



PRIMAL

FOOD & SPIRITS

MUFFIN DAILY PREPARATION / PRIMAL JELLY / BUTTER	3
IMAGINE THAT GLUTEN FREE~BREAD ASSORTED "ITGF" BREADS / HERBED WHIPPED BUTTER	6
DEVILED EGGS JALAPENO / CANDIED BACON / SMOKED PAPRIKA AIOLI	5
CHOPPED KALE SALAD GOAT CHEESE / SUNFLOWER SEEDS / APPLES / ORANGES / CITRUS VINAIGRETTE	9
PRIMAL SALAD MIXED GREENS / SPICED ALMONDS / SHAVED COCONUT	8
WOOD-FIRED PROTEIN SALAD MIXED GREENS / HARD BOILED EGGS / BACON / DIJON VINAIGRETTE <i>WITH: CHICKEN - 14 SHRIMP - 15 SALMON - 16</i>	
STUFFED FRENCH TOAST ALMOND & PEAR / CREAM CHEESE / STRAWBERRIES VERMONT MAPLE SYRUP / CHOICE OF MEAT	11
AREPAS BENEDICT POACHED EGGS / PICO DE GALLO / CHILE HOLLANDAISE / SHARP CHEDDAR	11
SLOW-COOKED PORK OMELETTE CARAMELIZED ONION / SHARP CHEDDAR / AVOCADO / FRUIT CUP	12
MUSHROOM & KALE OMELETTE DAIRY FREE / VEGETARIAN / FRUIT CUP	10
BREAKFAST TACOS SHREDDED PORK / SCRAMBLED EGGS / PEPPERS / SHARP CHEDDAR/ CARAMELIZED ONION / CORN TORTILLA PICO DE GALLO	10
CRAB CAKE BENEDICT POACHED EGGS / HOLLANDAISE / FRESH FRUIT	15
WOOD GRILLED SALMON SAUTÉED KALE / HOLLANDAISE / POACHED EGG / ROASTED TOMATO	17
WOOD GRILLED STEAK & EGGS HANGER STEAK / PARSLEY CHIMICHURRI / ROASTED POTATOES FRIED EGGS / MIXED GREENS	19
SHRIMP & GRITS APPLEWOOD BACON / BUTTON MUSHROOMS LEMON BUTTER	16

BEVERAGES

JUICES	4
ORANGE JUICE	
GRAPEFRUIT JUICE	
JOE VAN GOGH COFFEE / ORGANIC / SHADE GROWN	
RED RIVER BLEND	
FRENCH PRESS (17oz.)	4.75
DRIP	2.5
RISHI ORGANIC AND FAIR TRADE TEAS	3.5
ORANGE BLOSSOM GREEN	
PEACH BLOSSOM WHITE	
ENGLISH BREAKFAST BLACK	
TURMERIC GINGER HERBAL	

FROM THE BAR

PRIMAL MIMOSA	5
DRAFT PROSECCO / HOUSE MADE PUREES	
ORANGE	
GRAPEFRUIT	
BEET / GINGER / TURMERIC / FENNEL	
CRANBERRY / ORANGE	
PRIMAL BLOODY MARY	9
VODKA / HOUSE-MADE GRILLED TOMATO BLOODY MARY MIX	
SALTY DOG	9
LUKSUSOWA VODKA / GRAPEFRUIT JUICE / SEA SALT	

SIDES

BACON	4
SAUSAGE	3.5
FRESH FRUIT	5
ROASTED POTATOES	3
REAL MAPLE SYRUP	2