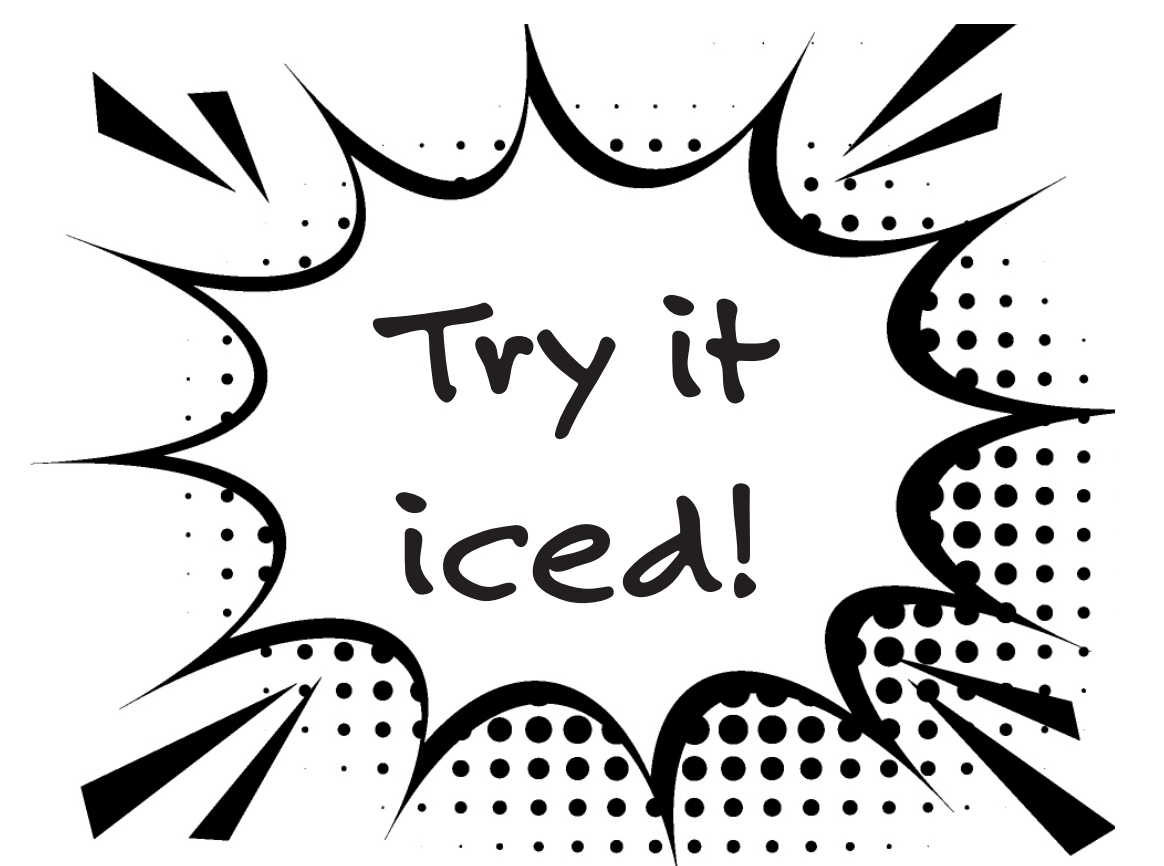




earlybird



ESPRESSO DRINKS

add an espresso shot \$1.50

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	s	m	l
ESPRESSO	<i>single</i> \$2.15	<i>double</i> \$2.75	
ERLAND'S SPECIAL	single, short shot, to-stay \$2.15		
MACCHIATO	\$3.50		
CORTADO	\$3.75		
FLAT WHITE	\$4.75		
AMERICANO	\$3.10	\$3.35	\$3.60
THE MAVERICK RED EYE	\$5.35	\$5.85	\$6.10
CAPPUCCINO	\$4.75	\$5.25	\$5.50
LATTE	\$4.75	\$5.25	\$5.50
NUTELLA LATTE*	\$5.05	\$5.55	\$5.80
VANILLA LATTE	\$5.05	\$5.55	\$5.80
DIRTY CHAI LATTE	\$5.05	\$5.55	\$5.80
MATCHA OR CHAI LATTE	\$5.05	\$5.55	\$5.80
CARAMEL MACCHIATO	\$5.05	\$5.55	\$5.80
EARLYBIRD MOCHA	\$5.05	\$5.55	\$5.80
ZOE'S CINNAMON LATTE	\$5.05	\$5.55	\$5.80
LAVENDER LATTE	\$5.05	\$5.55	\$5.80
LARGE LATTE STRONG (3 shots!)			\$6.00

BOWLS

add nutella, almond or peanut butter

- ACAI*** blended with banana and topped with granola, coconut, blueberries & strawberries \$12.15
- BLUEBERRY OATMEAL*** cranberries, almond, coconut, blueberries & a dash of brown sugar \$5.25
- CHIA*** topped with blended frozen banana and strawberries layered with fresh strawberries \$9.85
- FRUIT CUP** blueberries & strawberries (optional: topped with homemade whipped cream) \$5.50
- SOUP OF THE DAY** (seasonal) \$6.75

TOASTIES

- ORIGINAL AVOCADO*** w/tomatoes, sprouts & pickled red onion \$12.65
- SALMON AVOCADO*** with crumbled goat cheese, dill & pickled red onion \$15.65
- NUTELLA** with strawberry & banana \$7.25
- JUST TOAST** with melted butter and/or jam on Balthazar's Heritage Bread \$4.65

**signature earlybird specialties*

SPECIALTIES

LATTE
SPECIALS



ACAI
BOWLS

AVOCADO
TOAST



SMOOTHIES

add whey or p-protein \$2

BERRY KILLER* strawberries, blueberries, banana & a splash of apple juice \$9.95

PEANUT BUTTER & COFFEE SMASH* peanut butter, banana, cacao, coffee beans, dates & almond milk \$9.95

TOMMY GREENZ* mangos, pineapple, spinach & banana \$9.95

POST-PUMP PUSH* blueberries, acai, peanut butter & almond milk \$9.95

C-ROCK JUMP* pineapple, mango, strawberry, banana, splash of apple juice \$9.95

PINA COLADA* pineapple, banana, coconut milk with a splash of pineapple juice \$9.95

STRAWBERRY BANANA strawberry, banana & skim milk \$9.95

CHOCOLATE PEANUT BUTTER chocolate whey, peanut butter, banana, almond milk \$9.95

COFFEE, TEA & MORE

	s	m	l
TRADITIONAL DRIP*	\$2.45	\$2.70	\$2.95
ICED COFFEE*	\$3.75	\$4.25	\$4.75
COLD BREW*	\$4.15	\$4.65	\$4.90
BOX OF JOE			\$19.95
BY THE POUND	<i>1/2 LB</i> \$9.95	<i>1 LB</i> \$16.25	
HOT TEA black, green, vanilla chai and more	\$2.45	\$2.70	\$2.95
HOT COCOA	\$4.55	\$4.80	\$5.05
ICED TEA* black, green, tumeric or hibiscus	\$3.45	\$3.70	\$3.99
LEMONADE	\$4.55	\$4.70	\$4.95
ARNOLD PALMER	\$4.55	\$4.70	\$4.95
BETTER THAN PINK DRINK	\$4.75	\$5.00	\$5.25