

BREAKFAST MENU

SERVED
ALL DAY

Jolt'n Bolt
Coffee and Tea House



TOASTED BAGEL

w/ CREAM CHEESE 3.55

w/ BUTTER & JAM 3.55

w/ NUTELLA CREAM CHEESE 3.85

(EVERYTHING / PLAIN / HONEY WHEAT / SESAME /
BLUEBERRY / CINNAMON RAISIN)

ANCIENT GRAIN OATMEAL w/ MAPLE SYRUP 5.45

QUINOA & STEEL CUT OAT, MADE w/ YOUR CHOICE OF MILK,
SERVED w/ GROUND FLAXSEED, DRIED FRUITS, MIXED NUTS & BANANA

AVOCADO, EGG & CHEDDAR ON BRIOCHE 6.35

BACON, EGG & MUENSTER ON CIABATTA 6.35

SALMON LOX BAGEL W/ AVOCADO 7.95

LOX, AVOCADO, CREAM CHEESE, TOMATO, CAPERS

SPINACH & FETA OMELET 6.35

EGG, SPINACH, FETA, BUTTER SERVED on CHOICE OF BAGEL or BREAD

(ALL BREAKFAST SANDWICHES ARE SERVED W/ MINI FRUIT CUP :)

TOASTS

SERVED W/ MINI FRUIT CUP (AM)
OR SIDE FARM GREEN SALAD (PM)

AVOCADO TOAST 7.25

AVOCADO MASH, RADISH, GRAPE TOMATO, MICROGREENS

BEET HUMMUS TOAST W/ AVOCADO 7.25

BEET HUMMUS, AVOCADO, RADISH, MICRO GREENS, EVOO

AÇAÍ BOWL

9.35



AÇAÍ CONCENTRATE BLENDED
w/ FROZEN BANANA & ALMOND MILK,
TOPPED W/ HOUSE GRANOLA,
MIXED FRESH BERRIES, BANANA,
COCONUT
& CHIA SEED



FRESH
INGREDIENTS

POWERFUL
SUPERFOOD

HEALTHY &
SUSTAINABLE
DIET