

## Breakfast Menu

### Eggs and things

#### Veggie nest

two poached eggs, red peppers, bean sprouts,  
asparagus and field greens 11

#### Urbana benedict

avocado, tomatoes and lemon hollandaise sauce 13

#### Eggs any style

rustic potatoes and choice of applewood  
smoked bacon or country sausage 11

#### Smoked salmon

toasted bagel and traditional garnish 13

#### Steak and eggs

poached eggs, grilled skirt steak, home fries,  
salsa verde and ricotta 15

### Omelettes

#### Lyonnaise

gruyère, spinach, caramelized onions and tomatoes  
topped with béarnaise sauce 12

#### Three cheese

fontina, pepper jack and aged gouda 10

#### St. tropez

chicken sausage, red peppers, roasted crimini  
mushrooms and arugula 12

### From the griddle

*(served with strawberry compote and maple syrup)*

Pancakes 9

Challah french toast 11

Waffles 12

### Grains and cereals

Selection of cereals 6

Organic steel cut oatmeal 8

#### House made granola

with yogurt and seasonal berries 9

### Sides

Seasonal fruit 6

Yogurt, plain or flavored 5  
add berries 2

Rustic potatoes 3

Two eggs any style 6

Applewood smoked bacon 4

Country style sausage 4

Chef's selection of baked goods 3

Toast: whole wheat, sourdough or rye 2

Bagel and cream cheese 5

Mixed berries 8.50

### Juice, coffee and tea

Fresh juices 4.25

Milk: whole, 2%, skim or soy 3.95

Espresso 3.50

Cappuccino or latte 4

Variety of mighty leaf hot teas 4

Freshly brewed coffee 3.75

### Smoothies

#### Blueberry smash

blueberries, raspberries, apple juice and  
pomegranate yogurt 7

#### The peachy palomar

peaches, mango, pineapple juice and  
vanilla yogurt 7

#### Urbana banana

bananas, nutella, peanut butter  
and chocolate yogurt 7

### Children's menu

Children's menu available on request

**\*Continental breakfast package served with coffee, juice or tea \$13.65**

\*Parties of 8 or more may be on one check with a 19% service charge