



Starters

CHIP APP	5.25
house made chips smothered in blue cheese and balsamic glaze, warmed in the oven	
SPRING ROLLS	9.95
featured egg rolls with special sauce	
EGG TOSTADA	9.95
fried corn tortilla round, stewed refried black beans, chipotle bbq sauce, fried eggs, shredded cheddar cheese, and fresh pico, avocado	
PUMPKIN AND OAT GRANOLA MUFFIN	3.95
Made with whole wheat flour and served with cream cheese icing	
STEEL CUT OATS	5.50
steel cut oatmeal made with almond milk, maple, and spice, with bananas and almonds	
[High in fiber and protein]	

Assorted bowls for the soul

COUNTRY EGG BOWL	9.95
smoked ham, sausage, peppers and onions, scrambled eggs, Cooper cheese and hollandaise sauce served over potatoes	
BACON, MUSHROOM EGG BOWL	10.50
sauteed spinach, onion, bacon, mushrooms, scrambled eggs, cheddar cheese, queso sauce served over potatoes	
TAMALE EGG BOWL	10.50
polenta cake, chorizo sausage, peppers, refried black beans, cheddar cheese, fresh pico salsa, and tortilla chips	
ACAI BOWL [Zn] [Mn] [Mg]	9.95
pureed frozen banana, acai puree, and blueberries with coconut and almond milks, topped with fresh fruits and essential body building superfoods	
Antioxidant Superfood	
[Healthy fat and low sugar, trace minerals]	

Straight off the Griddle

Locally sourced maple syrup, sugar free monk fruit “maple” Syrup, and agave syrup available.	
Add sliced bananas, toasted almonds, and/or assorted jams.	.75
BROWN SUGAR AND ORANGE BATTERED BRIOCHE FRENCH TOAST	8.95
BUTTERMILK PANCAKE STACK	8.95
CHIA PUDDING PANCAKES WITH COCONUT MILK AND AGAVE [Ca] [P] [Mn]	9.95
[Fiber, protein, omega 3 fatty acids]	

Eggs on a plate

ALL SERVED WITH TOSSED GREENS AND ROASTED POTATOES	
Egg whites	\$1.50
[Low cholesterol option]	
EGGS BENEDICTS	
two soft poached eggs over a toasted English muffin, asparagus and hollandaise sauce.	
smoked ham	9.95
pulled bbq pork shoulder and avocado	10.50
sauteed mushroom and spinach	10.50
EGG TACOS	10.25
three soft flour tortilla stuffed with scrambled eggs, chorizo sausage, onion, peppers, cheddar cheese. Served with queso sauce	
QUICHE FEATURE	10.95
deep dish quiche feature	
E.B.A.L.T.	10.50
fried eggs, bacon, avocado, greens, tomato, and dill aioli served on a toasted croissant	
SSG SHAKSHUKA	12.95
thick and rich tomato red pepper sauce baked with cracked eggs in a skillet, spinach leaves, parsley, fresh mozzarella, sliced avocado and crunchy bread for dipping	



Soups

CARNIVORE	3.50/6.95
meat based feature	
HERBIVORE	3.50/6.95
vegan based feature	
FOS	3.95/7.95
caramelized French onion soup made with beef and chicken broths, garlic crouton, gruyere cheese	

Salads

HOUSE	7.50
house blended greens, hemp seed sprinkle, crispy roasted olive oil and herb chic peas, raw apple cider lemon vinaigrette. [our house salad is full of essential fatty acids, antioxidants, and plant based protein]	
KALE CAESAR	10.50
tender baby kale leaves and shaved brussel sprouts tossed with a healthier version of caesar dressing, baked rosemary parmesan croutons, preserved lemon strips, parmesan crisp. [swapping out romaine for darker greens helps boost potassium and other nutrients]	
HOT APPLE CIDER	12.95
roasted half apple with spice and local maple, served over leaf lettuce, shaved red onion, sweet potato croutons, immune boosting goji berries, raw apple cider vinaigrette	
ROASTED BEET SALAD	12.95
[Ca] [Mg] [Folate] roasted red and yellow beets, dried blueberries, gorgonzola crumbles, shaved radish, baby arugula, shaved fennel, lemon and dill dressing	
THAI RED CURRY NOODLE STIR FRY	13.50
mixed sesame vegetables served over cold brown rice noodles [lower glycemic noodle option containing fiber], red curry, ginger, and lime dressing, and crushed peanuts.	
BUFFALO CAULIFLOWER CAESAR	10.95
tender leaf lettuce topped with buffalo crispy cauliflower, caesar dressing, spiraled crunchy carrots ribbons, fresh scallions and parsley served with vegan Caesar dressing	
SALAD ADDITIONS	
Grilled chicken	5.95
Flat iron steak	10.95
Grilled salmon filet	12.95
Portabello mushroom	4.50

Grilled Flatbreads

gluten free cauliflower crust also available		3.75 upgrade
[free from wheat to accommodate Celiac/gluten sensitivities]		
MARGARITA [Lycopenes]		9.75
nut-free pesto sauce, sliced tomato, buffalo mozzarella and provolone blend and topped with fresh mozzarella and basil		
BUFFALO		10.50
blue cheese dressing and sriracha lime wing sauce, crispy garlic chicken bites and cheddar cheese food for the soul		
MUSHROOM [Fe] [P] [Zn]		12.95
Sautéed and caramelized mixed mushrooms with garlic and herbs, goat cheese, spinach and a fried egg. Topped with crispy asparagus and crazy good olive oil.		
PICKLE PIZZA		11.95
chipotle ranch dressing, sliced pickles, red onion, spinach, parmesan and cheddar cheeses, scallions and red chili flakes		
SANDWICHES SERVED WITH A SIDE OF TOSSED GREENS.		
French fries, sweet potato fries, caesar salad, or house fried chips also available for an upgrade.		
FISH TACO FEATURE		12.95
three soft flour tortilla filled with special ingredients		
BURGER		10.50
8 ounce beef patty on a Brioche roll, lettuce, tomato, and pickle spear.		
ADD TO A BURGER		.75
Cooper American cheese, smoked gouda, cheddar, gruyere, raw onion, sauteed onion, avocado, and/or bacon		
FEATURED SSG BURGER		14.95
made with beef patty or turkey patty - sticky bacon onion jam, smoked gouda cheese, sunny egg, and au 'poivre sauce on a croissant roll		
TURKEY BURGER		11.95
turkey patty [Lean on fat but not on flavor] on a multigrain roll, leaf lettuce, tomato, red onion, and avocado, avocado ranch spread		
VEGAN TACOS [Vitamin A]		12.95
chimmichurri roasted sweet potatoes and crispy cauliflower, chipotle avocado sauce, shredded cabbage, lettuce leaves and lime		
WILD RICE AND BLACK BEAN BURGER		13.95
formed with sautéed veggies and herbs, multi grain roll, sliced avocado, red onion, leaf lettuce, and broccoli slaw. [High in protein and alkaline ingredients]		
CHICKEN SALAD CROISSANT		8.95
[Ca] [Niacin] [Riboflavin] greek yogurt based chicken salad with dried cranberries, celery, apple, red onion, tarragon, grapes, and lemon. Served on a croissant and topped with greens. [We use a greek yogurt base to add a whole new level of protein and calcium to a classic chicken salad.]		

