

## • BREAKFAST •

### BAKED EGGS:

PLAIN / POTATO + EGG

mushrooms, humboldt goat cheese, herbs, kale & crème fraiche ..... \$12

avocado, breakfast radish, dukkah & citrus ..... \$ 9

heirloom tomatoes, olives, capers, basil pesto & lemon zest ..... \$12

bacon, country sausage, onions & cheddar ..... \$13

roasted sweet, hot, pickled peppers, caper berries, herbs & orange ..... \$ 9

**THE MAPLE CROISSANT** maple pork sausage, fried over easy egg, gruyere, arugula & aioli ..... \$ 8

**THE THAI CROISSANT** chicken thai sausage, fried over easy egg, gruyere, arugula & spicy aioli ..... \$ 8

**HOUSE LOX & H&E BAGEL** ..... \$14  
poached egg, sprouts, cucumber, heirloom tomato, capers, onions, whipped everything cream cheese { ADD EGG + \$1 }

**HOUSE GRANOLA** housemade granola, seasonal fruit, housemade yogurt, fresh mint ..... \$ 6

**SMOOTHIES** ..... \$ 8  
{ ADD WHEATGRASS / PROTEIN/ HEMP SEED \$1.00 }

**COCO KYLER**, banana, cinnamon, coconut milk, maple syrup & cayenne

**STRAWBERRY SAILOR**, strawberry, orange juice, coconut water, mint & aloe

**HUNTER GREEN**, kale, almond milk, hempseed, grapes, agave

**MONKEY MILES**, banana, wildflower honey, almond milk, espresso

**OLIVER TWIST**, honey almond milk, banana, blueberries, ginger

**QUINCY CRUSH**, agave, almond milk, yogurt, strawberries, turmeric

## • ALL DAY MENU •

FROM 11 A.M. - 8 P.M.

### COMPOSED SALADS:

**STEAK & CARROTS** farro, charred bitter greens, red onion, chimichurri ..... \$14

**SMOKED CURRY CHICKEN & CASHEWS** kale, cilantro, lemon vinaigrette ..... \$11

**TUNA CONSERVA** haricot vert, potato, egg, caper, red wine vinaigrette ..... \$13

**POKE & AVOCADO** kimchi, cilantro, black vinegar lime ponzu, artisan mixed greens ..... \$14

**BEET & HUMBOLDT FOG** quinoa, red onion, kale, walnut pesto ..... \$12

### SANDWICHES { ADD ROOT FRIES + \$4 }:

**SD TURKEY** house smoked turkey, jalepeño aioli, sprouts, avocado, pickled onion on a buttermilk roll ..... \$11

**PASTRAMI RUEBEN** house cured pastrami, russian dressing, pickled cabbage on rye ..... \$12

**H&E BAHN MI** chicken sausage, papaya, thai chili, pickled vegetables, chicken liver on a baguette ..... \$12

**ROAST BEEF & SMOKED CHEDDAR** crispy shallots, scallions, red onions, smoked french dressing on a buttermilk roll ..... \$13

**CHICKEN FRIED CHICKEN** H&E kimchi, yuzu kosho aioli, on buttermilk bun ..... \$10

**HOUSE LOX & H&E BAGEL** whipped everything cream cheese, cucumber, pickled red onion, heirloom tomato & sprouts ..... \$14

**OLIVE OIL POACHED TUNA MELT** preserved lemons, herbs, capers, white cheddar on parmesan olive focaccia ..... \$14

## • ALL DAY MENU •

FROM 11 A.M. - 8 P.M.

### APPETIZERS:

**AVOCADO TOAST** radish, Meyer lemon, dukkah, on country wheat .. \$ 9

**GARLIC HUMMUS PLATES** mamas lil peppers, local veggies & semolina crackers ..... \$11

**CHICKEN LIVER PATE** seasonal pickles, grain mustard, toasted bread ..... \$ 9

**SUGAR CANE THAI CHICKEN SKEWERS** mint, basil, sweet & sour aioli ..... \$10

**ALBACORE POKE** avocado, ponzu, cucumber, scallions, & semolina crackers ..... \$14

**MARIN TRIPLE CREAM** with seasonal mostarda & toasted country bread ..... \$12

### ENTRÉE:

**MAC N' CHEESE** gemelli, taleggio, fontina & emmentaler with parmesan bread crumbs ..... \$15

**FRIED CHICKEN LITE** cucumber, red onion, & tomato salad with lemon buttermilk sauce ..... \$16

**EGGPLANT PARMESAN** with pulled mozzarella, San Marzano tomato sauce, & basil pesto ..... \$17

### SIDES & SOUP:

**ROOT FRIES** served with smoked french dressing & yuzu kosho aioli .. \$ 5

**SAUTEED KALE** garlic & evo ..... \$ 5

**CARMELIZED CARROTS** with with berbere ..... \$ 5

**SIMPLE GREEN SIDE SALAD** ..... \$ 4

# · BEVERAGES ·

<b>COFFEE/TEA</b>	12OZ	16OZ
drip .....	\$3	\$4
cold brew .....	\$3	\$4
latte .....	\$4	-
cappuccino .....	\$4	-
macchiato .....	\$3	-
americano .....	\$3	\$4
espresso .....	\$3	-

**BEVERAGES ON TAP**

COLD BREW .....	\$ 3
KOMBUCHA BREW .....	\$ 6
COCKTAIL TODAY .....	\$13
WHITE WINE .....	\$12
ROSÉ .....	\$12
BEER "DAY DRINKER" .....	\$ 6

**BEVERAGES**

BLOODY MARY .....	\$ 9
H&E MIMOSA .....	\$ 9
AGUA FRESCA .....	\$ 3
FRESH SQUEEZED LEMONADE .....	\$ 4
ICED TEA .....	\$ 3
PALMER MALARKEY .....	\$ 4

<b>TEA BONE BROTH</b>	12OZ	16OZ
WEEKLY SPECIALS .....	\$7	\$9



**MONDAY - SUNDAY**  
7:00 AM - 8:00 PM

**DINE IN OR TAKE OUT**  
619-794-2790