MENU

fraving

# Breakfast & Brunch

- SERVED ALL DAY EVERY DAY -

THE MORNING PERSON SPECIAL (8:30 am-10:00 am WEEKDAYS ONLY) 2 eggs, 2 sausages OR bacon, home fries & toast \$6.88

THE USUAL \$11.00

3 eggs your way, bacon, sausage, seasoned home fries & toast (white, brown or rye, \*\*sub buttered pandesal \$1.00) (\*\*add peameal bacon \$3.00)

# THE SOMEWHAT USUAL

3 eggs your way, baked beans, fresh fruits, seasoned home fries & single pancake OR toast (white, brown or rye, \*\*sub buttered pandesal \$1.00) (\*\*add grilled tomatoes \$1.50)

#### THE OMELETTE \$12.00

Featured weekly! Ask your server for details. served w/ seasoned home fries & toast (white, brown or rye, \*\*sub buttered pandesal \$1.00) (make it an all egg white omelette \$1.50)

#### STEAK N' EGGS \$18.00

3 eggs, 6 oz NY striploin w/ caramelized onions, seasoned home fries & toast (white, brown or rye \*\*sub buttered pandesal \$1.00)

**BUTTERMILK PANCAKES** \$11.00 Stack of 3 pancakes w/ your choice of bacon, sausage OR fresh fruit \*\*add \$2.00 (\*\*Stack of 5 - add \$2.50)

#### **GOLDEN WAFFLE** \$12.00

Belgian waffle w/ your choice of bacon, sausage OR fresh fruit \*\*add \$2.00 (add crafted cream \$1.50)

#### **FRENCH TOAST** \$14.00

Toasted challah bread w/ your choice of bacon, sausage OR fresh fruit \*\*add \$2.00 (add crafted cream \$1.50)

# CHICKEN N' WAFFLES

\$16.50

Boneless fried chicken, candied bacon n' jalapeño waffle, bacon dressing & housemade slaw (\*\*sub white meat \$1.50)

\$13.00

THE FLIP SIDE (GLUTEN FREE) 2 fried eggs, house made longanisa (pork) sausage, crunchy garlic rice, banana pepper sauce, cucumbers & atchara (pickled green papaya slaw)

# THE FLIP SIDE BENEDICT

2 poached eggs, longanisa sausage patties, filipino pandesal, made from scratch hollandaise & banana pepper sauce & seasoned home fries

# THE POLSKI BENEDICT (GLUTEN FREE)

√2 poached eggs w/ vodka cured salmon, pea meal bacon OR grilled. tomatoes on a potato placki & made from scratch hollandaise

# **THE ISLANDER** (GLUTEN FREE)

\$13.00

2 poached eggs, plantain chips, jerk corned beef hash on corn & smoked cheddar grits

### **NOT BISCUITS N' GRAVY**

2 eggs your way, filipino pandesal OR jalapeño waffle (\*\*additional \$1.50) w/ pork sausage milk gravy & seasoned home fries

## ♥ CHILAOUILES RANCHEROS (GLUTEN FREE) \$13.50

Classic Mexican breakfast on 2 corn tortillas w/ 2 poached eggs, our signature salsa roja, salsa verde, black beans, bell peppers, corn, cotija cheese, fresh seasoned corn tortilla chips & seasoned home fries, (add chorizo \$2.00)

# Lighter Kravingz

# THE BR'EGG'FAST SANDWICH

\$6.50

Single egg, cheese, tomato, lettuce & seasoned home fries (\*\*add bacon OR pea meal \$1.50)

# PEACE LOVE N' GRANOLA

\$8.95 **\$7.95** 

\$6.00

House made granola, greek vanilla yogurt, real honey & fresh fruit parfait

# PEACE LOVE N' OATMEAL

Warm rolled oats, brown sugar, maple flakes, organic hemp hearts, chia seeds, crafted cream, fresh berries & honey

# BAGEL N' CREAM CHEESE

Toasted Bagel, cream cheese & fresh assorted fruit

# Toasted bagel, cream cheese, vodka cured salmon & fresh dill \$8.00

SOUP OF THE DAY ENTRÉE \$7.50

Our featured soup served w/ your choice of white, brown or rye toast

#### THE CHEF SALAD \$10.50

Mixed greens, cucumbers, cherry tomatoes, carrots, shallots, radish & your choice of house made dressing

#### THE CRUNCHY COLOMBIAN SALAD \$12.50

Chopped romaine, grilled chilli street corn, chorizo, gueso fresco. jibarito sauce, lime aioli, crunchy potato matchsticks & cilantro

# **CAESAR SALAD**

Romaine hearts, candied bacon, caesar dressing and fresh parmesan

## add extra protein to any salad (\*additional charge) \*grilled seasoned chicken breast \$3.50

\*smoked salmon \$4.50

# Hand Crafted Burgers & Sandwiches

SERVED W/ OUR SEASONED FRESH CUT FRIES. SIDE CHEF SALAD OR HOUSE MADE SOUP

\$12.50

\$16.00

\$14.00

\$15.00

\$12.50

\$14.50

\$6.00

# THE SIMPLE BURGER

6 oz beef burger topped w/ cheese, tomato, lettuce & mayo (add bacon \$1.50)

# THE BR'EGG'FAST BURGER

6 oz beef burger w/ peameal bacon OR bacon, caramelized onions, a potato placki, over easy egg & hollandaise

# ATHE ISLAND BURGER

\$13.50 6 oz beef burger, grilled pineapple, creamy coleslaw, lettuce & island ierk sauce

## **YTHE VEGGIE BURGER**

Hand crafted burger patty made w/ selected grains, quinoa, chick peas & root veggies, topped w/ lettuce tomatoes & shallots

# THE FLIP SIDE SLIDERS

\$14.00 3 longanisa sliders, banana pepper sauce, atchara (green papaya slaw) & buttered pandesal buns

## THE SIMPLE SLIDERS 3 heef sliders, cheddar cheese, tomato & lettuce

# THE KLUB

Grilled chicken breast seasoned w/ fresh herbs, bacon, cheese, mayo, lettuce & tomato on your choice of white, brown or rye bread

#### THE MANITOBA CHICKEN SANDWICH \$14.00

Crispy fried chicken, honey dill sauce, pickles & lettuce (sub white meat \$1.50)

THE FISH SANDWICH \$13.50 Lemon battered basa fillet, sundried tomato tartar sauce & lettuce

# HEART N' SEOUL

Beef bulgogi, sesame, scallions, pickled daikon n' papaya slaw,

lettuce, kimchi aioli on a ciabatta bun

# Snackable Kravingz

# **BUTTERED PANDESAL**

2 filiping sweet buns, brown buttered and toasted

# **CHIPS & SALSA**

seasoned corn tortilla chips with your choice of our house made salsa: pico de gallo, salsa verde OR salsa roja

# Extra Kravingz

BACON (3 PCS)	\$3.50
BAKED BEANS	\$2.50
BREAKFAST SAUSAGE (3 PCS)	\$3.50
BUTTERED PANDESAL	\$2.50
COLESLAW	\$3.00
EXTRA SINGLE EGG	\$2.00
FRUIT CUP	\$4.00
GARLIC RICE	\$3.00
GRAVY	\$2.00
LONGANISA SAUSAGE (3PCS)	\$5.00
MINI PEACE, LOVE N' GRANOLA CUP	\$4.00
PEA MEAL BACON (2 PCS)	\$4.00
REAL MAPLE SYRUP	\$2.50
SEASONED FRESH CUT FRIES	\$3.50
SEASONED HOME FRIES	\$3.50
SIDE CHEF SALAD	\$4.50
SIDE SOUP	\$4.50
SINGLE PANCAKE	\$3.00
TOAST (WHITE, BROWN, RYE)	\$2.00

#### **TACOS LOCOS FOREVER** \$15.00

(a taco trio on corn tortillas \*\*no mix n' matching\*\*) SERVED W/ OUR SEASONED FRESH CUT FRIES, SIDE CHEF SALAD OR OUR HOUSE MADE SOUP

- Lemon battered basa fish, pico de gallo, jibarito sauce & cotija
- Beef bulgogi, pickled veggies, sesame, scallions & kimchi aioli
- Pulled bbg jackfruit, pineapple pico de gallo, red onion pickles &

\*\*\* OUR PRICES DO NOT INCLUDE TAXES AND GRATUITY \*\*\* | \*\*\* PARTIES OF 8 OR MORE WILL BE AUTOMATICALLY CHARGED A GRATUITY OF 18% \*\*\* | \*\*\* OUR KITCHEN MAY CONTAIN TRACES OF NUTS \*\*\*





