

Our Menu is 100% Gluten Free

sweet waffles

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| Steamboat (Butter & Maple Syrup) | 7 |
| Fine Finney (Nutella & Strawberries) | 8 |
| Flywheel (Church Spread (PB & Marshmallow Fluff), Salted Caramel, Banana) | 8 |
| Ether (Salted Caramel, Strawberries, Whipped Cream) | 8 |
| Tres Leches (Sweet Milks, Strawberries, Whipped Cream, Cinnamon) | 9 |
| Keto Waffle (Low Carb Waffle Topped with Sugar Free Syrup and Stevia Whip) | 8 |
| Build Your Own Waffle | 7-9 |
| Vegan Banana Nut (Maple Syrup, Bananas, Pecans) | 9 |
| Vegan Wild Berry (Mixed berries & Coconut Whip) | 9 |

smoothie bowls (v/gf)

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| Blue Lagoon (w/ Blue Green Algae) | 10 |
| Acai Berry | 10 |
| Chocolate Banana | 10 |
| Mango Spinach | 10 |

savory dishes

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| Womelette: An Omelette with Ham or Turkey, Cheese, Onion, Cilantro, Avocado & Chipotle Mayo | 8 |
| Frittaffle: A Frittata, waffied! Potatoes, Egg, Parmesean, Bacon, Arugula, Avocado, and Chipotle Mayo | 9 |
| Vegan Frittaffle: Potato, Poblano, Red Onion, Just Egg (Egg Substitute), Green Onion Vegan Aoli | 10 |
| Waffles Benny: Waffles topped with 2 poached eggs, ham, and Hollandaise. | 9 |
| Soup of the Week: Warms your tummy & heart! | 8 |

sandwiches

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| Served With Chips or Fruit | |
| Waffle-Nini: Ham or Turkey/Cheese Waffle Sandwich served with Chips & Chipotle Mayo | 9 |
| Carrie Dean Sammie: Waffle Sandwich Stuffed with Fried Eggs, Avocado, Cheese. | 10 |
| BLT: Bacon, Lettuce Tomato on Sourdough with Maple Bacon Aioli | 10 |
| Main Street Club: Ham, Turkey, Bacon, Gouda Pimento Cheese, Avocado on Sourdough | 10 |

for the kids

Comes with Limeade, Lemonade, or Milk

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| 1/2 Waffle with 2 Toppings | 6 |
| Cheesy Eggs & Fruit | 6 |
| PB&J Waffle Sandwich | 6 |
| Grilled Cheese on GF Bread | 6 |

Caffeinated Drinks

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| Drip coffee | \$3.00 |
| Espresso | \$3.00 |
| Americano | \$3.00 |
| Cappuccino | \$4.00 |
| LaLa Latte | \$5.50 |
| Nitro cold brew | \$4.75 |
| Breve | \$5.00 |
| Turkish Coffee | \$3.00 |
| Turkish Latte | \$4.00 |
| Winnie the Brew Breve | \$6.00 |
| Latte | \$4.00 |
| Mocha Praline Latte | \$5.00 |
| Salted Caramel Latte | \$5.00 |
| Almond Joy Latte | \$5.00 |
| Andies Mint Latte | \$5.00 |
| Peppermint Mocha | \$5.00 |
| Matcha Latte | \$5.00 |
| Chai Tea Latte | \$4.00 |
| London Fog Tea Latte | \$4.00 |
| Iced or Hot Black Tea | \$2.00 |

Non Caffeinated Drinks

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| Bottled Water | 1 |
| Herbal Tea | 2 |
| Roots in Harmony Tea | 2.5 |
| Topo Chico | 2.5 |
| Baby Steamer | 3 |
| Hot Chocolate | 4 |
| Moodbelli Adaptogen Latte | 4 |
| Golden Turmeric Latte | 4 |
| Salted Lavender Hot Chocolate | 5 |
| Beetroot Cacao Latte | 4 |

Wellness Shots

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|---------------------------------------|---|
| Elder-Blue | 3 |
| Fire | 3 |
| Turmeric | 3 |
| Ginger | 3 |
| Wheatgrass | 4 |
| Teddy's Life Blood (First 4 Combined) | 4 |

Steampunk Juice

Our very own line of miraculously cold-pressed fruit and veggie juices available in the cafe!