



ALL ITEMS ARE GLUTEN FREE. PLEASE FOLLOW LEGEND (ON REVERSE SIDE) FOR OTHER ALLERGIES/DIETARY RESTRICTIONS.
PLEASE NOTIFY STAFF OF ANY ALLERGIES. OUR FACILITY USES NUTS/NUT FLOURS IN MANY APPLICATIONS.

BREAKFAST SERVED ALL DAY

WAFFLES AND WAFFLE SANDWICHES

SWEET WAFFLES

- Super Charged Waffle (VG, P, PR)..... \$9.00
protein waffle served with pure maple syrup and real butter
- Peanut Butter & Banana Waffle (VG, PR) \$10.00
super charged waffle topped with peanut butter syrup and sliced bananas
- S'Mores Waffle Sliders (VG)..... \$12.00
super charged waffle filled with toasted homemade marshmallow cream,
topped with chocolate ganache and powdered sugar
- Chocolate Peanut Butter Waffle (VG)..... \$12.00
super charged waffle with whipped peanut butter, peanut butter syrup, chocolate
ganache and chocolate chips
- Boston Cream Pie Waffle (VG)..... \$12.00
super charged waffle filled with pastry cream and topped with chocolate
ganache & powdered sugar
- Fluffernutter Waffle (VG)..... \$12.00
super charged waffle filled with whipped peanut butter and homemade
marshmallow cream
- Cinnamon Sugar Donut Waffle (VG)..... \$11.00
super charged waffle dunked in donut glaze and cinnamon sugar
- Macro Friendly Waffle (VG, PR) \$9.00
(18gP, 11gF, 23gC, 254 calories)
- PB&J Waffle Sandwich (VG)..... \$12.00
super charged waffle filled with whipped peanut butter and homemade strawberry jam
- Banana Pudding Waffle (VG)..... \$12.00
super charged waffle topped with pastry cream, homemade toasted
marshmallow cream and sliced banana
- Creme Brulee Waffle (VG)..... \$12.00
super charged waffle topped with pastry cream and torched raw sugar
- Toaster Strudel Waffle (VG)..... \$11.00
super charged waffle filled with homemade strawberry jam and topped with donut glaze
- Waffle with Strawberries and Bananas (VG)..... \$11.00

SAVORY WAFFLES

- Waffle Grilled Cheese (VG) \$12.00
super charged waffle griddle pressed with cheddar, goat cheese and mozzarella.
served with homemade strawberry jam
- Thunder Chicken and Waffles (PR) THIS IS NOT A FRIED ITEM..... \$13.00
super charged waffle topped with a breaded chicken thigh cooked in spicy maple butter
- Country Sausage and Gravy Waffle (PR)..... \$13.00
super charged waffle topped with sausage gravy and breakfast sausage
- Cuban Waffle Sandwich (P, PR) \$13.00
super charged waffle griddle pressed with ham, caramelized onions,
spicy mustard and pickles
- Brisket Waffle Benedict (P, PR)..... \$15.00
super charged waffle topped with brisket, peppers, onions, sriracha aioli and
2 over easy eggs
- Wake & Bake Waffle Sandwich..... \$14.00
super charged waffle dunked in donut glaze and cinnamon sugar then filled
with your choice of bacon, sausage or ham with cheddar and egg
- Bacon, Egg and Cheese Waffle Sandwich** (PR)..... \$12.00
- Ham, Egg and Cheese Waffle Sandwich** (PR) \$12.00
- Sausage, Egg and Cheese Waffle Sandwich** (PR)..... \$12.00
- Smoked Turkey, Egg and Cheese Waffle (PR)..... \$12.00
- Goat Cheese and Bacon Jam Waffle Sandwich (PR) \$13.00
super charged waffle filled with house bacon jam, goat cheese and arugula
- Smokehouse Waffle** (P, PR)..... \$17.00
super charged waffle topped with pulled pork, bacon, brisket,
caramelized onion, house BBQ sauce and an over easy egg
- Monte Cristo Waffle Sandwich..... \$14.00
super charged waffle dipped in egg and griddle pressed, filled with ham and mozzarella,
topped with powdered sugar, served with homemade strawberry jam
- Pulled Pork Waffle Sandwich (P, PR) \$13.00
pulled pork with jalapeno bacon slaw and house BBQ on a waffle bun

BISCUITS AND BISCUIT SANDWICHES

All biscuits are jumbo jalapeno cheddar biscuits

- Bacon, Egg and Cheese Biscuit Sandwich** (PR, NF, SF)..... \$10.00
- Sausage, Egg and Cheese Biscuit Sandwich** (PR, NF, SF).... \$10.00
- Ham, Egg and Cheese Biscuit Sandwich** (PR, NF, SF) \$10.00
- Biscuits and Gravy (gravy contains sausage) (PR, NF, SF) \$9.00

OMELETS AND EGGS

- BLT Omelet** (DF, W3, NF, P, PR, SF) \$11.00
crispy bacon, tomato, wilted arugula and house aioli
- Pork Enchilada Omelet (NF, PR, SF) \$12.00
pulled pork, caramelized onions, cheddar, enchilada sauce and avocado
- Make Your Own Omelet (CAN BE VG, DF, W3, NF, P, PR) \$3.50
- Veggie Add Ons \$0.75/ea
onions, peppers, spinach, cheddar, mushrooms, tomatoes
- Add Bacon (NG, SF, P, PR, W30) \$3.00
- Add Sausage (NG, SF, P, PR, W30) \$3.00
- Add Pulled Pork, Brisket, Chorizo,
Smoked Turkey (NG, SF, P, PR, W30) \$5.00
- Add Avocado (V, VG, NF, SF, P, PR, W30)..... \$1.00
- 2 Eggs Any Style** (VG, NF, SF, P, PR, W3)..... \$3.50

MACRO BOWLS

- Smoked Turkey Bowl** (DF, W3, P, PR, NF, SF) \$12.00
48gP, 35gC, 16gF, 476 calories
smoked turkey hash with potato, spinach, bacon, Sriracha aioli topped with fried farm egg
- Buffalo Chicken Bowl** (DF, PR, NF, SF)..... \$12.00
46gP, 34gC, 15gF, 455 calories
buffalo chicken hash with potatoes, roasted red peppers, onions,
house ranch and a fried farm egg
- Smoked Brisket Bowl** (DF, PR, NF, SF, P) \$14.00
42gP, 32gC, 13gF, 413 calories
brisket hash with potatoes, spinach, roasted red peppers, house BBQ and a fried farm egg

A LA CARTE

- Bacon (3 slices) (W3, P, PR, NF, SF, DF)..... \$4.50
- Breakfast Sausage (2 patties) (W3, P, PR, NF, SF, DF)..... \$4.00
- Steel Cut Oats (PR, SF, DF, V, VG)..... \$7.00
walnuts, raisins, coconut sugar, cinnamon
- Fresh Fruit (W3, P, PR, SF, DF, NF, V, VG) \$5.00
- Toast (2pc with butter and house strawberry jam) (NF, DF, SF, PR, V VG) \$2.00
- Griddled Potatoes (W3, DF, SF, P, PR, V, VG)..... \$4.00

OTHER BREAKFAST ITEMS

- Breakfast Burrito (NF, PR) \$12.50
sausage, eggs, roasted red peppers, caramelized onions, cheddar, salsa
- Breakfast Tacos (3)** (NF, SF) \$11.00
chorizo, eggs, cheddar, house aioli
- Banana Bread French Toast (VG, PR, SF)..... \$11.00
homemade banana walnut bread french toast
- Pancakes (3) (P, PR, VG) \$8.00

**CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS,
ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS



*ALL MENU ITEMS GLUTEN-FREE. *PLEASE NOTIFY STAFF OF ANY ALLERGY ISSUES. WE ARE A FACILITY THAT USES NUTS IN MANY APPLICATIONS.

BEDROCK LUNCH SPECIALS

SERVED FROM 11AM, MONDAY-FRIDAY ONLY

- Turkey Club Sandwich** (PR, NF, SF)..... \$12.00
thick sliced, house smoked turkey, bacon, tomato, avocado, arugula, Sriracha aioli, cheddar
- Brisket Tacos (3)** (DF, NF, SF)..... \$13.00
brisket, house BBQ, jalapeno bacon slaw
- Bedrock Salad** (DF, W3, P, PR, SF (NF if turkey&bacon)) \$14.00
(choose your protein: turkey & bacon, chicken salad, tuna salad) arugula, hardboiled egg, strawberries, avocado, house ranch
- Waffle Burger (PR)..... \$14.00
bacon cheeseburger with caramelized onions and Sriracha aioli on a waffle bun
Make it a Wake & Bake (cinnamon sugar donut waffle bun) + \$2.00

VEGAN OPTIONS

- Steel Cut Oats (PR, SF, DF, V, VG)..... \$7.00
walnuts, raisins, coconut sugar, cinnamon
- Fresh Fruit (W3, P, PR, SF, DF, NF, V, VG)..... \$5.00
- Griddled Potatoes (W3, DF, SF, P, PR, V, VG)..... \$4.00
- Vegan Burrito (DF, V, VG) \$12.50
Just Egg, potatoes, spinach, salsa, violife cheddar
- Vegan Breakfast Tacos (DF, V, VG)..... \$12.00
Just Egg, roasted red peppers, caramelized onions, salsa, violife cheddar
- Vegan Macro Bowl (V, VG, DF, PR)..... \$13.00
Just Egg, potatoes, spinach, BBQ sauce, smokey baked black beans
- Vegan Waffles (V, VG, DF, PR) \$9.00
- Vegan Egg & "Cheese" Waffle Sandwich (V, VG, DF, PR)..... \$12.50
- Vegan Waffle with Strawberries and Bananas (V, VG, DF, PR). \$12.00
- Cinnamon Sugar Vegan Waffle (V, VG, DF, PR)..... \$11.00
- Peanut Butter and Banana Vegan Waffle (V, VG, DF, PR)..... \$11.00

items prepared on griddle that handles meat products

DRINKS

PROTEIN SMOOTHIES - ALL \$8.00

Vegan chocolate/vanilla whey protein available
All macros listed below - Here's how you can modify:
Remove 13.5g carbs by reducing banana to 1/2 instead of whole
Add 4g protein, 8gfat by adding 1T peanut butter or almond butter (\$0.50)
Add 22g protein, 1g fat and 5g carbs by adding 1 scoop of whey (\$3)
vegan substitute may differ

- Pineapple Strawberry.....25gP, 1gF, 32gC, 237 cal
pineapple, strawberries, coconut water, vanilly whey
- Chocolate Banana.....25gP, 1gF, 43gC, 278 cal
banana, chocolate whey, coconut water
- Almond Butter Cup.....29gP, 10gF, 46gC, 376 cal
banana, chocolate whey, coconut water, almond butter
- Peanut Butter Cup.....29gP, 9gF, 46gC, 372 cal
banana, chocolate whey, coconut water, peanut butter
- Chocolate or Vanilla Coffee 25gP, 1gF, 37gC, 257 cal
Dr. Beans cold brew, coconut water, chocolate or vanilla whey, banana
- Pina Colada.....25gP, 1gF, 38gC 214 cal
pineapple, coconut water, vanilla whey
- Cookies and Cream23gP, 11gF, 21gC, 241 cal
coconut water, almond butter, cookies and cream whey
- Salted Caramel Frappuccino 23gP, 11gF, 15gC, 220 cal
Dr. Beans cold brew, coconut water, salted caramel whey, almond butter
- Salted Caramel Banana21gP, 2gF, 45gC, 248 cal
salted caramel whey, banana, coconut water

- Local Dr. Beans Drip Coffee \$2.50
- Bulletproof Coffee \$4.00
2 Tbsp Kerrygold Butter, 1 Tbsp coconut oil
- Local Dr. Beans Cold Brew \$3.50
- Hot Tea (ask employee for options)..... \$3.00

LEGEND

ALL MENU ITEMS ARE GLUTEN FREE

V VEGAN

VG VEGETARIAN

P PALEO

W3 WHOLE 30

SF SOY FREE

NF NUT FREE

PR PRIMAL

DF DAIRY FREE

(CHANCE OF CROSS CONTAMINATION
PLEASE NOTIFY STAFF OF NUT ALLERGY)

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