

# THE HEID

## CONTINENTAL QUICK START

DAILY 7 - 10 AM // \$10

FRESH WHOLE FRUIT

GRANOLA & CEREAL

CHOICE OF PASTRY

ILLY INTENSO COFFEE

DAMMANN FRÈRES TEA

ORANGE JUICE ♣ MILK

## MADE TO ORDER

CHIA PUDDING OR OVERNIGHT OATS	6
WITH FRUIT, GRANOLA & COCONUT SHREDS	
GREEK YOGURT, GRANOLA, BERRIES & HONEY	6
CROISSANT SANDWICH	13
EGGS, CHEDDAR CHEESE & BACON	
BREAKFAST BURRITO	15
EGGS, POTATOES, CHEDDAR CHEESE, SAUSAGE & SALSA VERDE	
TWO EGGS, SAUSAGE OR BACON, POTATOES & TOAST	15
CHILAQUILES VERDE W/ EGGS	14
MEXICAN SCRAMBLE W/ POTATOES & TORTILLA	14
ONIONS, TOMATOES, JALAPEÑOS & SALSA VERDE ON THE SIDE	
OMELETTE W/ POTATOES & TOAST	16
CHOICE OF: HAM, MUSHROOMS, ONIONS, SPINACH, CHEDDAR CHEESE	
AVO TOAST ON SOURDOUGH W/ORGANIC ARUGULA & BALSAMIC	13
+FRIED EGG \$3 +BURRATA \$3	
BUTTERMILK WAFFLE W/ WHIPPED CREAM & BERRIES	12
<b>SIDES:</b>	
MUFFIN   CROISSANT   TOAST	4
CHOICE OF: BREAKFAST POTATOES   SEASONAL FRUIT	6
TWO EGGS   BACON <b>or</b> TURKEY SAUSAGE	
REALM SMOOTHIE	10
(NO SUGAR ADDED, NO SOY, DAIRY FREE, NON-GMO)	
BANANA BERRY   BLUE PINEAPPLE   TROPICAL GREENS	

## BEVERAGES

TEA 4 ♣ ESPRESSO 4 ♣ AMERICANO 5
CAPPUCCINO 5 ♣ LATTE 6
ORANGE JUICE 3 ♣ MILK 3
SMOOTHIE 10 ♣ MIMOSA 10

MENU ITEMS MAY CONTAIN OR COME INTO CONTACT WITH WHEAT, EGGS, TREE NUTS, AND MILK