

# 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. Your choice of hot or mild salsa. Seasoned just right to jump start your day.

Add Cheese-\$1.00

Add Sour Cream- \$.50

Add Avocado- \$1.50

3 Breakfast Tacos- \$7.50

**OR** BREAKFAST BOWL- \$7.00

*Oatmeal*- Our whole grain rolled oatmeal is aimed to please. Top with brown sugar, agave, or some fresh organic fruit if you so desire. \$4.99 Add Fruit.....\$1.50

*Grits*- Get some good old fashion southern grits for a quick breakfast delight. Regular- \$4.99  
Garlic and Cheese- \$5.99

*Cream of Rice*- Who needs cream of wheat when you have this healthy whole grain alternative?  
\$4.99 Add fruit \$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

*Scones*- Our orange cranberry scones are great for dunking in your coffee. \$2.25