

Breakfast & Lunch



CLASSICS

HUEVOS RANCHEROS* 12.9
2 eggs any style / 2 corn tortillas / black bean relish / avocado relish / ranchero sauce / pico de gallo / cheddar cheese / cotija cheese / roasted potatoes or hash brown cakes
+ chorizo 2 + organic chicken sausage 2 + chicken 2

BAGEL & SMOKED SALMON* 12.9
2 eggs any style / capers / red onions / tomatoes / cream cheese / choice of bagel

CHILAQUILES ROJOS* 10.9
2 eggs any style / corn tortilla chips / homemade ranchero sauce / cilantro / avocado relish / cotija cheese
+ chorizo 2 + green chile pulled pork 2 + grilled chicken 2
+ organic chicken sausage 2

BREAKFAST SANDWICH* 10
1 egg / bacon / cheddar cheese / tomato garlic aioli
/ mashed potato hash brown cakes / avocado relish / brioche bun

BREAKFAST QUESADILLA* 12.9
3 scrambled eggs / flour tortillas / bacon / onions / cheddar cheese / avocado relish / black bean relish / pico de gallo / cilantro / avocado crema / cotija cheese

BREAKFAST BURRITO* 12.9
scrambled eggs / flour tortilla / roasted potatoes / diced bacon / cheddar cheese / black bean relish / tomatoes / avocado relish / chorizo / ranchero sauce / green onions / cotija cheese / pico de gallo / avocado crema

BREAKFAST TACOS* 12.9
scrambled eggs / 2 corn tortillas / pulled pork / avocado relish / black bean relish / cotija cheese / side ranchero sauce / side hash brown cakes

BKB PLATTER* 12.9
2 eggs any style / roasted potatoes or hash brown cake / toast
CHOICE OF: chicken breast / 2 organic chicken sausage links / 4 pork sausage links / 4 slices bacon / ham steak
sub 6 oz tenderloin steak 4

BREAKFAST BURRITO BOWL* 12.9
scrambled eggs / bacon / roasted potatoes / cheddar cheese / black bean relish / avocado relish / chorizo / ranchero sauce / tomatoes / green onions / cotija cheese / pico de gallo / avocado crema / tortilla strips

HASH BROWN BREAKFAST BOWL* 11
2 eggs any style / crispy hash brown cake / diced fresh tomato sauce / parmesan
+ bacon 1 + chorizo 1 + organic chicken sausage 2

PHILLY STEAK BREAKFAST BOWL* 13.9
2 eggs any style / marinated grilled shaved ribeye / bell peppers / horseradish dijon mayo / mushrooms / grilled onions / melted mozzarella cheese / over hash brown cakes

GYRO BREAKFAST BOWL* 13.9
2 eggs any style / 2 hash brown cakes / gyro meat / tomatoes / onions / tzatziki sauce / parsley

BKB BREAKFAST BOWL* 13.9
scrambled eggs / cheddar cheese / 2 hash brown cakes / tomato garlic aioli / bacon / chicken sausage / avocado relish

WAFFLE FRIES BREAKFAST NACHOS* 14.9
2 eggs any style / waffle fries / green chile pulled pork / black bean relish / cheddar cheese / ranchero sauce / fresh jalapeños / green onions / avocado relish / avocado crema / pico de gallo

BENEDICTS

with roasted potatoes, hash brown cake or mixed greens salad
sub broccoli & cauliflower cakes for english muffin 2

PORTOBELLO SPINACH* 13.9
poached eggs / english muffin / sun-dried tomato pesto / portobello mushroom / roasted tomatoes / sautéed spinach / hollandaise

SOUTH OF THE BORDER* 13.9
poached eggs / english muffin / green chile pulled pork / onions / avocado relish / hollandaise

THE BASIC* 12.9
poached eggs / english muffin / ham steak / sautéed spinach / crispy bacon / hollandaise

OMELETS

with roasted potatoes, hash brown cake or mixed greens salad
sub egg whites 1

3 CHEESE OMELET* 10.9
fontina / swiss / mozzarella
+ chorizo 2 + green chile pulled pork 2 + ham 2
+ grilled chicken 2 + organic chicken sausage 2

FARMERS MARKET* 12.9
mushrooms / cherry tomatoes / broccoli / yellow squash / sautéed spinach / zucchini / asparagus / goat cheese / sun-dried tomato pesto

SHRIMP SCAMPI OMELET* 13.9
shrimp / tomatoes / cilantro / garlic / goat cheese / scallions / basil pesto

PANCAKES & WAFFLES

BUTTERMILK PANCAKES 10
2 buttermilk cakes / honey ricotta whip / powdered sugar / mixed berries

KETO FRIENDLY PANCAKES 12.9
keto friendly / low carb / gluten free / sugar free / pork sausage / bacon / sugar free syrup

BELGIAN WAFFLE 11
buttermilk waffle / honey ricotta whip / mixed berries / powdered sugar / syrup
+ banana foster 2 + blueberry sauce 1

CHURRO WAFFLE 12.9
cinnamon sugar / vanilla ice cream / nutella / fresh berries

FRENCH TOAST

PLAIN FRENCH TOAST 10
2 challah slices / honey ricotta whip / powdered sugar / syrup

BLUEBERRY FRENCH TOAST 12.9
2 challah slices / ricotta cheese / raspberry preserve / berries / candied pecans / powdered sugar / honey ricotta whip / homemade blueberry sauce

ALMOND CROISSANT 12.9
home-baked stuffed croissants / honey ricotta whip / raspberries / almond butter syrup

GRILLED CHEESE BACON FRENCH TOAST 12.9
2 challah slices / swiss cheese / bacon / syrup

AVOCADO FRIES (AMAZING) 8
served with sriracha aioli

SANDWICHES & BURGERS

with roasted potatoes, waffle fries or green salad

PASTRAMI SANDWICH* 12.9
6 oz pastrami / fried egg / swiss cheese / sriracha coleslaw / horseradish dijon mayo / brioche bun

SPICY CHICKEN SANDWICH 12.9
grilled chicken breast / bacon / lettuce / tomatoes / red onions / avocado relish / spicy remoulade / brioche bun

PHILLY STEAK WRAP 12.9
grilled marinated shaved ribeye / onions / mushrooms / bell peppers / mozzarella cheese / horseradish dijon mayo / flour tortilla

CHICKEN FRIED CHICKEN SANDWICH 12.9
fried breaded chicken breast / bacon / sriracha coleslaw / tomato garlic aioli / brioche bun

ALL-NATURAL CHEESEBURGER* 12.9
8 oz beef patty / cheddar cheese / lettuce / tomatoes / onions / tomato garlic aioli / brioche bun

ALL-NATURAL TURKEY BURGER 12.9
8 oz ground turkey patty / avocado relish / sriracha coleslaw / spicy remoulade / brioche bun

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Breakfast & Lunch



HEALTHY OPTIONS

BROCCOLI & CAULIFLOWER BREAKFAST CAKES* 12.9
2 eggs / pesto sauce / portobello mushrooms / sliced tomatoes
/ fresh mozzarella cheese / broccoli & cauliflower cakes

AVOCADO TOAST* 12.9
2 eggs any style / sourdough bread / avocado relish / cotija cheese
+ **bacon** 1 + **organic chicken sausage** 2 + **smoked salmon** 3

SWEET POTATO AVOCADO TOAST* 13.9
2 eggs any style / 2 sweet potato hash cakes / avocado relish / cotija cheese / cilantro

POWER PROTEIN PANCAKES 12.9
rolled oats flour / flaxseed / chia seeds / protein powder / granola / bananas
/ fresh blueberries / ricotta whip

POWER 5 BREAKFAST STEEL CUT OATS 8
oatmeal / quinoa / wheat berry / almonds / cranberries / blueberries / strawberries
/ raisins / bananas / candied pecans / brown sugar

BERRY YOGURT BLISS 8
low fat greek yogurt / fresh berries / bananas / almond granola / chia seeds
/ all-natural berry puree

GLUTEN FREE PROTEIN BAR 5.5
rolled oats / peanut butter / granola / protein powder

EGG WHITE WRAP* 12
2 egg whites / sautéed spinach / yellow squash / mushrooms / broccoli / asparagus
/ ranchero sauce / avocado relish / cilantro / avocado crema / zucchini
/ sun-dried tomato tortilla

AVOCADO FRIES (AMAZING) 8
served with sriracha aioli

BREAKFAST BOWLS

2 eggs* any style included

AVOCADO SMASH BOWL* 12.9
broccoli & cauliflower cakes / avocado relish / pico de gallo / cotija cheese
+ **bacon** 1 + **organic chicken sausage** 2 + **smoked salmon** 3

SALMON SPINACH BREAKFAST BOWL* 15.9
smoked salmon / 2 broccoli & cauliflower cakes / spinach / pine nuts
/ cilantro garlic / bacon / goat cheese / basil pesto / drizzles of balsamic glaze

BRUSSELS SPROUTS & CAULI MASH BREAKFAST BOWL* 13.9
brussels sprouts / cauliflower mash / mushrooms / bacon / mozzarella cheese
/ shaved almonds

QUINOA FIESTA BOWL* 12
quinoa / black bean relish / diced tomatoes / cheddar cheese / ranchero sauce
/ avocado relish / pico de gallo / cotija cheese

FARMERS MARKET* 13.9
broccoli / mushrooms / asparagus / zucchini / yellow squash / spinach / quinoa
/ cilantro garlic / basil / balsamic glaze / goat cheese / sun-dried tomato pesto

CAULIFLOWER MASH* 13.9
cauliflower mash / tomatoes / garlic / parmesan / sriracha / goat cheese
/ sun-dried tomato pesto / chicken sausage / quinoa

PROTEIN PLATE

2 eggs* any style, choice of protein & 3 veggies

PROTEIN:

grilled chicken 12.9 grilled salmon* 16.9 grilled tenderloin* 14.9
tofu 12 organic chicken sausage 12.9 all-natural burger patty 12.9
all-natural turkey burger patty 12.9

VEGGIES:

cauliflower mash with bacon / broccoli / asparagus / zucchini / eggplant
/ spinach / cauliflower / avocado relish / mushrooms / yellow squash
+ **additional item** 1.5

HEALTHY LUNCH BOWLS

SPICY CHICKEN QUINOA BOWL 13.9
quinoa / grilled chicken / bell peppers / tomatoes / sriracha / parmesan
/ cilantro garlic / grilled eggplant / zucchini / yellow squash

CHICKEN VEGGIE QUINOA BOWL 13.9
grilled chicken / quinoa / black bean relish / zucchini / yellow squash / red onions
/ tomatoes / broccoli / cilantro garlic

GRILLED SALMON QUINOA SPINACH BOWL* 16.9
grilled salmon / spinach / bacon / pine nuts / quinoa / goat cheese
/ basil pesto / drizzles of balsamic glaze

SHRIMP SCAMPI SPINACH QUINOA BOWL* 13.9
shrimp scampi / spinach / cauliflower mash / quinoa / goat cheese
/ sun-dried tomato pesto

CHICKEN BRUSSELS SPROUTS QUINOA BOWL 13.9
grilled chicken breast / quinoa / brussels sprouts / mushrooms
/ mozzarella cheese / fresh diced tomato sauce / shaved almonds

AVOCADO QUINOA CHICKEN BOWL 13.9
grilled chicken breast / roasted bell peppers / avocado / quinoa / cucumbers
/ pine nuts / tomatoes / yellow corn / cilantro / raisins / onions / feta cheese

SALADS

SOUTHWEST CHICKEN COBB 12.9
grilled chicken / tomatoes / black beans / avocado / crispy bacon
/ cotija cheese / boiled egg / tortilla strips / mixed greens
/ roasted pepper vinaigrette

CHICKEN AVOCADO SALAD 12.9
grilled chicken / fresh avocado / cilantro / lime juice / mixed greens / onions
/ tomatoes / cucumbers / lemon vinaigrette

GRILLED CHICKEN SALAD 12.9
grilled marinated chicken breast / mixed greens / tomatoes / cucumbers
/ lemon vinaigrette

ALL-NATURAL SMOOTHIES

no sugar added, nonfat yogurt based
+ 1 scoop gluten free protein powder 2

GREEN DAY 6.5
banana / avocado / nonfat yogurt / all-natural harvest green puree

SCOTTSDALE BUFF 7.5
banana / nonfat yogurt / almond milk / sugar free chocolate syrup
/ all-natural sunny banana / omega-3 peanut butter

SUNRISE SMOOTHIE 6.5
nonfat yogurt / very berry puree / banana / all-natural sunny banana

CREATIVE BREAKFAST BOWLS

POWER PROTEIN PANCAKE BOWL 13.9
protein pancake bites / fresh berries / peanut butter flaxseed
/ all-natural no sugar added banana and berry purée / gluten free granola

PANCAKE BOWL* 11.9
2 eggs any style / buttermilk pancake bites / bacon / pork sausage / syrup

SMOKED SALMON BENEDICT BOWL* 15.9
2 poached eggs / smoked salmon / 2 broccoli & cauliflower cakes
/ portobello mushroom / roasted tomatoes / sautéed spinach
/ sun-dried tomato pesto / hollandaise

SOUTH OF THE BORDER BENEDICT BOWL* 14.9
2 poached eggs / 2 hash brown cakes / green chile pulled pork / sautéed onions
/ avocado relish / hollandaise

- NO SUBSTITUTIONS
- SUBSTITUTIONS AVAILABLE AT FULL A LA CARTE PRICES

- gluten free - vegetarian

QTR 3-12-2019

*These items may be cooked to order and may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness. Many menu items offered are vegetarian, vegan or gluten-free style, several menu items can easily be modified (please consult your server). We are however not a nut-free, gluten-free, vegetarian/vegan restaurant and cannot ensure that cross contamination will never occur. Please notify your server if you have specific dietary needs and we will do our best to accommodate your request. Olives may or will contain pits.