

From Our Florida Farms

Rise N Shine -18 Two Eggs Any Style, Seeduction Toast, Sweet Potato Brussel Hash

Doda Day -26 Three Bio-Farm Heritage Egg Omelet, Sundried Tomato, Sweet Onion, Spinach Sauté, Gratitude's King Trumpet Shrooms, Purple Haze Goat Cheese, Avocado, OK&M's inhouse charred Tomatillo Sauce

Hey Hey Hey -26 Three Bio-Farm Heritage Egg Omelet, Locally Made Chicken Sausage, Sweet Onion Sauté, Swank's Sweet Green Bell Peppers & Swiss Cheese

The Fat "Cochon" - 26 Two Poached Eggs, Glazed Heritage Pork Belly, English Muffin & Browned Butter Hollandaise

Sun-Daze -34 Grilled Hanger 5oz, 2 Eggs over Easy, Home Fries, Blistered Sea Salted Shishito

Early Burly Bison -28 Bison Steak Burger, Sunny Side Bio-Farm Heritage Egg, Nitrate-Free Bacon, Swiss Cheese, Caramelized Onion, Truffle, Aioli on a Brioche Bun, Served with Fries

**Make it with ZERO EGG ™ (delicious eggs amazingly made from plants)

SweetNess



Rosemary Boule -18 Baked brie, Pink Lady Apple Slices, Crispy Herbed Boule Loaf, Bio-Farms Honeycomb

Strawberry Fields- 23 Brioche French Toast, Seasonal Strawberries, Strawberry Sauce & Maple Syrup

- P.B Nana Pancakes 19 Griddle Almond Flour Pancakes, Caramelized Banana, Peanut Butter & Maple Syrup
- Sunsational Fruit -16 Seasonal Fruit, Toasted Coconut Shavings, Local Honey drizzle & Nut Crumble
- Mimi's Maple Walnut Granola Bowl -16 Baked Oats, Toasty Maple Cashews, Walnuts, Seasonal Berries, Local Honey, Nut Mylk

Toast Bar

The Cali Savory Seeduction Toast -14 Avocado, EVOO, Lemon Zest, local "Tiny Greens" Sprouted Micros

**Add Heritage Egg - 4

Sweet Bee -14

Savory Seeduction Toast, Avocado, Hemp Hearts, Chevre, Local Honey Drizzle & Micro Greens **Add Heritage Egg - 4

Cashew "Pate" Toast -14

Savory Seeduction Toast, Silky Cashew Cream, Locally Sprouted Micro Greens & Sea Salt Flakes | **Add Heritage Egg - 4

Almond Berry Toast -14

Savory Seeduction Toast topped with Creamy Almond Butter, Fresh Seasonal Berries, Honey Drizzle & Sweet Spices Sprinkle

Make it Gluten-Free - Sweet Potato Slice



Contains Nuts

Due to the use of allergen ingredients in our kitchen we cannot guarantee the absolute absence of these ingredients in any of our recipes. Please notify your server immediately if you have food allergies. (i.e. Gluten, Nut, Soy, etc.) as we will not be liable for any food related allergic reactions.

Sea Bound



Costa Bravas Bowl -24 Basmati Farro, Wilted sea salted Baby Kale, Ora King Salmon, Poached Egg, Avocado, Bravas Sauce , Hemp Hearts

Valeria's Benny -34 Jumbo Lump Crab Cake, A poached Heritage Bio Farms Egg, Fresh Baked English Muffin with Key Lime Citrus Hollandaise & side Heirloom Tomato Salad

Fresh Catch Fish Sammy -26 Captain Clays Fresh Catch, Remoulade, Tomato & Swank Farm Baby Gem Lettuce, Served with Fries

OK&M'S Po-Boy -26 Two Seared U-8 Scallops, Freshly Baked Brioche, Remoulade & served with Anytime Hash

Large Salads featuring Swank Farm Greens

Grilled Artichoke Arugula -18 Bountiful Bowl of Little Gem, Greens and Arugula, Sunflower Sprouts, Farm Cheese, Cucumber, Grilled Artichokes, with Fennel Vinaigrette

Herbed Greens -18 Abundant Bowl of Garden Greens, Quinoa, Pumpkin Squash Nibs, Vio-Life Feta, Seeded Granola Sprinkle, Herbs, with Meyer Lemon Fig Balsamic Drizzle

Sweet Greens -22 Little Gem Greens, Sunflower Sprouts, Seasonal Berries, Avocado, Hemp Hearts, Sweet Nut Crumble & Chèvre with Balsamic Vinaigrette

Chicken King Caesar -26 Grilled Organic Chicken Breast, Little Gem Romaine, Baby Kale With Shaved Grilled Brussels, Parmesan Shavings, House Made Croissant Croutons, Creamy Caesar Vinaigrette

Sea Bound Greens -32 Jumbo Lump Crab Cake over Swank Farms Watercress, Green Apple, Heirloom Tomato, Parmesan with a Citrus Vinaigrette



Necessities

- Butter Croissants 6
 Almond Croissants 6
 Chocolate Croissants 5
- Ricotta Danish 5
 Banana Bread
 Two Bio-Farms Eggs Anyway -8
 Nitrate Free Bacon -8
 Truffle Fries -11
 Apple Chicken Sausage 8
 Anytime Hash 8
 Avocado 5
 Tomato Slices 5

Gen Alpha's Menu (Age 10 and under) Their Toast Bar

Cattleya's Toast -9

Lightly Grilled Seeduction Bread with Avocado & Sea Salt flakes

Spunky Monkey P's Toast -9

Lightly Grilled Seeduction Bread with Nocciolata Cocoa Spread and Banana Slices

Cocoa & Berries -9

Lightly grilled Seeduction Bread with Nocciolata Cocoa Spread and a Side of Strawberries

Chocolate Chip Pancakes -12

Fluffy Almond Flour Pancake with Chocolate Chips, whipped Cream and Maple Syrup

Mini Farmers Breakfast -12

One Bio-Farm Heritage Egg over Easy, Two Slices of Nitrate-Free Bacon and Toast

