

## EARLY BIRD SPECIALS 7-9AM

*includes drip coffee*

### SIMPLE BREAKFAST WITH BACON\*

12

### ½ OMELETTE

&

### ½ FRENCH TOAST OR ½ BISCUITS & GRAVY

11

## HASH & SCRAMBLE

### SWEET POTATO HASH\*<sup>GF</sup>

corn, poblano pepper, asparagus, leeks, spinach, herbed goat cheese mousse, over easy eggs, watercress

15

### SMOKED SALMON HASH\*<sup>GF</sup>

smoked salmon, roasted vegetables, prep's potatoes, over easy egg, creamy horseradish, everything seasoning

17.5

### CHICKPEA SCRAMBLE<sup>GFV</sup>

seasonal veggies, cherry tomatoes, avocado, prep's potatoes, jalapeño-tomato jam, watercress

15

### BLISS BOWL\*<sup>GF</sup>

quinoa, roasted vegetables, corn, beets, cherry tomatoes, arugula, pomegranate vinaigrette, avocado, over easy eggs

15

### CAST IRON DUCK CONFIT\*<sup>GF</sup>

braised duck, shallots, spinach, cabernet braised cherries, cherry goat cheese mousse, prep's potatoes, over easy eggs

17

### TOASTS

#### AVO & HERB TOAST\*

herb avocado, marinated feta, arugula, tomato, lemon vinaigrette, pepita dukkah

+3 two eggs any style

13

#### LOX TOAST\*

goat cheese mousse tomato, shaved egg, pickled shallot, capers, arugula & dill

18

### OMELETTES

#### ALL HAIL THE OMELETTE<sup>GF</sup>

turkey sausage, caramelized onions, muenster, mushrooms, cilantro & tomatoes, potatoes

16

#### PREP OMELETTE<sup>GF</sup>

goat cheese, pesto, spinach, avocado, tea smoked tomatoes, potatoes

14

### FRENCH TOASTS & PANCAKES

#### CLASSIC FRENCH TOAST

macerated berries, candied almonds, chai butter, brioche

12

#### GREEN CHILE FRENCH TOAST\*

green chile bread, jalapeño relish, lime crema, sunny side up egg

12

#### THE CURE FRENCH TOAST

lemon glaze, berry preserves, brioche

12

#### PLAIN JANE

buttermilk pancakes, macerated berries & whipped cream

11.5

## THE CLASSICS

### HARISSA SHAKSHUKA\*

roasted red pepper sauce, sunny side up eggs, marinated olives & feta, sourdough

+5 turkey or pork sausage

15

### POBLANO BENI\*

herb cheddar biscuit, carnitas, roasted poblano, poached eggs, goat cheese hollandaise, cilantro, potatoes

15

### SMOKED SALMON BENI\*

english muffin, poached eggs, spinach, crispy capers, goat cheese hollandaise, potatoes

18

### MONTE CRISTO\*

herb brioche french toast, honey roasted ham, swiss cheese, pineapple-japeleño mascarpone, potatoes

+3 two eggs any style

15.5

### BLUEBERRY YOGURT BOWL

blueberry yogurt, strawberries, granola, blueberry reduction

12.5

### PREP'S SAUSAGE BREAKFAST SAMMIE\*

english muffin, scrambled egg, cheddar, pork sausage, spinach, maple aioli, potatoes

15

### CHICKEN & TOAST

fried chicken & herb brioche french toast, blueberry preserves

15.5

### SOUTHWEST CROISSANT SAMMIE\*

chorizo, scrambled egg, muenster, arugula, poblano aioli, potatoes

16.5

### SIMPLE BREAKFAST\*

two eggs any style, prep's potatoes, toast & jam

+4 chorizo

+4.5 our bacon

+5 turkey or pork sausage

10

### BISCUITS & GRAVY\*

herb cheddar biscuits, duck fat pork sausage gravy

+3 two eggs any style

+4 chorizo

+7 fried chicken

10

### "STEAK" & EGG SANDWICH\*

sourdough, chimichurri steak, scrambled egg, white cheddar, arugula, roasted tomatoes, herb aioli, potatoes

16.5

### BACON POUTINE\*

fries, duck fat pork sausage gravy, cheese curds, over easy eggs, arugula

15

### RETURN OF THE MAC\*

scrambled egg whites with spinach, mushrooms, poblano peppers, veggie sausage, avocado, sliced tomatoes, blueberry yogurt & granola

14

## PASTRIES BAKED FRESH DAILY

*quantities limited, ask your server*

