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# First Watch

## The Oxford Eagle

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The Oxford Eagle, per copy \$1.50

*The Oxford Eagle has a new edition each Wednesday and Saturday.*

## SHAREABLES

MILLION DOLLAR BACON \$6.31

FOUR SLICES OF OUR SIGNATURE HARDWOOD SMOKED BACON BAKED WITH BROWN SUGAR, BLACK PEPPER, CAYENNE AND A MAPLE SYRUP DRIZZLE

## ENTREES

CARNITAS BREAKFAST BURRITO \$13.79

PORK CARNITAS, CAGE-FREE SCRAMBLED EGGS, FRESH SEASONED POTATOES, BLACK BEANS, CHEDDAR AND MONTEREY JACK CHEESE AND FRESH AVOCADO. WRAPPED IN A GRILLED WHOLE WHEAT TORTILLA, COVERED WITH TOMATILLO HOLLANDAISE AND TOPPED WITH LIME CREMA, PICO DE GALLO, HOUSE-PICKLED RED ONION, FRESH CILANTRO AND COTIJA CHEESE

## CLASSIC FAVORITES

THE TRADITIONAL BREAKFAST \$13.10

TWO CAGE-FREE EGGS AND STYLE WITH YOUR CHOICE OF BACON, SMOKED HAM, SAVORY CHICKEN SAUSAGE PATTIES, TURKEY OR PORK SAUSAGE LINKS. SERVED WITH WHOLE GRAIN ARTISAN TOAST, ALL-NATURAL HOUSE PRESERVES AND FRESH, SEASONED POTATOES

TRI-FECTA \$13.10

TWO CAGE-FREE EGGS ANY STYLE WITH EITHER A LIGHT AND AIRY BELGIAN WAFFLE OR A MULTIGRAIN PANCAKE. PLUS YOUR CHOICE OF BACON, SAVORY CHICKEN SAUSAGE PATTY, TURKEY OR PORK SAUSAGE LINK

## THE HEALTHIER SIDE

AVOCADO TOAST \$13.10

OUR THICK-CUT WHOLE GRAIN TOAST TOPPED WITH FRESH SMASHED AVOCADO, EVOO LEMON AND MALDON SEA SALT. SERVED WITH TWO CAGE-FREE BASTED EGGS

## SALADS

SERVED WITH ARTISAN CIABATTA TOAST

SUPERFOOD KALE \$12.18

VITAMIN-RICH KALE AND ORGANIC MIXED GREENS WITH HOUSEMADE MAPLE-ROASTED CARROTS, WARM ALL-NATURAL CHICKEN BREAST, DRIED CRANBERRIES, SLIVERED ALMONDS AND SHREDDED PARMESAN CHEESE TOSSED IN OUT REFRESHING MAPLE-LEMON VINAIGRETTE

CHICKEN AVOCADO SHOP \$12.18

CHOPPED ROMAINE AND ARUGULA, ALL-NATURAL CHICKEN BREAST, AVOCADO, TOMATOES, CORN, BLACK BEANS, FETA CHEESE AND CRISPY TORTILLA CHIPS WITH A CITRUS CHIPOTLE DRESSING

COBB \$12.18

ORGANIC MIXED GREENS, BACON, TURKEY BREAST, EGG, TOMATOES, AVOCADO AND BLEU CHEESE CRUMBLES WITH RANCH DRESSING

SWEET HONEY PECAN \$12.18

ORGANIC MIXED GREENS, ROMAINE, ALL-NATURAL CHICKEN BREAST, BACON, TOASTED PECANS, AVOCADO, TOMATOES AND CARROTS WITH CHEDDAS AND MONTEREY JACK. DRIZZLED WITH WARM HONEY DIJON DRESSING

## SANDWICHES

SERVED WITH LEMON DRESSED ORGANIC MIXED GREENS OR A BOWL OF HOT SOUP

MONTEREY CLUB SANDWICH \$12.18

TURKEY, BACON, AVOCADO, ORGANIC MIXED GREENS, TOMATO, MONTEREY JACK AND MAYO ON SOURDOUGH

BLTE SANDWICH \$11.49

THE CLASSIC BLT PLUS TWO OVER-HARD CAGE-FREE EGGS, MONTEREY JACK AND MAYO OR ARTISAN WHOLE GRAIN

BAJA TURKEY BURGER \$11.49

A LEAN WHITE-MEAT TURKEY PATTY WITH AVOCADO, ORGANIC MIXED GREENS, HOUSEMADE PICO DE GALLO, MAYO AND HORSERADISH HAVARTI ON A BRIOCHE BUN

MARKET VEGGIE SANDWICH \$11.49

HOUSE-ROASTED CRIMINI MUSHROOMS, ZUCCHINI AND SPINACH WITH BASIL PESTO, MAYO AND MOZZARELA CHEESE ON GRILLED ARTISAN WHOLE GRAIN

ROAST BEEF & HAVARTI \$13.79

## POWER BOWLS

POWER BOWLS ARE GLUTEN FREE

POWER BREAKFAST \$12.18

PROTEIN-PACKED QUINOA, ITALIAN SAUSAGE, HOUSE-ROASTED CRIMINI MUSHROOMS AND TOMATOES, KALE, PARMESAN AND EVOO. TOPPED WITH TWO BASTED CAGE-FREE EGGS

QUINOA BOWL \$12.18

PROTEIN-PACKED QUINOA, KALE, SHREDDED CARROTS AND HOUSE-ROASTED TOMATOES TOPPED WITH ALL-NATURAL CHICKEN BREAST, BASIL PESTO SAUCE, FETA CRUMBLES AND FRESH HERBS

## SIDES AND SMALL PLATES

BOB'S RED MILL BUTTER \$2.75

GRITS

BOB'S RED MILL CHEESY GRITS \$3.09

FRESH, SEASONAL FRUIT \$4.59

SMALL

FRESH, SEASONAL FRUIT \$5.74

LARGE

FRESH, SEASONED POTATOES \$3.67

BISCUITS AND GRAVY \$5.74

WHOLE GRAIN ARTISAN TOAST WITH A-NATURAL HOUSE PRESERVES \$2.29

ENGLISH MUFFIN \$1.94

UDI'S FLUTEN FREE TOAST \$2.29

FRESH BAKED MUFFIN OF THE DAY \$2.86

MILLION DOLLAR BACON \$6.31

HARDWOOD SMOKED BACON \$5.62

SMOKED HAM \$4.47

PORK SAUSAGE \$4.47

SAVORY CHICKEN SAUSAGE PATTY \$4.47

TURKEY SAUSAGE \$4.47

LEMON DRESSED ORGANIC MIXED GREENS \$2.86

BOWL OF TOMATO BASIL SOUP \$5.16

BOWL OF SOUP OF THE DAY \$5.16

## JUICE BAR

KALE TONIC JUICE \$5.16

KALE, FUJI APPLE, ENGLISH CUCUMBER AND LEMON

PURPLE HAZE JUICE \$5.16

LEMON, CANE SUGAR, BUTTERFLY PEA FLOWER TEA AND A HINT OF LAVENDER

**HEALTHY TURKEY** \$13.10  
 EGG WHITE OMELET WITH TURKEY, HOUSE-ROASTED ONIONS, TOMATOES, SPINACH AND FETA. SERVED WITH WHOLE GRAIN ARTISAN TOAST AND ALL-NATURAL HOUSE PRESERVES

**A.M. SUPERFOODS BOWL** \$13.10  
 COCONUT MILK CHIA SEED PUDDING TOPPED WITH FRESH BANANAS, BERRIES, BLACKBERRY PRESERVES AND HOUSEMADE GRANOLA. SERVED WITH WHOLE GRAIN ARTISAN TOAST TOPPED WITH ALMOND BUTTER AND MALDON SEA SALT

**SUNRISE GRANOLA BOWL** \$10.91  
 NON-FAT VANILLA GREEK YOGURT LAYERED WITH FRESH, SEASONAL FRUIT, NUTS AND OUR HOUSEMADE GRANOLA. SERVED WITH A FRESH BAKED MUFFIN OF THE DAY

**STEEL-CUT OATMEAL** \$9.76  
 MADE-TO-ORDER TOPPED WITH HOUSE-MARINATED BERRIES, FRESH SLICED BANANA AND PECANS. SERVED WITH LOW-FAT MILK, BROWN SUGAR AND A FRESH BAKED MUFFIN OF THE DAY

**TRI-ATHLETE** \$13.10  
 EGG WHITE OMELET WITH HOUSE-ROASTED CRIMINI MUSHROOMS, ONIONS, TOMATOES AND GREEN CHILIES. SERVED WITH HOUSEMADE PICO DE GALLO, WHOLE GRAIN ARTISAN TOAST, ALL-NATURAL HOUSE PRESERVES AND FRESH FRUIT

**POWER WRAP** \$11.03  
 EGG WHITES, TURKEY, SPINACH, HOUSE-ROASTED CRIMINI MUSHROOMS AND MOZZARELLA IN A SUNDRIED TOMATO-BASIL TORTILLA. SERVED WITH FRESH FRUIT AND A SIDE OF HOUSEMADE PICO DE GALLO

**SANDWICH**  
 ROAST BEEF, HORSERADISH HAVARTI, HOUSE-ROASTED ONIONS AND TOMATO WITH LEMON DRESSED ARUGULA ON GRILLED PARMESAN-CRUSTED SOURDOUGH. HORSERADISH SAUCE ON THE SIDE

**HAM & GRUYERE MELT SANDWICH** \$12.18  
 SMOKED HAM, TOMATO AND MELTY GRUYERE CHEESE WITH DIJONNAISE ON GRILLED ARTISAN BRIOCHE

**VEGGIE BURGER** \$11.49  
 A SEASONED ALL-NATURAL PATTY OF BROWN RICE, PEPPADEW PEPPERS, ONIONS, CARROTS AND MUSHROOMS. SERVED ON A BRIOCHE BUN WITH FRESH SMASHED AVOCADO, ORGANIC MIXED GREENS, TOMATO, RED ONION AND A SIDE OF DIJONNONNAISE

**CHICKEN SALAD MELT SANDWICH** \$11.49  
 ALL-NATURAL WHITE-MEAT CHICKEN SALAD MADE WITH APPLES, RAISINS AND CELERY SERVED OPEN-FACED ON GRILLED ARTISAN WHOLE GRAIN. TOPPED WITH TOMATO AND MELTED MONTEREY JACK

**PICK 2 FOR YOU**  
**LUNCH SPECIALS THAT ARE TWICE AS NICE 1/2 SANDWICH \* 1/2 SALAD \* CUP OF SOUP**

PICK SANDWICH AND SOUP \$10.34  
 OR SALAD  
 PICK SOUP AND SALAD \$10.34

**MORNING MEDITATION JUICE** \$5.16  
 ORANGE, LEMON, TURMERIC, ORGANIC GINGER, AGAVE NECTAR AND BEAT

**BEVERAGES**

**COLD BREW COFFEE** \$4.59  
 MADE WITH 100% ORGANIC AZTEC COFFEE BEANS

**PROJECT SUNRISE COFFEE** \$3.44  
 A BOTTOMLESS CUP OF OUR PREMIUM, FULL-FLAVORED COFFEE

**ICED COFFEE** \$3.44  
 CREAMY, SWEET, COLD AND REFRESHING

**DECAF COFFEE** \$3.44

**HERBAL TEAS** \$3.32  
 A SELECTION OF HOT ORGANIC HERBAL TEAS

**FRESH-BREWED ICED TEA** \$3.32  
 UNSWEETENED BLACK OR SEASONAL FLAVOR

**HOT CHOCOLATE** \$3.44

**LOW-FAT MILK SMALL** \$2.86

**LOW-FAT MILK LARGE** \$3.78

**100% COLD SQUEEZED** \$3.32

**ORANGE JUICE SMALL**

**100% COLD SQUEEZED** \$4.24

**ORANGE JUICE LARGE**

**GRAPEFRUIT SMALL** \$2.86

**GRAPEFRUIT LARGE** \$4.01

**APPLE SMALL** \$2.86

**APPLE LARGE** \$4.01

**CRANBERRY SMALL** \$2.86

**CRANBERRY LARGE** \$4.01

**TOMATO JUICE SMALL** \$2.86

**TOMATO JUICE LARGE** \$4.01

**LARGE COKE** \$3.44

**LARGE DIET COKE** \$3.44

**LARGE COKE ZERO** \$3.44

**LARGE SPRITE** \$3.44

**LARGE ROOT BEER** \$3.44

**LARGE MINUTE MAID** \$3.44

**FROM THE GRIDDLE**

**MULTIGRAIN PANCAKE (ONE PLAIN)** \$6.43

**MULTIGRAIN PANCAKE (ONE CHOCOLATE CHIP)** \$6.43

**MULTIGRAIN PANCAKE (ONE BANANA GRANOLA CRUNCH)** \$6.43

**MULTIGRAIN PANCAKE (ONE BLUEBERRY)** \$6.43

**MULTIGRAIN PANCAKE (ONE CARROT CAKE & PECAN)** \$6.43

**MULTIGRAIN PANCAKE (TWO PLAIN)** \$8.61

**MULTIGRAIN PANCAKE (TWO CHOCOLATE CHIP)** \$8.61

**MULTIGRAIN PANCAKE (TWO BANANA GRANOLA CRUNCH)** \$8.61

**MULTIGRAIN PANCAKE (TWO BLUEBERRY)** \$8.61

**MULTIGRAIN PANCAKE (TWO CARROT CAKE & PECAN)** \$8.61

**LEMON RICOTTA PANCAKES** \$11.49  
 WE ADD FRESH, WHIPPED RICOTTA CHEESE TO OUR MULTIGRAIN BATTER. SERVED AS A MID-STACK OF TWO PANCAKES TOPPED WITH MARINATED BERRIES, CREAMY LEMON CURD

AND POWDERED CINNAMON  
SUGAR

FRENCH TOAST \$11.49

CUSTARD-DIPPED, THICK-CUT  
BRIOCHE BREAD TOPPED WITH  
WHIPPED BUTTER AND  
POWDERED CINNAMON SUGAR

FLORIDIAN FRENCH TOAST \$13.44

THICK-CUT BRIOCHE WITH  
WHEAT GERM AND POWDERED  
CINNAMON SUGAR, COVERED  
WITH FRESH BANANA, KIWI AND  
SEASONAL BERRIES

## **EGG-SCLUSIVES**

CHICKICHANGA \$13.44

WHIPPED EGGS WITH SPICY,  
ALL-NATURAL CHICKEN BREAST,  
SHORIZO, GREEN CHILIES,  
CHEDDAR, MONTEREY JACK,  
ONIONS AND AVOCADO ROLLED  
IN A FLOUR TORTILLA. TOPPED  
WITH VERA CRUZ SAUCE AND  
ALL-NATURAL SOUR CREAM.  
SERVED WITH FRESH FRUIT AND  
FRESH, SEASONED POTATOES.

EGGS BENEDICT

TWO POACHED CAGE-FREE  
EGGS ATOP TOASTED CIABATTA  
PILED HIGH WITH YOUR CHOICE  
OF COMBINATIONS BELOW AND  
TOPPED WITH HOLLANDAISE.  
SERVED WITH LEMON DRESSED  
ORGANIC MIXED GREENS.

THE ELEVATED EGG \$13.10

SANDWICH

AN OVER-EASY CAGE-FREE  
EGG WITH BACON, GRUYERE  
CHEESE, FRESH SMASHED  
AVOCADO, MAYO AND LEMON  
DRESSED ARUGULA ON A  
BRIOCHE BUN. SERVED WITH  
FRESH, SEASONED POTATOES

FARM STAND BREAKFAST \$13.10

TACOS

THREE WHEATCORN  
TORTILLAS WITH SCRAMBLED  
EGGS, CAJUN CHICKEN,  
CHORIZO, CHEDDAR AND  
MONTEREY JACK CHEESE.  
TOPPED WITH FRESH AVOCADO  
AND HOUSEMADE PICO DE  
GALLO. SERVED WITH SEASONED  
BLACK BEANS

BISCUITS AND TURKEY \$12.64

SAUSAGE GRAVY WITH  
EGGS

FRESHLY BAKED BISCUITS  
WITH SAVORY TURKEY SAUSAGE  
GRAVY. SERVED WITH TWO  
CAGE-FREE EGGS ANY STYLE  
AND FRESH, SEASONED  
POTATOES

SKILLET HASH

TWO CAGE-FREE EGGS ANY  
STYLE ATOP FRESH, SEASONED  
POTATOES. SERVED WITH  
WHOLE GRAIN ARTISAN TOAST  
WITH ALL-NATURAL HOUSE  
PRESERVES. CHOOSE ONE FROM  
BELOW

## **OMELETS AND FRITTATAS**

SERVED WITH WHOLE GRAIN  
ARTISAN TOAST WITH

ALL-NATURAL HOUSE PRESERVES  
AND LEMON DRESSED ORGANIC  
MIXED GREENS. FRESH, SEASONED  
POTATOES AVAILABLE UPON  
REQUEST. SUBSTITUTE EGG  
WHITES OR UDI'S GLUTEN FREE  
TOAST AT NOT ADDITIONAL

**CHARGE**

BACADO \$13.44  
BACON, AVOCADO AND  
MONTEREY JACK. TOPPED WITH  
ALL-NATURAL SOUR CREAM AND  
SERVED WITH A SIDE OF  
HOUSEMADE PICO DE GALLO

HAM & GRUYERE \$13.10  
SMOKED HAM, GRUYERE  
CHEESE AND FRESH HERBS

CHILE CHORIZO \$13.10  
CHORIZO, AVOCADO, GREEN  
CHILIES, ROASTED ONIONS,  
CHEDDAR AND MONTEREY JACK.  
TOPPED WITH ALL-NATURAL  
SOUR CREAM AND SERVED WITH  
A SIDE OF HOUSEMADE PICO DE  
GALLO

MORNING MARKET VEG \$13.10  
HOUSE-ROASTED ZUCCHINI,  
CRIMINI MUSHROOMS,  
SHALLOTS, TOMATOES AND KALE  
WITH GOAT CHEESE AND FRESH  
HERBS

INSPIRED ITALIAN \$13.10  
ITALIAN SAUSAGE,  
HOUSE-ROASTED TOMATOES  
AND RED PEPPERS WITH FRESH  
HERBS, MOZZARELLA AND  
PARMESAN

THE WORKS \$13.44  
HAM, BACON, SAUSAGE,  
HOUSE-ROASTED CRIMINI  
MUSHROOMS, ONIONS AND  
TOMATOES WITH CHEDDAR AND  
MONTEREY JACK. TOPPED WITH  
ALL-NATURAL SOUR CREAM

FRITTATA RUSTICA \$13.10  
A CLASSIC ITALIAN-STYLE  
OMELET WITH KALE,  
HOUSE-ROASTED CRIMINI  
MUSHROOMS, ONIONS AND  
TOMATOES TOPPED WITH  
MOZZARELLA AND PARMESAN  
CHEESE. SERVED WITH  
CIABATTA TOAST AND LEMON  
DRESSED ORGANIC MIXED  
GREENS

SMOKED SALMON & \$13.79  
ROASTED VEGETABLE  
FRITTATA  
A CLASSIC FRITTATA WITH  
WILD ALASKA SMOKED SOCKEYE  
SALMON, HOUSE-ROASTED  
SHALLOTS AND TOMATOES  
TOPPED WITH PARMESAN  
CHEESE, A CHIVE CREAM  
DRIZZLE AND FRESH HERBS.  
SERVED WITH CIABATTA TOAST  
AND LEMON DRESSED ORGANIC  
MIXED GREENS