Sausage gravy - \$2 100% Pure maple syrup - \$1 House-made dressings - \$1 Yogurt - \$1 Local jam - \$.50

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have a medical condition.*

BREWS & MORE

| | Reg. | 20 oz. | | Reg. | 20 oz. |
|---------------------|------|--------|--------------------|-------|--------|
| Café Latte | 3.5 | 4.5 | Cold Brew (16oz) | 3.5 | 5 |
| Café Mocha | 4 | 4.75 | Iced Tea (16oz) | 2.5 | 4 |
| Cappuccino | 3.5 | 4.5 | San Pellegrino | 3.5 | |
| Café Americano | 2 | 3 | Milk/Choc. Milk | 2/2.5 | |
| Café au Lait | 3 | 4 | Bottled Soda | 2.25 | |
| Flat White | 4.25 | 5.50 | Canned soda | 1.5 | |
| Macchiato | 3 | 4 | V8 | 2.25 | |
| Brewed Coffee | 1.75 | 2.5 | Izze | 3 | |
| Chai Tea Latte | 3.5 | 4.5 | Natalie's Lemonade | 3.5 | |
| Hot Chocolate | 3.50 | 4.50 | Bai/Core | 3 | |
| Espresso Shot(2or4) | 2 | 3 | Spindrift | 3 | |
| Hot Tea | 2.5 | 2.5 | Ice Mountain | 1.50 | |

Try a glass of our freshly-squeezed orange juice today!

8 oz. 3.5

16 oz. 6

SIDES

| | | | |
|---------------------|------|-----------------|-----|
| Eggs your way* (2) | 3 | Biscuit | 2 |
| Bacon (3 strips) | 4.5 | English Muffin | 2.5 |
| Sausage (2 patties) | 4 | Toast | 2 |
| Ryan's Bacon Hash | 4.5 | Fresh-cut Fruit | 4 |
| Biscuits and Gravy | 7/10 | Green Salad | 4.5 |

LOCAL VENDORS INCLUDE:

Verdant Hollow Farm in Buchanan, MI
Alex's Veggies in Stevensville, MI
Radtke Farms in St. Joseph, MI

Flagel's Sugar House in Benton Harbor, MI
Infusco Coffee Roasters in Sawyer, MI
Nature's Way Landscaping in Stevensville, MI

*It is our pleasure to make everything fresh when you place your order. Please let us know of your time constraints so that we can recommend the very best option for you. We're happy fulfill your substitution requests!

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