



NOURISH

AT PEACE

Sample Breakfast Menu

All served with fresh fruit and homemade juice

MONDAY

Banana Pancakes  

TUESDAY

Tico Breakfast  

WEDNESDAY

Chia & Oats Bowl  

THURSDAY

Breakfast Burrito 

FRIDAY




Avocado Toast 

SATURDAY

Crème Brûlée   

SUNDAY

Egg Bhurji 

 = gluten free  = dairy free  = vegan

*We are a meat-free kitchen. Most dietary preferences can be accommodated with the exception of keto-diets. Please let us know of allergies before arrival.

*Please note, this is a sample menu. Our dishes change based on seasonal ingredients and availability.

