

GREAT BEGINNINGS

SERVED ALL DAY



- Our eggs are from “cage free” hens. Choose from whole eggs, egg whites or organic tofu.
- Try Mother’s spectacular breads, including Ma’s bread, cinnamon-raisin, squaw, 9-grain, rye, sourdough or cinnamon swirl (all breads are sold in our store); or try our famous home-baked corn bread or biscuits.
- Non-fat cottage cheese or yogurt may be substituted for herb roasted potatoes or rice. Steamed veggies or fruit may be substituted as side choice for \$1.50.

MOTHER’S OMELETTE OR SCRAMBLE \$8.50

Served with Ma’s herb roasted potatoes or organic brown rice and choice of toast.

Extra fillings \$1.25

CHOOSE THREE FILLINGS:

- Avocado
- Bell peppers
- Choice of cheese
- Fresh salsa
- Green chiles
- Guacamole
- Ma’s chili
- Mushrooms
- Onions
- Vegan Mozzarella
- Spinach
- Sour cream
- Steamed veggies
- Tomatoes

MA’S BREAKFAST MELT \$8.95

Two slices of toasted sourdough stuffed with either scrambled eggs or tofu, avocado slices, cheese, tomatoes and choice of “fakin’ bacon” or “Gimme Lean” veggie sausage. Served with choice of Ma’s herb roasted potatoes or organic brown rice.

MA’S FLAP JACKS OR BLUE CORN FLAPS \$5.75

Three multi-grain or Gluten-free blue corn flaps served with 100% pure organic Vermont maple syrup. Add \$1.25 for fresh banana slices, wild Maine blueberries or walnuts. ♥

MA’S COUNTRY BREAKFAST \$8.25

Enjoy two eggs any style, a homemade biscuit topped with either our scrumptious non-dairy gravy or cheddar cheese, served with a choice of “Fakin’ Bacon” or “Gimme Lean” veggie sausage and herb roasted potatoes or organic brown rice.

MA’S OLD-FASHIONED OATMEAL \$4.95

Organic oatmeal topped with sunflower seeds, banana slices and raisins. Served with choice of milk on the side. ♥

MA’S CLASSIC TOFU SCRAMBLE \$7.50

Organic tofu sauteed with bell peppers, onions, arame seaweed, tamari and tumeric. Served with your choice of organic brown rice or herb roasted potatoes and your choice of toast. ♥

HUEVOS RANCHEROS \$7.50

An authentic combination of two eggs any style served with organic pinto or black beans, Mexican rice, sliced olives, green onions, cheese and choice of fresh salsa or zesty enchilada sauce. Served with corn tortillas on the side.

AÇAI RIO BOWL \$7.95

An energizing blend of Brazilian Açai (nature’s energy food), bananas and soy milk all topped with banana slices and granola. ♥

CELIA’S BREAKFAST BOWL \$7.95

Organic brown rice & black beans, scrambled eggs, cheddar cheese, avocado & fresh cilantro. Served with organic corn tortillas.

TWO EGGS YOUR WAY \$5.25

Served with choice of toast and Ma’s herb roasted potatoes or organic brown rice.

BREAKFAST COMBO \$7.25

A hearty meal with two eggs any style, Ma’s herb roasted potatoes or organic brown rice and two mini whole grain flaps.

For blueberries, bananas or walnuts add 75¢.

BREAKFAST BURRITO \$6.95

A whole wheat chapati stuffed with organic beans, scrambled eggs, cheddar cheese and a side of Ma’s fire roasted salsa. Served with your choice of herb roasted potatoes or organic brown rice.

DELICIOUS EXTRAS:

- Avocado or Ma’s Guacamole \$1.50
- Soyrizo \$2.25
- Fajita veggies \$1.50

FRESH SEASONAL FRUIT SALAD \$8.95

A refreshing medley of seasonal fruit topped with non-fat yogurt or non-fat cottage cheese and trail mix. Served with your choice of bread.

BREAKFAST BASICS



Solo Flap\$1.75

One Egg or Egg White\$1.50

Fakin’ Bacon, Soyrito,
Gimme Lean Sausage\$3.25

Side of Yogurt or Cottage Cheese.....\$1.50

Toast & Jam\$1.95

Cup of Fruit\$3.25

Biscuit.....\$1.50

Herb Roasted Potatoes\$1.75