

BREAKFAST

#SouthpawsCafe (Equinox HP)

Breakfast Bites

(egg whites \$1.75/ea, extra egg \$1.49/ea, extra salsa \$.95/ea)

Robyn

two eggs, mushrooms, tomatoes, baby spinach, and cheddar cheese on your choice of bread/wrap/bowl; served with fresh fruit and salsa on the side \$5.95

Major Malcolm

two eggs, swiss cheese, bacon, sliced oven gold turkey, jalapenos, and tomatoes on your choice of bread/wrap/bowl; served with fresh fruit and salsa on the side \$7.25

Goldini

two eggs, sliced baked ham, and cheddar cheese on your choice of bread/wrap/bowl; served with fresh fruit and salsa on the side \$7.25

Big Steve'O

three eggs served open-faced on your choice of bread; served with ketchup and fresh fruit on the side \$6.25

Moose

four eggs, tomatoes, bell peppers, jalapeños, and baby spinach on your choice of bread/wrap/bowl; served with fresh fruit and salsa on the side \$8.25

Amy's Acai Bowl

purred acai berries \$5.95

add strawberries, bananas, dried cranberries \$.75/ea

add almond granola, peanut butter \$1.49/ea

Fruit-wich

peanut butter, golden raisins, sliced apples and bananas, and agave nectar on your choice of bread/wrap; served with fresh fruit \$7.25

PB/Banana/Bacon

peanut butter, bananas, and bacon, on your choice of bread/wrap; served with fresh fruit \$5.95

Fruit & Granola

almond granola, vanilla yogurt, dried cranberries, grapes and strawberries 16oz. \$5.45

Granola Cereal

almond granola with your choice of fat free milk, almond milk, or coconut milk \$4.45

add grapes, strawberries, bananas, dried cranberries, golden raisins \$.75/ea

add granola, almonds, pecans \$1.49/ea

Oatmeal

oats with your choice of fat free milk, almond milk, or coconut milk \$4.50

add grapes, strawberries, bananas, dried cranberries, golden raisins \$.75/ea

add whey protein \$1/ea

add granola, almonds, pecans, peanut butter \$1.49/ea

Build Your Own Breakfast

(sandwich/wrap/bowl) \$5.25

Pick a Bread/Wrap/Bowl

breads- whole wheat, whole grain, sourdough, rye
wraps- wheat, spinach, tomato, lettuce

Pick a Protein (pick ONE/extra \$2.25/ea)

bacon, sliced oven-gold turkey, sliced rotisserie chicken, sliced baked ham, sliced roast beef

Pick a Cheese (pick ONE/extra \$.75/ea)

provolone, swiss, shredded cheddar, parmesan, mozzarella \$.75, feta \$.75

Pick Your Fillings (pick up to FOUR/extra \$.50/ea)

tomato, onion, bell pepper, mushroom, spinach, jalapeno
specialty- avocado \$1.45, guacamole \$1.49, egg whites \$1.75/ea, extra egg \$1.49/ea, side of fruit \$1.50, extra salsa \$.95/ea

Grilled Cheese

(served with fresh fruit)

Original Grilled Cheese

cheddar cheese on your choice of bread/wrap \$4.95

Tomato Toastie

cheddar cheese and sliced tomatoes on your choice of bread/wrap \$5.95

Triple Threat

provolone, feta, and parmesan on your choice of bread/wrap; served with yellow mustard on the side \$6.45

Raging Bull

mozzarella, tomatoes, pepperoni, and basil on your choice of bread/wrap; served with olive oil on the side \$7.25

PB&J's

(served with fresh fruit)

Original PB&J

peanut butter and strawberry jelly on your choice of bread/wrap \$5.25

Cruncher

PB&J with sliced apples and agave nectar on your choice of bread/wrap \$6.25

Elvis

PB&J with sliced bananas and agave nectar on your choice of bread/wrap \$6.25

Soopaman

PB&J with almond granola, sliced bananas and agave nectar on your choice of bread/wrap \$6.95