

BRUNCH

MONDAY - FRIDAY 10AM - 3PM
WEEKENDS & HOLIDAYS 9AM - 3PM

WAKE UP CALL

CAESAR | 1½ oz | 8
VODKA, CLAMATO, WORCESTERSHIRE, TABASCO,
HORSERADISH, IN HOUSE SPICY RIM

LANA DEL ROSÉ | 1¼ oz | 12
REDSTONE ROSÉ, CASSIS, LEMON, ROSEMARY, MINT

MORNING TEA | 1½ oz | 9
OLD FORESTER, ICED BLACK TEA, PEACH, LEMON

RYE AND SHINE | 1½ oz | 9
IN HOUSE EARL GREY INFUSED RYE, LEMON,
AGAVE SYRUP, LAVENDER BITTERS, BLACK PEPPER

SUNRISE MIMOSA | 4oz | 8
CHAMBORD, PINEAPPLE, ORANGE, SPARKLING WINE

YUCATAN MIMOSA | 3½ oz | 12
EL JIMADOR BLANCO, COINTREAU, LIME,
SPARKLING WINE, SALT RIM

START LIGHT

GF VG **INSOMNIA SMOOTHIE** | 6
APPLE, STRAWBERRY, GREEK VANILLA YOGURT,
PINEAPPLE JUICE, HONEY

GF V **FRUIT BOWL** | 7
ADD GREEK VANILLA YOGURT 4oz (\$5), GRANOLA 4oz (\$4.5)

GF V **HOMEFRIES** | 5
IN OUR LEGENDARY SAUCE

GF V **KALE SALAD** | 11
SUGAR SNAP PEAS, PINE NUTS, ONION
SPROUTS, CARROTS, LEMON TAHINI DRESSING

SANDWICHES

SERVED WITH MIXED GREENS &
HOMEFRIES IN OUR LEGENDARY SAUCE

ADD EGG (\$2.5), STRIP BACON / PEAMEAL (\$4),
SUBSTITUTE GLUTEN-FREE TOAST (\$1.5)

THE GENERAL PLT | 16
MARTIN'S POTATO BUN, PEAMEAL BACON, EGG,
CHEDDAR, LETTUCE, TOMATO, GARLIC AIOLI
SUBSTITUTE TURKEY BACON (\$1.5)

VG **PEAR GRILLED CHEESE** | 15
CHALLAH, BRIE, CHEDDAR, HONEY ROASTED PEAR

BACON GRILLED CHEESE | 15
MULTI GRAIN, CHEDDAR, TOMATO,
BACON (PEAMEAL / STRIP)
SUBSTITUTE TURKEY BACON (\$1.5)

EGGS

SERVED WITH MIXED GREENS &
HOMEFRIES IN OUR LEGENDARY SAUCE
SUBSTITUTE EGG WHITES (\$1.5), GLUTEN-FREE TOAST (\$1.5)

VG **TRADITIONAL** | 14.5
2 EGGS, TOAST (WHITE / MULTI GRAIN / LIGHT RYE),
1 SIDE (PEAMEAL / STRIP / GUACAMOLE / TOMATO)
SUBSTITUTE ANDOUILLE SAUSAGE OR TURKEY BACON (\$1.5)

VG **3 EGG OMELETTE** | 15.5
ADD INSIDE: PEAMEAL / STRIP BACON / ANDOUILLE SAUSAGE /
SMOKED CHICKEN BREAST / TURKEY BACON (\$2.5 EACH)
CARAMELIZED ONIONS, SAUTÉED MUSHROOMS,
PESTO, SPINACH, CHEESE BLEND, TOAST
(WHITE / MULTI GRAIN / LIGHT RYE)

STEAK & EGGS | 22.5
6oz NY STRIPLOIN, 2 EGGS,
TOAST (WHITE / MULTI GRAIN / LIGHT RYE)

VG **HUEVOS RANCHEROS** | 16.5
GF CORN TORTILLA AVAILABLE
2 EGGS, SOFT TORTILLA, REFRIED BEANS,
SALSA, MONTEREY JACK CHEESE, GUACAMOLE

GF V **TOFU RANCHEROS** | 14.5
CORN TORTILLA, SCRAMBLED CURRIED TOFU,
SALSA, REFRIED BEANS, GUACAMOLE

BENEDICTS

SERVED WITH POACHED EGGS, WHOLE WHEAT
ENGLISH MUFFINS, HOLLANDAISE, MIXED
GREENS & HOMEFRIES IN OUR LEGENDARY SAUCE
REPLACE ENGLISH MUFFINS WITH
MANAMI PATTIES **GF** (\$2.5), OR WAFFLES (\$2.5)
ADD CHEDDAR / CHEESE BLEND (\$1.5), BRIE (\$2.5),
GUACAMOLE (\$3.5), TOMATO (\$2.5),

CLASSIC | 17
CHOICE OF BACON (PEAMEAL / STRIP)
SUBSTITUTE TURKEY BACON (\$1.5)

CHARLOTTE | 19
SMOKED SALMON

GF VG **MANAMI** | 15
GLUTEN-FREE CURRIED RICE PATTIES

VG **ISABELLE** | 16
GUACAMOLE, TOMATO

VG **FLORENTINE** | 15
BABY SPINACH

MEMPHIS | 18
CHIPOTLE BBQ PULLED PORK

LORRAINE | 18
CHEDDAR, CHOICE OF BACON (PEAMEAL / STRIP)
SUBSTITUTE TURKEY BACON (\$1.5)

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GF GLUTEN-FREE **VG** VEGETARIAN **V** VEGAN

INSOMNIA EST. 1997

BRUNCH

SWEET SPOT

- VC CITRUS SPIKED FRENCH TOAST | 15**
CHALLAH BREAD, ICING SUGAR, MAPLE SYRUP
- VC HEAVEN ON EARTH | 17**
CHALLAH FRENCH TOAST, ICING SUGAR, BERRIES,
CREAM CHEESE, HONEY, MAPLE SYRUP
- VC WAFFLES | 10**
ICING SUGAR, MAPLE SYRUP
ADD GREG'S ICE CREAM: ROASTED MARSHMALLOW /
SWEET CREAM / CHOCOLATE (\$4 EACH)
STRAWBERRIES / BANANAS / PINEAPPLES /
CHOCOLATE CHUNKS (\$3 EACH)
WHIPPED CREAM / STRAWBERRY COULIS (\$2 EACH)
CHOCOLATE SYRUP / CARAMEL SYRUP (\$1 EACH)
- VC OUR FAMOUS OVEN-BAKED PANCAKE | 15**
ONLY AVAILABLE ON WEEKENDS / HOLIDAYS
ICING SUGAR, MAPLE SYRUP
CHOOSE ONE
(MIXED BERRIES / CANDY APPLE /
CHOCOLATE BANANA)
- GF V PBB & J BUCKWHEAT SHORT-STACK | 15**
ONLY AVAILABLE ON WEEKENDS / HOLIDAYS
PEANUT BUTTER BANANA SAUCE,
STRAWBERRY COULIS, ICING SUGAR, MAPLE SYRUP

SIDES

- AIOLI 1oz | 1.5**
- ANDOUILLE SAUSAGE | 4.5**
- AVOCADO | 4.5**
- GUACAMOLE 2oz | 3.5**
- EGG | 2.5**
- GLUTEN-FREE TOAST 2pc | 3.5**
- GRANOLA 4oz | 4.5**
- GREEK VANILLA YOGURT 4oz | 5**
- HOLLANDAISE 2oz | 3.5**
- PEAMEAL BACON 2pc | 4**
- PULLED PORK 4oz | 5.5**
- MAPLE SYRUP 2oz | 2.5**
- REFRIED BEANS 4oz | 3.5**
- SCRAMBLED CURRIED TOFU 4oz | 4.5**
- SMOKED CHICKEN BREAST 4oz | 5**
- SMOKED SALMON 2oz | 7**
- STRIP BACON 3pc | 4**
- TOAST (WHITE / MULTIGRAIN / LIGHT RYE) 2pc | 2.5**
- TOMATO 4pc | 2.5**
- TURKEY BACON 2pc | 4.5**

DRINKS

DECAFFEINATED AVAILABLE

- COFFEE | 3.25**
FREE REFILLS WITH FOOD PURCHASE
- TEA | 3**
(BLACK / CHAI / CHAMOMILE / EARL GREY /
ENGLISH BREAKFAST / GREEN / LEMON / MINT)
- SINGLE ESPRESSO | 3.5**
EXTRA SHOT OF ESPRESSO (\$1)
- LATTE / CAPPUCINO | 4**
EXTRA SHOT OF ESPRESSO (\$1)
- AMERICANO | 4.5**
DOUBLE SHOT
- ICED AMERICANO | 4.5**
DOUBLE SHOT
- MOCHACCINO | 5**
EXTRA SHOT OF ESPRESSO (\$1)
- HOT CHOCOLATE | 4**
- CHOCOLATE MILK | 3.5**
- POP | 3**
FREE REFILLS WITH FOOD PURCHASE
(PEPSI / DIET PEPSI / SCHWEPPE'S GINGER ALE /
7-UP / ORANGE CRUSH / SODA /
SCHWEPPE'S TONIC WATER / DR. PEPPER /
MOUNTAIN DEW / BRISK ICE TEA)
- JUICE | 3.5**
(APPLE / CRANBERRY / GRAPEFRUIT / ORANGE /
PINEAPPLE / TOMATO / CLAMATO)
- RICHARD'S ICED TEA | 4.5**
ORANGE PEKOE, STRAWBERRIES,
APPLES, APPLE JUICE, SUGAR RIM
- MILK | 3**
ALMOND MILK AVAILABLE

JUST SO YOU KNOW:

- BRUNCH / MONDAY-FRIDAY | 10AM - 3PM**
- BRUNCH / WEEKENDS & HOLIDAYS | 9AM - 3PM**
- HAPPY HOUR / MONDAY-SUNDAY | 3PM - 5PM**
- DINNER / MONDAY-SUNDAY | 5PM - 10PM**
- LATE NIGHT / MONDAY-SUNDAY | 10PM - 2AM**
- NONE OF OUR MENU PRICES INCLUDE APPLICABLE TAXES
 - A 15% GRATUITY MAY BE ADDED TO TABLES OF 6 OR MORE
 - ALTHOUGH SUBSTITUTIONS SEEM EASILY ACCOMMODATED, THEY AFFECT THE EFFICIENCY OF OUR SERVICE. FOR EACH SUBSTITUTION A \$1.00 CHARGE WILL BE APPLIED TO THE BILL
 - BECAUSE OF RISK OF CROSS CONTAMINATION OUR FOOD IS NOT SUITABLE FOR THOSE WITH SEVERE ALLERGIES
 - PLEASE NOTIFY YOUR SERVER OF ANY FOOD ALLERGIES

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GF GLUTEN-FREE VC VEGETARIAN V VEGAN

INSOMNIA EST. 1997