

# create



## BREAKFAST


WEEKDAYS 7AM - 10AM  
SATURDAY 7AM - 11AM  
SUNDAY 7AM - 2PM

## LUNCH & DINNER

WEEKDAYS 11AM - 9PM  
SATURDAY 11AM - 9PM  
SUNDAY 11AM - 9PM

# create YOUR BREAKFAST

## Energy Bowls *All Day!* \$7.99

- GREENS, EGGS & SCRAM BOWL** (VEG)  
Scrambled Local Eggs, Mushrooms, Tomato, Onions & Quinoa With Locally-Made Kim-Kim Korean Spicy Sauce Served Over A Bed Of Spinach
- HARVEST HASH BOWL** (VEG, GF)   
Roasted Sweet Potatoes, Apples, Onions, Roasted Brussel Sprouts, Kale, Organic Walnuts And Cinnamon Topped With A Local Egg, Cherry Tomatoes & Fresh Avocado
- SOUTHWEST SCRAMBLE** (VEG, GF)  
Scrambled Local Eggs, Quinoa, Spinach, Black Beans, Salsa Fresca, Peppers, Onions, Cilantro & Scallions with Avocado
- ANSON MILLS GRIT BOWL** (V-OPTIONAL)  
Anson Mills Organic Heirloom Stone-Ground Grits Topped With Crispy Bacon, Cheddar Cheese & A Sunny-Side Up Local Egg  *or* Tempeh Bacon & Tofu Scramble

## Waffles \$4.49/SINGLE | \$7.99/DOUBLE

SINGLE  DOUBLE

- NEW CLASSIC** (V, GF, H)  
Ellwood's Bakeshop Waffle Mix with Gluten-Free Flour, Organic Almond Milk, Cinnamon and Maple Syrup
- CHOOSE TWO TOPPINGS** + \$0.50 EACH ADDITIONAL
  - Fresh Seasonal Fruit
  - Fruit Preserves
  - Pecans
  - Honey
  - Peanut Butter
  - Whipped Cream
  - Chocolate Chips

**EARLY BIRD SPECIAL** \$4.99

- Two Fried Eggs, Bacon, Toast or Biscuit
  - Whole Wheat  Gluten-Free  Biscuit
- Tofu Scramble, Tempeh & Toast (V)
  - Whole Wheat  Gluten-Free

## create your: Breakfast \$6.49

SANDWICH  OMELET  SCRAMBLE

- CHOOSE A BREAD** (SANDWICHES ONLY)
  - New York Deli Plain Bagel
  - New York Deli Everything Bagel
  - Ellwood's Buttermilk Biscuit (H)
  - Rudi's Organic Whole Wheat Bread (V)
  - Udi's Sandwich Bread (GF)
  - Organic Whole Wheat Wrap (V)
  - Organic Spinach Wrap (V)

- CHOOSE EGG OR TOFU**
  - Local Pasture-Raised Eggs
  - Organic Egg Whites
  - Twin Oaks Local Tofu (V)

- Add A PROTEIN**
  - Crispy Bacon + \$1.00
  - Black Forest Ham + \$1.00
  - Tempeh Bacon (V) + \$2.00

- CHOOSE A CHEESE** + \$1.00 FOR ADDITIONAL
  - Mozzarella
  - Pepper Jack
  - Provolone
  - Feta
  - Cheddar
  - Swiss

- CHOOSE YOUR TOPPINGS**
  - Sautéed Baby Spinach
  - Sweet Yellow Onions
  - Fresh Jalepeños
  - Sautéed Kale
  - Diced Peppers
  - Diced Tomatoes
  - Sliced Mushrooms

+ **Add PREMIUM** + \$1.00 EACH

- ADD EXTRA EGG
- FRESH AVOCADO 

(V): Vegan (GF): Gluten-Free Ingredients (VEG): Vegetarian (H): House-Made (♥): Favorite

# create YOUR LUNCH OR DINNER


## Specialty Earth Bowls \$8.99

- THE HIPSTER** (V, GF)  
Organic Red Quinoa, Arugula, Roasted Beets, Butternut Squash, Sweet Potatoes, Roasted Brussel Sprouts, Roasted Carrots & Lemon Dill Dressing
- THE MEDITERRANEAN** (VEG, GF)  
Spiralized Zucchini Noodles, Cucumbers, Sliced Red Onions, Chickpeas, Kalamata Olives, Grape Tomatoes, Feta Cheese, Bell Peppers, Lemon Pita Chips & Basil Tahini Dressing
- SOUTH OF THE BORDER** (V, GF)  
Organic Red Quinoa, Baby Spinach, Black Beans, Sautéed Onions and Peppers, Fresh Jalapenos, Salsa Fresca, Avocado, Tortilla Chips, Lime & Avocado Cilantro Aioli (V, H)

## Broth Bowls \$8.99

- BANGKOK** (V, GF)  
Coconut Curry Broth, Broccoli, Portobello Mushrooms, Edamame, Sweet Potatoes, Farmstead Ferments Cabbage, Cucumber, Cilantro & Scallion
- ELLWOOD'S PHO** (V-OPTIONAL)  
Rice Noodles, Edamame, Portobello Mushrooms, Roasted Carrots, Hoisin, Fresh Jalapeño, Cilantro & Scallions with Beef Broth  *or* Vegetable Broth (V)

## Energy Bowls \$7.99

- GREENS, EGGS & SCRAM BOWL** (VEG)  
Scrambled Local Eggs, Mushrooms, Tomato, Onions & Quinoa With Locally-Made Kim-Kim Korean Spicy Sauce Served Over A Bed Of Spinach
- HARVEST HASH BOWL** (VEG, GF)   
Roasted Sweet Potatoes, Apples, Onions, Roasted Brussel Sprouts, Kale, Organic Walnuts And Cinnamon Topped With A Local Egg, Cherry Tomatoes & Fresh Avocado
- SOUTHWEST SCRAMBLE** (VEG, GF)  
Scrambled Local Eggs, Quinoa, Spinach, Black Beans, Salsa Fresca, Peppers, Onions, Cilantro & Scallions with Avocado
- ANSON MILLS GRIT BOWL** (V-OPTIONAL)  
Anson Mills Organic Heirloom Stone-Ground Grits Topped With Crispy Bacon, Cheddar Cheese & A Sunny-Side Up Local Egg  *or* Tempeh Bacon & Tofu Scramble

## create your: Earth Bowl SM / \$7.99 REG / \$8.99

SMALL BOWL  (4 TOPPINGS) REGULAR BOWL  (8 TOPPINGS)

- CHOOSE A BASE**
  - Organic Red Quinoa
  - Spiralized Zucchini Noodles
- SMALL CHOOSE FOUR TOPPINGS  
REGULAR CHOOSE EIGHT TOPPINGS**  
+ \$1.00 EACH ADDITIONAL
  - Arugula
  - Baby Spinach
  - Spring Greens
  - Sweet Potatoes
  - Butternut Squash
  - Roasted Beets
  - Roasted Brussel Sprouts
  - Roasted Carrots
  - Broccoli
  - Portobello Mushrooms
  - Salsa Fresca
  - Fermented Kraut
  - Bell Peppers
  - Grape Tomatoes
  - Edamame
  - Cucumber
  - Kalamata Olives
  - Chickpeas
  - Dill Pickles
  - Sliced Red Onions
  - Fresh Jalapenos
  - Avocado +\$1.00


- CHOOSE YOUR *House-Made* SAUCE**
  - Lemon Dill Vinaigrette (V)
  - Basil Tahini Vinaigrette (V)
  - Creamy Hummus (V)
  - Cilantro Aioli (H)
  - Garlic Aioli (H)
  - Or Add Broth:*
    - Beef Broth
    - Vegetable Broth (V)
    - Coconut Curry Broth (V)

- Add A PROTEIN**
  - Grilled Chicken +\$1.00
  - Marinated Tofu (V) +\$1.00
  - Tempeh Bacon (V) +\$2.00
  - Ellwood's Veggie Burger (V, H) +\$2.00 
  - Bacon +\$1.00
  - Fried Egg +\$1.00

*100% Of Produce Is Local Or Organic!*

## create your: Flatbread or Sandwich \$5.99

HOT SANDWICH  COLD SANDWICH  PIZZA


- CHOOSE A BREAD**
  - Ellwood's Ciabatta Loaf (H)
  - Ellwood's Garlic Knot Sub (H)
  - Whole Wheat Bun (V)
  - Udi's Sandwich Bread (GF)
  - Whole Wheat Bread (V)
  - Ellwood's Garlic Onion Rye (V, H)
  - Ellwood's Dill Bread (H)
  - Whole Wheat Wrap (V)
  - Spinach Wrap (V)
  - Flatbread:*
    - Classic Flatbread
    - Gluten-Free Flatbread (GF)
- Add A PROTEIN** + \$1.00 EACH
  - Black Forest Ham
  - Smoked Turkey Breast
  - Ellwood's Tuna Salad (H)
  - Wild Mushroom Field Roast (V)
  - Smoked Tomato Field Roast (V)
  - Pastrami
  - Crispy Bacon
  - Tempeh Bacon (V)
  - Veggie Burger (V, H) 
- CHOOSE A CHEESE** + \$1.00 FOR ADDITIONAL
  - Provolone
  - Mozzarella
  - Feta
  - Swiss
  - Cheddar
  - Pepper Jack
- CHOOSE YOUR TOPPINGS** LIMIT SIX TOPPINGS + \$0.50 FOR ADDITIONAL
  - Spring Greens
  - Baby Spinach
  - Fresh Jalepeños
  - Broccoli
  - Arugula
  - Tomatoes
  - Cucumbers
  - Dill Pickles
  - Kalamata Olives
  - Sliced Red Onions
  - Portobello Mushrooms
  - Fermented Kraut
- CHOOSE YOUR SAUCE**
  - Southwestern Spread (V, H)
  - Lemon Dill Vinaigrette (V, H)
  - Basil Tahini Vinaigrette (V, H)
  - Roasted Garlic Aioli (H)
  - Avocado Cilantro Aioli (V, H)
  - Artichoke Spread (V, H)
  - Hummus (V, H)
  - Ellwood's Own Marinara
  - Ranch (V)
  - Veganise (V)
  - Safflower Mayo
  - Dijon Mustard

## Specialty Sandwiches

- ELLWOOD'S TUNA MELT** \$7.99  
House-made Tuna Salad with Capers, Onions, Celery & Scallions on House-Made Dill Bread, Swiss Cheese & Sliced Tomatoes
- THE DRUNKEN SAILOR** \$7.99  
Black Angus Pastrami on a House-Made Garlic Knot, Swiss Cheese, Sautéed Onions & Peppers with House-Made Cheddar & Beer Sauce
- LEMONGRASS TOFU BANH MI** \$7.99  
Local Twin Oaks Tofu on House-Made Garlic Knot Sub, Pickled and Carrot and Cilantro Aioli, Cucumbers, & Kim Kim Sauce (VEG)
- TURKEY RUEBEN** \$7.99  
Smoked Turkey Breast on House-Made Garlic Onion Rye Bread, Farmstead Ferments Kraut, Swiss Cheese, & Dijon Mustard
- PORTOBELLO & BROCCOLI** \$5.99  
Marinated Portobello Mushrooms and Broccoli on House-Made Ciabatta Loaf, Mozzarella, Red Onions, & Artichoke Spread (VEG)

## Specialty Flatbreads

- CLASSIC CARY** \$7.99  
Ellwood Thompson's Own Marinara Sauce, Melted Cheddar & Mozzarella, Crispy Bacon, Sautéed Mushrooms, & House-Made Garlic Aioli
- GREEK GROVE** \$6.99  
House-Made Artichoke Spread, Caramelized Onions, Organic Mixed Greens, Roasted Red Peppers, Crumbled Feta & Basil Tahini Vinaigrette (VEG)
- THAI THOMPSON** \$7.99  
Choice of Grilled Chicken  *or* Tofu (VEG)   
Carrot, Cabbage, Cilantro & Green Onions, Peanut Sauce, Spicy Hoisin Sauce & Melted Mozzarella (VEG-OPTIONAL)

+ **Add PREMIUM** + \$1.00 EACH  FRIED LOCAL PASTURE-RAISED EGG  FRESH AVOCADO 

(V): Vegan (GF): Gluten-Free Ingredients (VEG): Vegetarian (H): House-Made (♥): Favorite