

BRUNCH

WAKE UP CALL

Gf V SUNSHINE SMOOTHIE | 6
PEACH, MANGO, FRESH SQUEEZED ORANGE JUICE

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

LA VIE EN ROSE | 1½ oz | 15
DILLON'S ROSE GIN, ST GERMAIN ELDERFLOWER
LIQUEUR, LEMON, ROSEMARY

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

EGGS

SERVED WITH MIXED GREENS &
HOMEFRIES IN OUR LEGENDARY SAUCE
SUBSTITUTE EGG WHITES (\$1.5)

Gf SUBSTITUTE GLUTEN-FREE TOAST (\$1.5)

Vg TRADITIONAL | 14.5
2 EGGS, TOAST (MULTI GRAIN/ 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/
TURKEY BACON (\$2.5) EACH
CARAMELIZED ONION, SAUTÉED MUSHROOM,
PESTO, SPINACH, CHEESE BLEND,
TOAST (MULTI GRAIN/ 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

Gf V REPLACE ENGLISH MUFFINS WITH WAFFLES (\$2.5)
REPLACE ENGLISH MUFFINS WITH MANAMI PATTIES (\$3)
ADD CHEDDAR / CHEESE BLEND (\$1.5)
GUACAMOLE (\$3.5), TOMATO (\$2.5)

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

CHARLOTTE | 19
SMOKED SALMON

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)

Gf V MANAMI | 15
GLUTEN-FREE CURRIED RICE PATTIES

SANDWICHES

SERVED WITH MIXED GREENS &
HOMEFRIES IN OUR LEGENDARY SAUCE
ADD EGG (\$2.5), STRIP BACON/ PEAMEAL (\$4),

Gf SUBSTITUTE GLUTEN-FREE TOAST (\$1.5)
Gf V SUBSTITUTE GLUTEN-FREE VEGAN BUN (\$2)

THE GENERAL PLT | 16
ACE BAKERY BUN, PEAMEAL BACON, EGG,
CHEDDAR, LETTUCE, TOMATO, GARLIC AIOLI
SUBSTITUTE TURKEY BACON (\$1.5)

BACON GRILLED CHEESE | 15
MULTI GRAIN, CHEDDAR, TOMATO,
BACON (PEAMEAL/ STRIP)

Hal FRIED CHICKEN THIGH SANDWICH | 16
SUBSTITUTE CHICKEN BREAST (\$3)
ACE BAKERY BUN, CREAMY SLAW, ZARCON SAUCE

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Gf GLUTEN-FREE **Vg** VEGETARIAN **V** VEGAN **Hal** HALAL

INSOMNIA EST. 1997

BRUNCH

MAINS

STEAK & EGGS | 28

10oz NY STRIPLOIN, 2 EGGS, SERVED WITH MIXED GREENS & HOMEFRIES IN OUR LEGENDARY SAUCE, TOAST (MULTI GRAIN/ RYE)

JL FRIED CHICKEN 'N WAFFLES | 24

SUBSTITUTE FRIED CHICKEN BREAST (\$6)
BONELESS THIGHS, CREAMY SLAW, ZARCON SAUCE

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 / VANILLA/ CHOCOLATE (\$4) EACH
STRAWBERRIES/ BANANA/ PINEAPPLE/ CHOCOLATE CHUNKS (\$3) EACH
WHIPPED CREAM/ STRAWBERRY COULIS (\$2) EACH
CHOCOLATE SYRUP/ CARAMEL SYRUP (\$1) EACH

PBB & J BUCKWHEAT SHORT-STACK | 14

WITH PEANUT BUTTER BANANA SAUCE, STRAWBERRY COULIS, PURE MAPLE SYRUP

SIDES

AIOLI 1oz | 1.5

ANDOUILLE SAUSAGE | 6

EGG | 2.5

FRUIT BOWL | 7

GLUTEN-FREE TOAST 2PC | 4.5

GUACAMOLE 2oz | 3.5

HOLLANDAISE 2oz | 3.5

HOME FRIES | 7

MAPLE SYRUP 2oz | 2.5

PEAMEAL BACON 2PC | 4

PULLED PORK 4oz | 5.5

REFRIED BEANS 4oz | 3.5

SCRAMBLED CURRIED TOFU 4oz | 4.5

SMOKED SALMON 2oz | 7

STRIP BACON 3PC | 4

TOAST (MULTIGRAIN/ 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)

LATE / CAPPUCCINO | 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 / SCHWEPES GINGER ALE / 7-UP / ORANGE CRUSH / SODA / SCHWEPES 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, STRAWBERRY, APPLE, APPLE JUICE, SUGAR RIM

MILK | 3

OATMILK AVAILABLE

ESKA SPARKLING/FLAT 750ML | 6

JUST SO YOU KNOW:

BRUNCH / MONDAY-FRIDAY | 10AM - 4PM

BRUNCH / WEEKENDS & HOLIDAYS | 9AM - 4PM

HAPPY HOUR / MONDAY-SUNDAY | 4PM - 6PM

DINNER / MONDAY-SUNDAY | 4PM - 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 **JL** HALAL

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