



# Oh Natural Foods

**GET FRESH!**

## Breakfast

### BENNIES




A toasted fresh-made bun or bed of homemade cubed hash browns, with your choice of pancetta or crumbled spicy Italian sausage. Two over-easy eggs topped with homemade Hollandaise, green onion & tomato.

- EGGS BENNY** 11.50
-  **BENNY ON HASH BROWNS**  12.50
- HOT ITALIAN BENNY** 11.50
-  **HOT ITALIAN BENNY ON HASH BROWNS** 12.50

### SANDWICHES



A toasted fresh-made bun with 2 eggs, shredded Cheddar & Monterey Jack cheeses, green onion & tomato, with your choice of pancetta or farm-fresh spinach.


- PANCETTA DELUXE** 7.50
-  **EGG & VEGGIE** 7.00

### WRAPS



A whole wheat tortilla filled with 2 eggs, shredded Cheddar & Monterey Jack cheeses, green onion, tomato, sour cream and...

-  **HUEVOS RANCHEROS** – our signature veggie chili, guacamole & hot sauce  10.50
- HOT ITALIAN PATATA** – homemade cubed hash browns, crumbled spicy Italian sausage & salsa 12.00
-  **NO HUEVOS** – no eggs or dairy! – chickpea “eggs”, our signature veggie chili, guacamole & hot sauce  10.50
- PANCETTA DELUXE** – crisp pancetta & guacamole 11.50
-  **EGG & VEGGIE** – farm-fresh spinach & guacamole 10.50

 **Make any of our breakfast wraps VEGAN!** Sub chickpea “eggs” for the protein & dairy.

### QUESADILLAS






A crisp tortilla filled with 2 eggs, shredded Cheddar & Monterey Jack cheeses, green onion & tomato (served with sour cream, salsa & guacamole on the side.), and...

-  **PANCETTA DELUXE** – crisp pancetta 13.50
-  **EGG & VEGGIE** – farm-fresh spinach 13.00
- HOT ITALIAN** – crumbled spicy Italian sausage 13.50




**Ask us about our vegetarian, vegan, low-carb, gluten-free and dairy-free options!**

### For Smaller Appetites

- ½ Eggs Benny 8.00
-  ½ Benny on Hash Browns 8.50
- ½ Hot Italian Benny 8.00
-  ½ Hot Italian Benny on Hash Browns 8.50
- ½ Pancetta Deluxe Quesadilla 9.00
-  ½ Egg & Veggie Quesadilla 8.50
- ½ Hot Italian Quesadilla 9.00

### Extras

- Gluten-free 1.50
- Homemade cubed hash browns 3.00
- Pancetta 3.00
- Crumbled hot Italian sausage 3.00
- Egg 1.00
- Cheese 2.00
- Spinach 1.00
- Toasted fresh-made bun 1.50
- Salsa, sour cream (each) 1.00
- Guacamole 2.50

 - Gluten-free  - Vegetarian  - Vegan

 - Signature Item

ALL PRICES INCLUDE TAX