

## THE UPPER ACAI

### BOWLS

#### CREATE YOUR OWN ACAI BOWL 12

**TOPPINGS \$1 EACH:** frozen strawberry, banana, craisins, granola, slithered honey roasted almonds, crumbled graham crackers, pomegranate, frozen blue berries, coconut chips, cookie crumble, chocolate chips, white chocolate, chia seeds, peanut butter

**DRIZZLES AND MORE \$0.65 EACH:** caramel drizzle, white chocolate sauce, Nutella, chocolate drizzle, peanut butter drizzle, honey, strawberry sauce

#### STRAWBERRY BANANA BOWL 16

Frozen strawberries, banana, coconut chips, granola, Nutella

#### TROPICAL ACAI BOWL 17

Strawberries, banana, pomegranate, frozen blueberries, chia seeds, strawberry sauce, Nutella drizzle

#### NUTTY ACAI BOWL 17

Granola, slithered almonds, peanut butter, graham cracker crumble, chia seeds, peanut butter drizzle

#### DESSERT ACAI BOWL 17

Cookie crumble, cinnamon graham cracker crumble, chocolate chips, granola crumble, Nutella drizzle, white chocolate drizzle

## BRUNCH PLATES

#### FRENCH TOAST BITES 17

Served with a side of cream cheese fudge and pancake syrup

#### PANCAKE TOWER 17

**CHOOSE FLAVOR:** regular, chocolate chip, white chocolate. Served with powdered sugar, cream cheese fudge, pancake syrup

#### LETS DO PROTIEN, PLATE 22

5 scramble eggs, with roasted peppers, portobello mushroom, Sautee onion, mozzarella, topped with sliced avocado and feta, with a side of light tuna salad

#### SHAKSHUKA BOWL 20

Sautee onion, red pepper, jalapeno, potato, marinara, 3 runny eggs, feta cheese

eChoose bread: **garlic flat bread: regular / whole wheat / sourdough +\$3 - sourdough bread +\$2, brioche bun, baguette**

#### CHEESE BLINTZES 15

3 warm cheese blintzes, with strawberry dip, and Nutella dip

## TACO BAR

2 tacos, add a 3<sup>rd</sup> +\$5

#### VEGGIE TACO 13

Roasted red pepper, portobello, caramelized onion, mozzarella, pesto, parmesan

#### FALAFEL TACO 13

Chummas, Romaine, tomato, red onion, pickles, falafel balls, tahina drizzle

#### CRISPY FISH TACO 13 choose classic / Nashville

Crispy flounder, guacamole, romaine, red onion, pickles, ranch

#### FISH TACO 14 choose classic / blackened salmon

Fish, guacamole, romaine, red onion, jalapeno, ranch drizzle

## OMELETTE STATION

3 EGGS, SUB EGGS FOR 6 EGG WHITES +2.5

**Bread Options:** Garlic Bread: regular/whole wheat/sourdough +2.5, sourdough bread, baguette, brioche bun, regular wrap, whole wheat wrap

**Side Dish Options:** side salad, hash browns, fries

#### CREATE YOUR OWN OMELETTE 15

**Choose bread and side dish**

**TOPPINGS \$1 EACH:** Sautee mushroom/Sautee onion/red onion/pickled jalapeno/broccoli/spinach/black olives/ plum tomato/grape tomato/corn/fresh red pepper/roasted pepper/lox +\$4

**CHEESE \$1 EACH:** mozzarella/cheddar/feta/parmesan

**(each additional vegetable and cheese +\$1)**

#### ITALIAN OMELETTE 19.5

**Choose bread and side dish**

Roasted red pepper, caramelized onion, potato, mozzarella, topped with marinara and parmesan

#### BUFFALO OMELETTE 20

**Choose bread and side dish**

Caramelized onion, potatoes, mozzarella, topped with buffalo and ranch drizzle

#### MEXICAN OMELETTE 21

**Choose bread and side dish**

Tomato, red onion, jalapeno, cheddar, topped with avocado and feta

#### TRUFFLE MUSHROOM OMELETTE 21

**Choose bread and side dish**

Truffle salt, sauteed onions and mushrooms, mozzarella, and truffle oil drizzle

#### LOX OMELETTE 24

**Choose bread and side dish**

Sliced smoked lox, caramelized onion, mozzarella

## SANDWICHES

**Bread Options:** sourdough bread, baguette, brioche bun

**ADD SIDE DISH +\$5 :** fries/hash browns/side salad

#### LOX & LOADED SANDWICH 16

Large brioche bun, cream cheese, ¼ lb smoked lox, tomato, red onion, alfalfa sprouts, feta. **Add sunny egg +1.5**

#### CREAMY CRISPY EGG SANDWICH 13

Large brioche bun, crispy onion, caramelized onion, buttery scrambled egg, mozzarella, siracha mayo.

#### ULTIMATE GRILLED CHEESE SANDWICH 15

Buttery garlic toasted sourdough bread, mozzarella, cheddar, parmesan, sweet potato fries in the sandwich (optional), marinara dip

#### EGG OMOLETE SANDWICH 14

**Choose bread,** Cream cheese, egg omelette, guacamole, tomato, onion, mozzarella

#### TUNA MELT SANDWICH 13

**Choose bread,** Tuna salad, tomato, red onion, mozzarella, cheddar

#### VEGGIE EGGPLANT SANDWICH 15

**Choose bread,** Crispy eggplant, roasted pepper, portobello mushrooms, caramelized onion, pesto, feta

#### SPINACH AND MUSHROOM SANDWICH 16

Sauteed cremini mushroom, portobello, caramelized onion, spinach, mozzarella, hint of white wine

## WRAPS

12" wraps

**Choose:** regular or whole wheat

**ADD SIDE DISH +\$5 :** fries/hash browns/side salad

#### BREAKFAST BURRITO WRAP 15

Scramble egg, cheddar, guacamole, onion, tomato, Hash brown

#### FALAFEL WRAP 14

Chummas, falafel, romaine, pickles, tomato, side of tahina

#### SALMON CAESAR WRAP 15

Romaine, salmon, parmesan, creamy light Caesar

#### TUNA WRAP 14

Tomato, pickle, red onion, romaine

#### TUSCAN VEGETABLE WRAP 14

Romaine, avocado, portobello, roasted pepper, red onion, tomato, mozzarella, pesto

#### CRISPY CALI WRAP 15

**Choose:** regular/sweet chili/buffalo/hot honey

Crispy cauliflower, romaine, shredded carrots, avocado, ranch

#### LOADED EGG WRAP 17

Scrambled egg, roasted pepper, red onion, hash brown, alfalfa sprouts, cheddar cheese

#### GAUCAMOLE WRAP 14

Guacamole, romaine, pickle, red onion, tomato

## QUESADILLA

**Choose:** regular or whole wheat

**ADD SIDE DISH +\$5 :** fries/hash browns/side salad

#### VEGETABLE QUESADILLA 15

Roasted pepper, caramelized onion, portobello mushroom, mozzarella cheese, pesto, side of marinara dip

#### TUNA AVOCADO QUESADILLA 15

Light tuna, avocado, plum tomato, red onion, cheddar, mozzarella

## TOASTS (OPEN FACE TOAST)

**Bread Options:** sourdough bread, baguette

**ADD SIDE DISH +\$5 :** fries/hash browns/side salad

#### SUNNY AVOCADO TOAST 17

**Choose bread,** 2 pieces, Guacamole, romaine, tomato, red onion, sunny side up egg, feta cheese, crushed red pepper

#### PESTO AVOCADO TOAST 17

**Choose bread,** 2 pieces, Toasted sourdough with melted mozzarella, avocado, tomato, pesto drizzle

#### LOX TOAST 19

**Choose bread,** 2 pieces, cream cheese, lox, red onion, alfalfa sprouts

#### G.L.E. TOAST 21

**Choose bread,** Guacamole, Lox, Sunny Egg, red onion, feta, alfalfa sprouts

# DESSERT MENU

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## FLAKY CHURRO BITES 17

Homemade flaky churro bites, Nutella and white chocolate drizzle. Add vanilla ice cream +\$3

## CREAMY CHOCOLATE CALZONE 17

Vanilla fudge, milk chocolate, white chocolate, cookie crumble, Nutella and white chocolate drizzle, scoop of ice cream

## SMORES CALZONE 17

creamy vanilla fudge, milk chocolate, graham cracker, marshmallow, Nutella, scoop of vanilla ice cream

## CRUNCHY CHEESE ROLL UPS 16

2 cinnamon coated cheese roll ups, whip cream

Choose flavor: Nutella / white chocolate and Nutella / strawberry. Get all 3 flavors +\$4

## CHOCOLATE CHIP COOKIE TACO 15

hot chocolate chip cookie dough, Nutella, white chocolate drizzle, vanilla ice cream

## CRISPY COOKIE DOUGH CIGAR 16

coated with churro seasoning, side of Nutella, white chocolate dip and vanilla ice cream

## FRIED OREOS 16

Vanilla ice cream

Choose 1 flavor: chocolate / Nutella / white chocolate, Nutella

## CARAMEL CHEESE CAKE 13

## CHOCOLATE SOUFFLE 13

Vanilla ice cream, and chocolate drizzle

## WARM APPLE COBLER 13

Vanilla ice cream, and caramel drizzle

## SMORES PIE 17

Warm pizza dough, vanilla fudge, milk chocolate, graham cracker, roasted marshmallow, Nutella, whip cream

## PEANUT BUTTER CARAMEL PIE 17

Peanut butter pretzel spread, cookie crumble, slithered almonds, caramel drizzle, whip cream

## THE OMG DESSERT PLATTER 69

FEEDS 6+ PEOPLE (GREAT FOR BIRTHDAY PARTIES AND BIG GROUPS)

Flaky churro bites, fried Oreos, cookie dough cigars, crunchy cheese roll ups, mini chocolate cookie calzone, cheese cake, Nutella and white chocolate dip