

# The Lift Cafe

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## smoothies

° BLUEBERRY-BANANA	6.5
° MANGO-LIME-CHILE (DAIRY FREE)	6.5

## fruits

+SEASONAL FRUIT & AGAVE YOGURT PARFAIT / ALMOND GRANOLA	6.5
° ASSORTED FRUIT PLATE	9.5

## grains

 CONTINENTAL: CHOICE OF JUICE / FRESHLY BREWED COFFEE OR TEA 15.5	
 HAND CRAFTED PRESERVES / TWO PIECE BAKERY SELECTION OR TOAST	
+NATURES PATH SOY & WHOLE GRAIN CEREAL / PISTACHIOS / SOLAR DRIED FRUIT	7.5
° +IRISH OAT PORRIDGE / ALMONDS / FLAX SEED / COLORADO HONEY / SOLAR DRIED FRUIT	10.5
+GOLDEN MALTED WAFFLE / BERRIES / ALMOND GRANOLA	13.5
BUTTERMILK PANCAKES / CINNAMON SUGAR / WHIPPED CREAM	10.5

## eggs

TWO EGGS ANY STYLE / BREAKFAST POTATOES / CHOICE OF TOAST CHOICE OF BREAKFAST MEAT	13.5
THREE EGG OMELET: ROASTED TURKEY / SPINACH / GOAT CHEESE / POBLANO CHILE BREAKFAST POTATOES / CHOICE OF TOAST / FIELD GREENS	14.5
CIMA POACHED EGGS SERRANO HAM / HARICOT VERT HASH / SALSA ROJA / WATERCRESS / CHOICE OF TOAST	15.5
STEAK AND EGGS ADOBO MARINATED SKIRT STEAK / BLACK BEANS / MOLE NEGRO BREAKFAST POTATOES / CHOICE OF TOAST	18.5
EGGS BENEDICT POACHED EGG / BLACK FOREST HAM / ENGLISH MUFFIN / CHIPOTLE HOLLANDAISE BREAKFAST POTATOES	14.5
BREAKFAST TACOS SCRAMBLED EGG / HOUSE CHORIZO / ONION / POTATO / BLACK BEANS / SALSA ROJA CORN TORTILLAS	13.5

## sides

TWO EGGS ANY STYLE	4.5
BREAKFAST POTATOES	4.5
BREAKFAST MEATS	5.5
APPLEWOOD SMOKED SALMON	8.5

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° GLUTEN FREE

 SUPERFOODS RX MENU ITEM

+CONTAINS NUTS

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