



## CLASSIC BREAKFAST

### GOLDENMILK PANCAKES [GF] / \$13

Gluten Free Flours. Golden Milk Blend. Grass Fed Butter. Maple Syrup.

### EGGS & TOAST / \$11

Organic Fried Eggs. Avocado. Sourdough. Grass Fed Butter.  
Perfect Little Side Salad.

### BREAKFAST SALAD / \$11.5

Crispy Greens. Jammy Egg. Avocado. Kimchi. Watermelon Radish.  
Citrus Vinaigrette.

### YOGURT MESS / \$10

LB Granola. Strawberries. Mint.

[choose] Coconut Milk Yogurt or Organic Whole Milk Yogurt

### SWEET & SALTY / \$9

GF Oats. Coconut Almond Butter. Cacao Nibs. Currants. Maple Syrup. Sea Salt.

### SASSY & SAVORY / \$10

GF Oats. Jammy Egg. Bone Broth. Sauteed Greens. Hemp Seeds.

### BIRCHER / \$9

GF Overnight Oats. Chia Seeds. Almond Milk. Maple Syrup. Sea Salt.  
Berry Compote. Banana. Bee Pollen.

[choose] Peanut Butter or Almond Butter \$1.5

## TOASTS + SANDWICHES

### AVOCADO TOAST / \$11

Avocado. Truffle Oil. Smoky Spices. Organic Greens. Hemp Seeds. Grilled Sourdough.

### ALL DAY SANDWICH / \$12.5

Local Bacon. Tomato. Lettuce. Avocado. Pickled Jalapeño. Vegan Sriracha Mayo.  
English Muffin Toasting Bread.

### SUPER BASIC SANDWICH / \$9.5

Organic Fried Egg. Local Bacon. Provolone. Vegan Sriracha Mayo.  
English Muffin Toasting Bread.

### VEGAN BREAKFAST SANDWICH / \$11.5

Local & Organic Fried Tofu. Carrot Bacon. Cashew Cheese. Vegan Sriracha Mayo. Arugula.  
Grilled Sourdough.

## BOWLS

### LB BOWL / \$15

Brown Rice. House Pickled Veg. Kimchi. Avocado. Miso Slaw. Organic Greens.  
Sweet Chili Sauce. Vegan Sriracha Mayo.

### KALE CAESAR / \$14

Local Kale. Romaine. Cashew Cheese. Chickpeas. Sunflower Seeds. Vegan Caesar Dressing.

### THE KETO / \$17.5

Grilled Faroe Island Salmon. Sautéed Sesame Tamari Kale & Spinach. Beet Pickled Egg.  
Avocado. Parsley-Olive Pesto.

### HARISSA HASH / \$14.5

Sweet Potato + Caramelized Onion Hash. Harissa Spice. Organic Fried Egg.  
Black Beans. Organic Greens. Creme Fraiche.

### GREEN ON GRAIN / \$15

Sauteed Broccoli, Kale & Spinach. Avocado. Brown Rice. Almonds.  
Lemon-Tamari Nutritional Yeast Sauce.

### COMMUNITY BOWL / \$11

Brown Rice. Black Beans. Tomato. Avocado. Organic Greens. Creme Fraiche.

\*\$1 From every bowl is donated to Maine Needs

## ADDS & SIDES

+ GRILLED CHICKEN \$5.5

+ LOCAL BACON \$6

+ LOCAL & ORGANIC TOFU \$4.5

+ FAROE ISLAND SALMON \$6

+ ORGANIC FRIED EGG \$2

+ JAMMY EGG \$2

+ BEET PICKLED EGG \$3

+ ALMOND SLIVERS \$1.5

+ CARROT BACON \$2.5

+ SLICED AVOCADO \$3

+ TRUFFLE AVO MASH \$4

+ CASHEW CHEESE \$2.5

+ PARSLEY-OLIVE PESTO \$2

+ HOUSE KIMCHI \$2

+ PICKLED THINGS \$3

+ SIDE SALAD \$5

+ SOLO PANCAKE \$4