



STARTERS

FRESH BAKED

CINNAMON BUNS

8.99 - Now Serving -
Friday, Saturday & Sunday

SACK OF FRESH BLUEBERRY FRITTERS

Our freshly-made fritter batter, full of blueberries, cooked to a golden brown & placed in a paper sack with sugar & cinnamon. We shake it up at your table & serve them with strawberry yogurt for dipping.

Full order 8.99 • Half order 5.49

Ask about our New
GLP-1 Friendly
Menu with QR code



SPRING WHAT'S FRESH™

PANCAKES TRIO FLIGHT

Signature Pancake Flight Blueberry Biscuit Crumble, Strawberry Lemon Ricotta, and Candied Walnut Banana Foster - three unforgettable flavors, one perfect plate. **14.99**

HUEVOS RANCHEROS

Two eggs any style served over home-fried red bliss potatoes, layered with a corn/flour blend tortilla, overnight-braised birria beef, black bean ranchero sauce, Cotija cheese, avocado mash, chipotle crema, and pickled red onions. **15.99**

CHICKEN AVOCADO POWER SALAD

GLP-1 Friendly: Our fresh mixed greens topped with grilled hormone free Chicken, cucumbers, avocado mash, tomatoes, hardboiled eggs served with our Low fat gluten free Citrus dressing. **Nutrition Facts:** Calories 560 Kcal, Protein 54g, Carbs 20g, Fat 32g, Fiber 10g **14.99**

STRAWBERRY MATCHA LATTE

Sweet strawberry puree layered with creamy milk and smooth matcha green tea. Refreshing, lightly earthy, and perfectly balanced. **8.99**

FROM THE GRIDDLE

FRENCH TOAST



CAPTAIN CRUNCH FRENCH TOAST

Challah bread dipped in French toast batter & rolled in Captain Crunch pieces. Topped with fresh strawberries, blueberries & sliced bananas. Finished with powdered sugar & whipped cream. **14.99**

CHALLAH BREAD FRENCH TOAST

Sprinkled with cinnamon & powdered sugar. **12.99**

BANANAS & BLUEBERRIES FOSTER STUFFED FRENCH TOAST

Challah French toast stuffed with cream cheese & fresh bananas, topped with fresh blueberries & sautéed in a sauce of butter, brown sugar, cinnamon & dark rum. **14.99**

OMELETS

All omelets are served with toasted whole wheat berry bread. Add American, Swiss or Cheddar cheese to any omelet for 1.00 Add Boursin or Mozzarella cheese for **1.50** Add Egg Whites for **1.50** Sides include potatoes, grits, oatmeal or tomatoes. Fresh fruit. **1.50**

CREATE YOUR OWN OMELET

Start with ham, sausage or bacon & choice of Swiss, American or Cheddar cheese & one vegetable (tomato, spinach, onion, peppers, mushroom or jalapeño). **13.99**
Ham, chicken, bacon, turkey, sausage or Birria beef **1.99 ea.**
Additional vegetables 1.00 ea. • Mozzarella or Boursin cheese **1.50 ea.**

BUTCHER SHOP OMELET

Ham, applewood smoked bacon & sausage topped with our homemade sausage gravy. **15.99**

BACON, AVOCADO & CHEESE OMELET

Chopped applewood smoked bacon, freshly mashed avocado & cheddar cheese. **15.99**

GARDEN FRESH VEGGIE OMELET

Sautéed spinach & onions with mushrooms, diced tomatoes, a trio of roasted peppers & Boursin cheese. **15.99**

PANCAKES WAFFLES

SWEET CREAM PANCAKES

A stack of fluffy pancakes. **10.99**
Add Strawberries or Blueberries or Bananas or Granola - add **1.00**

LEMON RICOTTA PANCAKES

Try our "famous" pancakes, mixed with fresh lemon ricotta cheese & "You'll never have plain pancakes again". Moist, fluffy pancakes topped with powdered sugar, whipped cream & a lemon twist. **13.99**



BLUEBERRY LEMON RICOTTA BELGIAN WAFFLE

Topped with fresh blueberries with homemade Berry Jam, white chocolate, whipped cream & powdered sugar. **13.99** Plain waffle **11.99**

HASHES

All hashes are served over home-fried Red Bliss Potatoes with a biscuit & apple butter

NASHVILLE HOT CHICKEN HASH

Hand breaded antibiotic-free chicken tenders hand dipped in a spicy oil, crowned with two eggs & topped with a fresh made Come back Hollandaise sauce & sliced pickles. **14.99**

BIG COUNTRY HASH

Ham, pork sausage & chopped bacon, shredded cheddar cheese. Topped with two eggs to order covered with our homemade sausage gravy. **14.99**

CHICKEN BACON AVOCADO HASH

Free range chicken, bacon, avocado mash, diced tomato, cheddar & Jack cheeses topped with two eggs, enchilada sauce & drizzled with chipotle cream. **15.99**



O.M.G. HOMEMADE CORNED BEEF HASH

Slow roasted brisket, chopped with a trio of peppers, onion & potatoes, grilled & served with two eggs plus your choice of side. **14.49** Side of Corned Beef Hash **7.99**

CAFE FAVORITES

LOADED POTATO PANCAKE N EGGS PLATE

Crispy potato pancakes with cheddar cheese, crumbled bacon, green onions, diced tomatoes & two eggs served with a side of sour cream & whole wheat berry toast. **13.99**

CHICKEN N BISCUIT OMELET

Three egg omelet stuffed with buttermilk fried chicken & pepper jack cheese. Topped with a scratch-made biscuit & smothered in sausage gravy, dusted with green onions & Cajun spices. Your choice of side. **15.99**

NOVA SALMON* BENEDICT

Cold smoked Nova Salmon* nestled atop two potato latkes & herbed cream cheese with fried capers. Topped with two perfectly poached eggs*, diced tomatoes, pickled red onions & drizzled with Hollandaise. **18.99**



PAPA T'S FAMOUS EGG SANDWICH

Two eggs, cheddar jack cheese, apple cider bacon, spinach, tomatoes, crispy pickled onions, avocado mash & House sriracha aioli on griddled challah bread. **14.99**
Sunrise Sandwich - Choice of 2 eggs and cheese on a potato roll. 8.99 Add bacon or sausage for **1.99**

BUTTERMILK BISCUITS & GRAVY WITH EGGS

One scratch-made buttermilk biscuit topped with homemade sausage gravy & two eggs any style. Served with seasoned crispy red bliss potatoes. **12.99**



MEGA BREAKFAST BURRITO

Burrito stuffed with chorizo sausage, eggs, Pepper Jack cheese, tri-colored peppers & sautéed onions, topped with enchilada sauce, cojita cheese drizzled with chipotle cream. Your choice of side. **16.99**

BERRY FRESH SLAM

Two eggs, pancake stack included, bacon, sausage or ham. Your choice of side. **15.99**



BIRRIA BREAKFAST TACOS

Three corn/flour tortillas stuffed with scrambled eggs and overnight braised beef. Topped with cotija cheese, chopped onion and fresh cilantro. Served with consomme for dipping. Choice of side. **13.99**

BRUNCH

All benedicts topped with scratch made hollandaise and your choice of side

IRISH EGGS* BENEDICT

Toasted English muffins topped with our homemade corned beef hash, two poached eggs* & scratch-made Hollandaise sauce. **15.99**

TRADITIONAL VERY BERRY EGGS* BENEDICT

Perfectly poached eggs* with Canadian bacon & fresh-made Hollandaise sauce. **15.99**

NASHVILLE CHICKEN BENEDICT*

Scratch made biscuit layered with pimento cheese, pickle slices, Nashville chicken tenders, 2 perfectly poached eggs*, comeback hollandaise sauce & sprinkled with green onions. **15.99**

REDNECK EGGS* BENEDICT

A homemade freshly-baked biscuit layered with fresh sausage patties & poached eggs*, topped with sausage gravy & scratch-made Hollandaise sauce. **15.99**

BENEDICTS



JALAPENO RED PEPPER JELLY CHICKEN N WAFFLES

Hand breaded, butter milk and pickle juice marinated crispy chicken tenders, dipped in our homemade, jalapeno red pepper jelly, served on top of a fresh made belgian waffle, served with whipped butter. **14.99**

HOT HONEY CHICKEN FRIED CHICKEN N EGGS PLATTER

Buttermilk-marinated chicken breast, hand breaded, fried golden and layered with house made sausage gravy and a sweet-spicy hot honey drizzle. Served with two eggs, red bliss potatoes, and a biscuit. **17.99**



O.M.G. SHRIMP-N-GRITS

Stone-ground grits topped with shrimp, cheddar cheese, onions, tomatoes, bacon & pepper trio in a cajun cream sauce. **15.99**

CHORIZO CRUNCH WRAP

Grilled tortilla stuffed with scrambled eggs, bacon, chorizo sausage, sausage, ham, crispy corn/flour tortilla, cheddar cheese & Chipotle Cream. Served with salsa & choice of side. **14.99**

EARLY BIRD
MONDAY - FRIDAY
7AM-8AM PRICING 9.99 EACH

SATURDAY & SUNDAY
PRICING 13.99 EACH

BREAKFAST DEALS

MONDAY- FRIDAY BREAKFAST SPECIALS 11.99 EACH

BIG BREAKFAST SPECIAL
Two eggs, red bliss potatoes, toast, bacon or sausage with coffee.

PANCAKE SPECIAL
One giant sweet cream pancake, bacon, or sausage with coffee.



*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

HEALTHIER

V VEGETARIAN **GF** GLUTEN-FREE **VG** VEGAN **KD** KETO DIET

V VEGETARIAN WRAP

Roasted artichokes, fire roasted tomatoes, vine ripe tomatoes, cucumbers, fresh greens, avocado mash, goat cheese, pickled red onions, micro greens and citrus vinaigrette wrapped in a whole wheat tortilla. Served with your choice of side. **13.99**

GF HEALTHY START CHICKEN EGGWHITE SCRAMBLE

Chicken, spinach and tomatoes scrambled in fluffy egg whites. Topped with avocado mash. Served with fresh fruit & red salsa. **13.99**

NOVA SALMON* ACAPULCO TOAST

Creamy avocado served on wheat berry bread, topped with thinly sliced Nova Salmon with fried capers, diced tomatoes, & pickled red onions & drizzled with Hollandaise with your choice of two eggs & a side. **17.99 Plain Acapulco Toast N Eggs \$12.99**

V SPRING BERRY ACAI BOWL

Acai sorbet, toasted coconut, fresh cut bananas, blueberries, pineapples, and strawberries. Drizzled with FL honey and served with a BFC Homemade Granola. **11.99 Add peanut butter 1.00**

V OLD-FASHIONED OATMEAL

Fresh-made daily with whole milk served with brown sugar & raisins. **7.99**
Granola add **2.00**
Fresh blueberries or strawberries & candied walnuts add **1.00**

VG HIPPIE PICNIC SANDWICH

Oven roasted sandwich on toasted wheat berry bread with citrus vinaigrette, vegan cheddar cheese, roasted artichoke hearts & roasted tomatoes, sliced tomatoes, cucumbers, fresh artisanal greens, avocado mash, pickled red onions. Served with your choice of side. **12.99**

KD POWERHOUSE PROTEIN PLATTER

Farm fresh scrambled eggs and two hearty proteins of your choice bacon, sausage, Canadian bacon, turkey, ham, birria, or chicken sausage. Served with ripe sliced tomatoes – a perfect, protein-packed way to power through your day. **12.99 add cheese for an extra punch of protein for .99**

V ENERGY WRAP

Fluffy egg whites, fresh tomatoes, mushrooms & spinach wrapped in a whole wheat tortilla. Served with fresh fruit & a side of salsa. **12.99**

V GREEK YOGURT BERRY BLISS

Chilled Greek yogurt topped with fresh berries, a homemade granola and a drizzle of FL honey. Served with a blueberry muffin. **10.99**

GF GLUTEN-FREE HONEY PANCAKES

Drizzled with honey. **11.99**

LUNCHEON FAVORITE

All sandwiches include your choice of crispy fries, homemade red bliss potato salad or cole slaw. Substitute Sweet Potatoes Fries or Fresh Fruit for **1.50**

BFC CLUB SANDWICH

Sliced Ham, roasted turkey, Applewood smoked bacon, Swiss & American cheese, tomatoes, leaf lettuce with mayo and Apple Butter BBQ sauce on challah toast. **12.99**

OPEN FACED GREEN GODDESS TURKEY AVOCADO TOAST SANDWICH

Wheat berry toast, leaf lettuce, fresh avocado mash, sliced house roasted herb turkey breast, fire-roasted tomatoes roasted artichokes, micro greens served open-faced with a Housemade Green Goddess dressing drizzle. **12.99**

GRILLED REUBEN

Corned beef, Swiss cheese, sauerkraut & Thousand Island dressing on grilled marbled rye. **12.99**

6 SLICE BLT

6 slices of crispy bacon, lettuce, sliced tomato & chipotle cream on toasted wheat berry bread. **14.99 Add Avocado 1.99**

NASHVILLE HOT CHICKEN SAMMIE

Our buttermilk & pickle juice, marinated antibiotic, free chicken breast dusted in southern sage breading, dipped in spicy Nashville oil on a bed of coleslaw, pickles, & comeback sauce on a potato roll with your choice of side **12.99**

CHICKEN PESTO OVEN-BAKED SAMMIE

Grilled chicken breast topped with mozzarella cheese, Parmesan cheese, sliced tomato & pesto on artisan French baguette. **12.99**

TURKEY AVOCADO CLUB MELT

Grilled EBS Sourdough bread piled high with our house roasted sage rubbed turkey, cheddar & pepper jack cheeses, chipotle cream, fresh spinach, pickled onion, tomato, avocado, & bacon jam. **14.99**

SMASH BURGERS

Two hand-formed 1/4 lb. grilled burgers made of a fresh blend of short rib, brisket & ground chuck, grilled juicy & served medium well on a grilled potato roll with lettuce, tomato, onion & pickles with your choice of crispy fries, homemade red bliss potato salad or cole slaw. Sweet Potatoes Fries for **1.50** Fresh fruit for **1.50**

BRUNCH STYLE

Topped with cheddar cheese, bacon, fried egg, chipotle cream. **13.99**

PIMENTO CHEESE & BACON STYLE

Pimento cheese & applewood smoked bacon. **12.99**

ROUGHNIGHT BURGER

1 Burger patty, 2 southern fried chicken tenders, house herb roasted turkey, grilled ham steak, 2 slices of bacon, American cheese, & garlic aioli on a fresh baked biscuit & smothered in house sausage gravy, sprinkled with green onions & served over a bed of bliss potatoes **17.99**

SALAD DRESSINGS: Blueberry balsamic vinaigrette, buttermilk ranch, house-made Green Goddess, blackberry honey mustard, home-made gluten-free citrus vinaigrette. Served with homemade biscuit & apple butter.

GREEN GODDESS ROASTED TURKEY SALAD

Our fresh mixed greens layered with antibiotic-free roasted turkey, cucumbers, avocado mash, topped with fire-roasted tomatoes, artichoke hearts, shaved parmesan & micro greens. Drizzled with our house made Green Goddess dressing. Half **11.99** Full **14.99**

STUFFED TOMATO DUO SALAD

Two tomatoes stuffed with chicken & tuna salads. Served with a side salad of mixed greens, hard boiled egg, smashed avocado, & pickled onions. Drizzled with balsamic glaze. Served with blueberry balsamic dressing **14.99**

GARDEN FRESH SALADS

SOUTHERN HOT HONEY CHICKEN COBB SALAD

Fresh artisanal greens topped with Florida hot honey, crispy chicken, candied walnuts, pickled red onion, avocado, bacon, hard boiled eggs, tomato, cheddar cheese, & blue cheese crumbles. Drizzled with house-made green goddess dressing. Served with a fresh baked biscuit. Half **12.99** Full **15.99**

GRILLED CHICKEN & STRAWBERRY SALAD

Fresh artisanal greens, grilled free-range chicken, strawberries, blue cheese crumbs, candied walnuts & tomatoes with blueberry balsamic vinaigrette. Half **11.99** Full **14.99**

HANDHELDS

AVAILABLE FOR DINE-IN ONLY

MONDAY - FRIDAY
WEEKDAY LUNCH SPECIALS
PICK 2

PICK ONE FROM SECTION A OR SECTION B
AND ONE FROM SECTION C

SATURDAY & SUNDAY
PRICING + \$2

SECTION A

OR

SECTION B

AND

SECTION C

CAFE LUNCH PICK 2 FOR 8.99

Weekday Prices Only Available Mon-Fri

1/2 ELEVATED CHICKEN SALAD SAMMIE

Our house herb roasted chicken salad served on a toasted artesian roll garnished with lettuce, tomato, & fried pickled red onions.

1/2 ALBACORE TUNA SALAD

All white albacore salad served on a toasted artesian roll garnished with lettuce, tomato, & micro greens.

1/2 TURKEY & SWISS

Our house herb roasted turkey served on a wheat berry bread garnished with lettuce and tomato.

SOUP & SALAD COMBO

Choose one of our salad selections.

BISTRO LUNCH PICK 2 FOR 9.99

OVEN-BAKED

1/2 GRILLED CHICKEN PESTO SANDWICH

Grilled chicken breast topped with mozzarella cheese, Parmesan cheese, sliced tomato & pesto on an artisan French baguette.

1/2 BFC CLUB SANDWICH

Sliced ham, hormone-free oven roasted turkey, applewood bacon, Swiss cheese, American cheese tomatoes, leaf lettuce with mayonnaise & BBQ sauce on challah bread.

1/2 6 SLICE BLT

3 slices of crispy bacon, lettuce, tomato & chipotle cream on toasted wheat berry bread.

SOUP

Cup of Tomato Basil
Seasonal Soup of the Day

OUR BISTRO SALAD

Fresh artisanal greens with candied walnuts, tomatoes, red onions, Gorgonzola cheese & applewood bacon pieces with blueberry balsamic vinaigrette dressing.

MIXED BERRY SUPERFOOD POWER SALAD

Fresh artisanal greens, raisins & sliced pepitas. Topped with fresh blueberries, strawberries, pineapple, goat cheese, tomatoes, cucumbers & red onions, Gluten-free & low-fat citrus dressing.

Kindly note that 18% service charge will be added to each check.