

Today's Breakfast Menu

Breakfast Tacos

Our fresh flour tortillas are filled with potatoes, red bell peppers, green bell peppers, onions, and your choice of ground turkey or scrambled tofu. Hot or mild salsa. Seasoned to jump start your day.

3 breakfast Tacos- \$6.25

Or

BREAKFAST BOWL- \$6.00

Oatmeal.

Our whole grain rolled oatmeal is aimed to please. Top with brown sugar, agave, or some fresh organic fruit if you so desire. \$3.50

Grits-

Get some good old fashion southern grits for a quick breakfast delight.

Regular- \$3.50

Garlic and Cheese- \$4.50

Cream of Rice

Try this healthy whole grain alternative. Top with brown sugar, agave, or some fresh organic fruit if you so desire.

\$3.50

Add fresh fruit for \$1.50

TFB Healthy Yogurt Parfait

Vanilla Yogurt covered in walnuts, almonds, and pecans, topped with fresh fruit and topped with Organic Agave.

\$5.75

waffles

Your choice of Banana, Blueberry, Pecan, Chocolate Chip, or Good Old Fashion Belgian Waffles. Choose powdered sugar, agave, our homemade syrup, peanut butter, or almond butter.

\$6.99