

# On the Rise

## Breakfast Menu

Tues-Saturday 6:00AM -10:30 AM

### Everyday Favorites

**Famous Egg and Cheese:** our handmade bagel with one egg over hard and cheddar (with or without tomato). **4.75**

**Fresh Side Sandwich:** our handmade bagel with one egg over hard, tempeh, avocado, red onion and cheddar. **6.50**

**Pesto Egg & Cheese:** our handmade bagel with one egg over hard, pesto, mozzarella, & tomato. **6.50**

**Salsa Egg & Cheese:** our handmade bagel with one egg over hard, salsa, black beans and cheddar. **6.50**

**OTR Special:** two slices of toast topped with two scrambled eggs, our own seitan sausage, mixed veggies, and cheddar. **8.50**

**The Late Riser:** two slices of toast topped with two scrambled eggs over roasted red pepper, caramelized onion, mushrooms and cheddar. **8.75**

### Omelets

**Cheese Omelet:** cheddar cheese inside a three-egg omelet. Served with toast **7.75**

**Veggie Omelet:** diced veggies (onion, green pepper, red pepper, and zucchini) folded into a three-egg omelet. Served w/ toast **7.75** add cheese **+.50**

**Greek Omelet:** feta, mozzarella, spinach, purple onion and tomato folded into a three egg omelet. Served with toast **8.50**

**The Real Deal:** diced veggie, seitan sausage and cheddar folded into a three-egg omelet. Served with toast. **8.75**

### Wraps and Burritos

**Fresh Wrap:** our own flour tortilla wrapped around a two-egg spiral with tempeh bacon, avocado, black beans, cheddar and fresh greens. Served with side of salsa & sour cream. **9.25**

**Breakfast Burrito:** our flour tortilla stuffed with two scrambled eggs, black beans, cheddar, fresh greens, and rice. Topped with fresh salsa & sour cream. **9.25**

**The Rise Up Wrap:** our flour tortilla wrapped around a two-egg spiral with grilled diced veggies, seitan sausage, cheddar and fresh greens. **9.25**

### Sweet Breakfast

**French Toast:** two large slices of our bread French toast topped with fresh whipped cream. **8.25** (add fruit **+1.50**)

**Pancakes:** three fresh griddle cakes topped with whipped cream. **8.25** (add fruit **+1.50**)  
gluten free rice flour pancakes **+1.00**

**Vermont Stuffed French Toast:** two slices of french toast stuffed with sharp cheddar cheese and apples. **9.00**

### Basics

**One Egg** any style with toast **4.25**

**Two Eggs** any style with toast **5.25**

**Scrambled Tofu & Diced Veggies** herby or spicy. Served w/ toast **8.50**

**Organic Oatmeal:** bowl of hot oats specify raisins, walnuts, brown sugar, & butter. **4.95**

**Granola with fruit:** our bakery made granola and fresh cut fruit. Specify whole milk, skim milk, soymilk or Butterworks Yogurt. **4.95**

**Just One Egg** any style **2.25**

**Large home fries** **4.95**

**Small home fries** **2.95**

**Cut Fruit** **2.50**

**Slice of toast** **1.00**

### Customize

**Add-ons** unless listed for your item add-ons are available for an additional charge

#### for .50

red chili gravy, salsa, sour cream, pesto

apple, artichoke, basil, black beans, broccoli, caramelized onion, cilantro, garlic, green pepper, kalamata olives, mushroom, pineapple, raisins, red onion, roasted red pepper, red onion, sprouts, sundried tomato, sweet corn, tomato, walnuts, zucchini

asiago, cheddar, chevre, cream cheese, feta, mascarpone, mozzarella, ricotta, tofu

#### for .95

tempeh bacon, seitan sausage, avocado, cut fruit or fruit sauce (when available)

\* We always use the best freshest high quality local products we can find in our cooking. Some of our local suppliers include: **Butterworks Farms, Chuck Linn Sugarworks, Franklin Heyburn Honey, Last Resort Farm, Gleason Grains, On the Hill Farm** (that's us), **Pete's Greens, Scratch 'n Earth Farm and Freedom & Unity Farm**. Eggs used in our brunch are local and free range supplied from **Jericho Settlers Farm** or **Maple Wind Farm**.

Unless noted prices do not include state rooms and meals tax of 9%