# Breakfast

# CHIA PUDDING \$8.50

House Aronia and Bilberry, vanilla chia pudding, topped with fresh fruit and nuts. **GF | DF** 

# MOUNTAIN MORNING PANINI \$9.00

Sourdough bread with scrambled eggs\*, cheddar cheese, and pesto. (Add ham - \$1) (Gluten-Free bread -\$2)



# MOUNTAIN BOWL \$12.00

Bacon or Chorizo, hashbrowns, eggs, peppers, and onions with cheese and avocado. **GF** 



# BREAKFAST BURRITO \$12.00

Bacon or Chorizo, hashbrowns, eggs, and cheese with avocado crema.



### OATMEAL \$3.75

Bowl of fresh-made oatmeal. (Add up to 2 - seasonal fresh fruit, nuts, cinnamon, brown sugar - \$1) **GF** 



# MUST BE SOMERS SALAD

\$9.75

Spinach, strawberries, sliced almonds, and feta with house balsamic vinaigrette. **GF | KT** 





# Toast

SERVED OPEN-FACED. (Gluten-Free bread - \$2)

### **AVOCADO TOAST \$10.00**

Toasted sourdough topped with smashed avocado, lemon juice, sea salt, and red pepper flakes. **VG** | **DF** 



# WOODS BAY-SIL TOAST \$11.00

Toasted sourdough topped with pesto, fresh tomato, mozzarella, and a balsamic drizzle. (Served with a side of veggie chips or simple greens.)



# Kids

# GRILLED CHEESE WITH VEGGIE CHIPS \$5.00

Sourdough bread with cheddar cheese. (Add ham - \$1) (Gluten-Free bread - \$2)

#### SUBSTITUTIONS

We can only accommodate substitutions and alterations to the menu for allergy related reasons. Thank you for your understanding.

# Sandwich

SERVED WITH SIDE OF VEGGIE CHIPS OR SIMPLE GREENS. (Gluten-Free bread - \$2)

# THE MONTURKEY PANINI \$11.00



Sourdough bread topped with turkey, spinach, artichoke hearts, Swiss, and house lemon rosemary garlic mayogrilled in a panini press.

# THE DAM HAM PANINI \$11.00



Sourdough topped with ham, cheddar, sautéed onion/pepper blend, and house honey dijon mayogrilled in a panini press.

### THE SOMERS CLUB \$12.50



Sourdough topped with bacon, ham, turkey, lettuce, tomato, and mayo.

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ITEMS ROTATE DAILY - ASK FOR DETAILS

# HOUSE GRANOLA 1/2 LB \$4.95

Made with Aronia berry extract

# HOUSE GRANOLA 1 LB \$9.75

Made with Aronia berry extract

# **ASSORTED BAGELS \$3.50**

with cream cheese on the side

\*We cook our eggs to order. Consuming raw or undercooked food puts you at a higher risk for food-borne illness.

**GF** Gluten-Free **KT** Keto

**VG** Vegan **DF** Dairy-Free

Located in the Mountain Meadow Herbs building on Highway 82 between Somers and Bigfork.

- 00					
DRIP COFFEE	\$2.00	\$2.25	\$2.50		
<b>AMERICANO</b>	\$2.50	\$3.25	\$3.50		
LATTE	\$3.75	\$4.25	\$4.50		
MOCHA	\$4.00	\$4.50	\$4.75		
CAPPUCCINO	\$3.75	\$4.25	\$4.50		
COLD BREW	\$3.25	\$3.75	\$4.25		
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<u> Sea</u>	12 OZ.	16 OZ.	20 OZ.		
CHAI LATTE	\$4.50	\$5.00	\$5.80		
MATCHA LATTE	\$4.50	\$5.75	NA		
ORGANIC TUMBLEWEED TEA BAG					
ORGANIC TOMBL	EWEED IE	A DAG			

12 OZ.

16 OZ.

20 OZ.

16 OZ. 12 OZ. 20 OZ.

\$2.50

# E FOG LATTE

Early Grey tea latte with house lavender syrup.

\$4.25 \$6.00

\$2.50

### SNOW CAPPED CHAMOMILE MOCHA

White chocolate mocha with house chamomile syrup. \$4.50

\$6.50 \$5.75

#### THE PROSPECTOR'S LATTE

House Turmeric "golden milk" (also contains ginger and cinnamon) \$4.00 \$5.00

# LOTUS® BERRIES AND COCONUT CREAM

Lotus Plant Energy with berry syrup and coconut milk

\$4.00 \$5.00 \$6.00

(Or make your own Lotus® with any of our other syrups)

<u>Other</u>	12 OZ.	16 OZ.	20 OZ.
HOT COCOA	\$3.00	\$4.00	\$5.00
ICED TEA	\$3.00	\$4.00	\$5.00
ITALIAN SODA	\$3.00	\$4.00	\$5.00
(Choose your flavor	from our syrup	selection)	

### **ALTERNATIVE MILKS \$1.00**

Almond, Coconut, and Soy

OAT MILK \$2.00

HOUSE SYRUP \$1.00

Chamomile, Lavender, Peppermint, Turmeric

STANDARD SYRUP \$1.00 ESPRESSO SHOT \$1.00 WHITE COFFEE \$2.00

# Blends and Bowls

TURN ANY OF OUR FRESH-FRUIT SIGNATURE SMOOTHIES INTO A BOWL. ALL BOWLS ARE TOPPED WITH FRESH FRUIT, GRANOLA, AND HONEY DRIZZLE.

> 16 OZ. 20 OZ. **BOWL**

TROPICAL GARDEN \$7.00 \$8.00 \$9.50

Spinach, mint, mango, pineapple, banana, coconut water.

**BERRY CHERRY** \$7.00 \$8.00 \$9.50

Strawberry, blueberry, banana, flathead cherry, almond milk. GF | DF

\$7.00 \$8,00 DREAMSICLE \$9.50

Mango, banana, pineapple, dates, almond milk, orange juice.

#### MOUNTAIN ACAI BOWL NA NΔ \$9.50 (BOWL ONLY)

Blended Acai, blueberries, banana base; topped with fresh strawberries, banana, blueberries, granola, and honey drizzle.

**FRAPPE** \$7.00 \$8.00 NA

Blended coffee

# MOUNTAIN CLIMBER (20 OZ.) \$7.50

Blended energy drinks with Lotus.

**BLUE LAGOON** 

Blue Raspberry & Coconut

**TIGERS BLOOD** 

Watermelon, Strawberry, & Coconut

**EXTRA BOWL TOPPINGS** Agave - \$0.50

Almond Butter - \$1.00

Banana - \$0.50

Bee Pollen - \$0.50

Blueberries - \$0.50

Chia Seeds - \$1.00

Coconut Flakes - \$0.50

Flax Seeds - \$0.50

Goji Berries - \$1.00

Honey - \$0.50

House Granola - \$1.00

Peanut Butter - \$1.00

Strawberries - \$0.50

#### SMOOTHIE BOOSTS

Almond Butter - \$1.00 Chia Seed - \$0.50 Peanut Butter - \$1.00 Plant-Based Protein - \$1.00 **CARAMEL APPLE** 

Caramel & Granny Smith Apple

#### **BERRY LOVE**

Strawberry, Huckleberry, & Red Raspberry

### SUPPLEMENT BOOSTS

ADD \$2.00 EACH

Aronia Extract

Ashwagandha Extract

Echinacea Xtreme

**Elderberry Extract** 

Ginkgo Biloba Extract

Rhodiola Root Extract

Turmeric Root Extract

D3 Sunshine Drops

Eye-Can-C

First Immune-Defense

Collagen

MCT Oil

Lotus® Energy \$1.50



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#### **FLAVORS**

Almond Blue Raspberry Caramel Caramel Apple Butter French Vanilla

Hazelnut Huckleberry Irish Cream Lime Orange

Pistachio Pomegranate Red Raspberry Rose Strawberry

Toasted Marshmallow Toffee Nut Watermelon White Chocolate SF Caramel

SF Chai SF Chocolate SF Frappe Mix SF Vanilla SF White Chocolate