

# BREAKFAST AND BRUNCH

*Served all day*

## Served with grilled potatoes and toast

*Substitute toast for two dollar-size pancakes \$2.00, for gluten-free toast \$1.75,*

*for two sweet potato biscuits \$1.75* **Available Weekends and Holidays only**

*Substitute mixed greens for grilled potatoes upon request*

### **Eggs Your Way \$7.50**

*\*Two eggs any style*

Add vegetarian soy sausage (V) or soy bacon **extra \$3.50**

### **Build Your Own Scramble (egg or tofu) \$8.80 + \$1.50/item**

**Vegan upon request**

*\*Three eggs scrambled with any of the following ingredients:*

Onions, Mushrooms, Spinach, Fresh Tomatoes, Sun-dried Tomatoes, Roasted Garlic, Artichoke Hearts, Kalamata Olives, Cheddar Cheese, Feta Cheese, Goat Cheese, Queso Fresco Cheese

### **Goaty Gaelic Omelet \$12.40**

*\*Three eggs, sun-dried tomatoes, roasted garlic and goat cheese. Topped with hollandaise sauce*

### **Mediterranean Omelet \$11.95**

*\*Three eggs, caramelized onions, feta cheese, fresh spinach and kalamata olives. Topped with fresh basil pesto*

### **California Omelet \$12.40**

*\*Three eggs, sun-dried tomatoes, fresh spinach, artichoke hearts, avocado and cheddar cheese*

### **Vegetable and Kale Scramble with Avocado-Cilantro Sauce \$12.75**

**Vegan upon request**

*\*Seasonal vegetables scrambled with three eggs. Topped with avocado-cilantro sauce*

### **Artichoke Tofu Scramble with Cashew Gravy (V) \$12.75**

*Sautéed artichoke hearts, onions, roasted garlic, soy sausage and grilled, marinated tofu.*

*Topped with cashew gravy*

**Available Weekends and Holidays only**

## Served with grilled potatoes

*Substitute mixed greens for grilled potatoes upon request*

### **Très Bon Benedict**      **\$12.50**

*\*Two poached eggs with caramelized onions, grilled tomatoes and goat cheese on a toasted English muffin, topped with hollandaise sauce*

### **Eggs Benedict**      **\$11.60**

*\*Two poached eggs with soy bacon on a toasted English muffin, topped with hollandaise sauce*

### **Eggs Florentine**      **\$11.60**      **One Half Florentine**      **\$7.75**

*\*Two poached eggs with spinach on a toasted English muffin, topped with hollandaise sauce*

### **Avocado Migas (GF)**      **\$12.75**      **Vegan upon request**

*\*Three eggs scrambled with corn tortilla strips, onions, queso fresco, garlic and Mexican seasoning. Topped with fresh salsa and avocado*

### **Huevos Rancheros (GF)**      **\$11.95**

*\*Two eggs over medium on corn tortillas with black beans, homemade salsa, sour cream, cheddar cheese and fresh avocado*

### **Western Round-Up (V)**      **\$11.60**

*Sweet potato biscuits, soy sausage and cashew gravy*

**Available Weekends and Holidays only**

**All of our dishes are prepared in a gluten-/nut- friendly environment and may contain trace amount of these allergens**

**(V): Many of our dishes can be made vegan. Please ask your server**

*\*The WA State Health Department requires us to inform you that eggs sunny-side-up, over easy or soft poached are considered undercooked and may increase your risk of foodborne illness.*

**Oatmeal with Fresh Fruit**      **\$7.99**      **Vegan upon request**  
*Prepared with your choice of milk. Served with brown sugar*

**Served with pure maple syrup and butter or vegan Earth Balance**  
*Add side order of fresh strawberries \$3.50, whipped cream \$1.25*

**French Toast with Fresh Strawberries and Whipped Cream**      **\$11.99**  
*Brioche dipped in egg batter and grilled. Served with organic maple syrup*

**Pancakes**      **Vegan upon request**

Sesame (V/GF) or Vanilla Buttermilk (GF) Pancake      **Single \$5.55      Double \$10.00**

**Waffles**      **Vegan upon request**

Sesame (V/GF) or Vanilla Buttermilk (GF)      **\$7.55**

**Pancake Combo Meal**      **\$12.00**      **Vegan upon request**

*Your choice of one large pancake with soy bacon or soy sausage (V) and \*two eggs any style*

**Waffle Combo Meal**      **\$14.00**      **Vegan upon request**

*Your choice of one waffle with soy bacon or soy sausage (V) and \*two eggs any style*

## SIDE ORDERS

### Eggs

\*1 egg any style      **\$1.95**

\*2 eggs any style      **\$3.25**

### Toast

2 slices of Multi-Grain (V), Sourdough (V)  
or English muffin      **\$2.50**

2 slices Gluten-Free (GF)      **\$2.95**

**Basil Pesto Bread**      **\$3.00**

**Sweet Potato Biscuits (V)**      **\$3.00**

**Available Weekends and Holidays only**

**Sweet Potato Biscuits with Cashew  
Gravy (V)**      **\$5.00**

**Available Weekends and Holidays only**

**Fresh Fruit**      **\$3.50**

**Grilled Potatoes (V)**      **\$3.00**

**Grilled Marinated Tofu (V)**      **\$3.80**

**Grilled Vegetables (V)**      **\$5.25**

**Soy Bacon - 2 slices**      **\$3.50**

**Soy Sausage (V) - 2 patties**      **\$3.50**

**Black Beans (V) (6 oz)**      **\$2.95**

**Slice of Neat Loaf and Mushroom Gravy**  
      **\$5.00**

**Mushroom Gravy**      **\$2.65**

**Cashew Gravy (V)**      **\$2.65**

**Available Weekends and Holidays only**

# DRINKS

## FRESH JUICES

*– We use organic fruits and vegetables when possible.*

**Perfect Balance** (carrot, apple and ginger)  
(10 oz) **\$5.25**/ (12 oz) **\$5.75**/ (16 oz) **\$6.25**

**Super Defense** (kale, carrot and orange)  
(10 oz) **\$6.25**/ (12 oz) **\$6.75**/ (16 oz) **\$7.20**

**Green Dream** (celery, apple and kale)  
(10 oz) **\$6.25**/ (12 oz) **\$6.75**/ (16 oz) **\$7.20**

**Golden Sunshine** (carrot, golden beet, orange and ginger)

(10 oz) **\$5.75**/ (12 oz) **\$6.20**/ (16 oz) **\$6.65**

**Green-Gold** (celery, apple, golden beet, kale, and ginger)

(10 oz) **\$7.00**/ (12 oz) **\$7.65**/ (16 oz) **\$8.20**

## BUILD YOUR OWN FRESH JUICES

(10oz) **\$7**/ (12oz) **\$7.65**/ (16oz) **\$8.20**

**Base:** Carrot, or Celery

**Add-On Items (Choose up to three):** Kale, Apple, Golden Beets, Orange, Carrot, Celery, Lime, Ginger

**(Over 3 items add .50 per item)**

Dear customers,

Silence-Heart-Nest has adopted a policy of

## NO TIPPING

An 18% Service Charge is automatically added to your bill in lieu of a tip.

Why?

This allows us to maintain more equitable take-home pay for front and back-of-house staff, without raising menu prices. Good for everyone.

*Thank You*

# DRINKS

**Organic and Fair Trade Coffee from E.T.G.**  
**\$3.60**

**Organic Iced Coffee** **\$3.60**

**Yogi Tea** **\$3.60**  
*Our homemade, honey-sweetened, caffeine-free Chai with milk (almond or soy milk, add 50 cents) Served hot or iced*

**Ginger Blast (hot or iced)** **\$3.95**  
*An intense and refreshing blend of ginger, lemon, honey and cayenne*

**Iced Black Tea** **\$3.60**

**Lemonade** **\$3.70**

**Arnold Palmer** **\$3.95**

**Coca-Cola, Diet Coke** **\$3.00**

## JUICE

**Orange** or **Pink Grapefruit** by Sun Orchard;

**Apple** by Ryan's

Small (7 oz) **\$3.00**/Regular (10 oz) **\$4.30**

## MILK AND HOT CHOCOLATE

**Glass of milk**, whole, 2%

Small (7 oz) **\$2.00**/Regular (10 oz) **\$2.95**

**Glass of soy or almond milk**

Small (7 oz) **\$2.95**/Regular (10 oz) **\$3.75**

**Hot chocolate**

Small (10 oz) **\$3.50**/Regular (12 oz) **\$3.95**

**LOOSE TEA FROM B. FULLER'S** **\$3.60**

**Victorian Breakfast:** *A combination of special black teas blended to create a strong, smooth cup of tea*

**French Earl Grey** *A soft and lovely Earl Grey with Rose Petals*

**Jasmine:** *A true Jasmine green scented by ripe flowers from Fujian*

**Dragon Well:** *The classic Dragon Well tea from Hangzhou, China, is a broad, flat leaf with a slight gloss. Our type creates a lovely sweet cup with a vegetal finish*

**Walking on Sunshine:** *A rich and refreshing Turmeric Tisane. Studies have shown that curcumin, a compound in turmeric, may reduce inflammation in the body. Coconut, Ginger, Peppermint, and Marshmallow root*

**Loving Cup:** *Orange peel, vanilla bean and cacao create a highly aromatic tisane, engendering feelings of Love*

**Juniper Sage:** *Combining the sweetness of Licorice with the spice of White Peppercorn and Ginger. Sage and Juniper lend a hint of warmer seasons*

**Oddflowers:** *A lovely floral herbal blend that combines the body of Mandarin Rooibos with the relaxing qualities of Chamomile, Lavender, and Rose*

**Dyn-O-Mint!** *We combine the menthol zing of Peppermint with the freshness and flavor of Spearmint. Dynamite, dynamic, delicious Mint!*

## Welcome!

We are happy to serve you here at Silence-Heart-Nest. It was in 1986 that spiritual teacher Sri Chinmoy (1931-2007) inspired us to open a small vegetarian restaurant in the University District, where we were located for 19 years. In 2005 we moved to our present location in Fremont. Spiritual teacher Sri Chinmoy is the inspiration and guiding force behind our restaurant. His philosophy integrates meditation and Eastern spiritual wisdom with a modern Western lifestyle. Our goal is to apply this balance to our daily lives and thus serve you more joyfully.