

Loco Food Menu



-Ezekiel Muffin - \$5.75

Cinnamon raisin sprouted grain muffin w/ blueberry vanilla goat cheese, topped with blueberries and a touch pure maple syrup.



-Muddy Monkey - \$4.50

Banana w/ blueberries, strawberries, homemade Loco chocolate sauce and whipped cream.



-Avocado Toast - \$5.50

Avocados on sour dough, whole grain or gluten free (+\$2.00) toast w/ sea salt & cracked pepper and a spritz of lemon juice.



-Toast w/ topping - \$3.25 gluten free (+2.50)

(Cucumbers and cream cheese shown here on gluten free bread. See list of toppings for choices and prices.) Toppings included: cream cheeses, butter, peanut butter & jelly. (See toppings list for other choices)



-Bagels - \$3.75 - *plain, blueberry, cinnamon raisin or everything* Toppings included: cream cheeses, butter, peanut butter or jelly. (See toppings list for other choices)

-Moon Butter Bagel- \$5.95 (shown here) blend of hard boiled eggs and real butter, sea salt and cracked pepper.



-Cheddar Bialy - \$7.25 shown here w/ cage free egg, cheese & Canadian bacon.



-Simply Egg Salad - \$5.50

(on a buttery croissant w/ chips)



-Toaster Waffles

w/ sunflower nuts, peanut butter maple glaze & whip.

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LOCO TRIO BOWLS



Avo/Cukes/Egg - \$5

w/ cracked pepper, sea salt & balsamic vinegar upon request.



Avo/Tomato/Fresh Mozzarella - \$5

w/cracked pepper, sea salt, Basil & a balsamic reduction.



Greek Yogurt/Granola/Blueberries - \$5

w/ peanut butter maple glaze or maple syrup drizzle.



Cottage Cheese/Peaches/Pepitas - \$4

w/ peanut butter maple glaze or maple syrup.