

# BREAKFAST

Served all day

## Eggs, Scrambles and More...

All our egg dishes are made with **cage-free eggs** and are pan-cooked in real clarified butter.

Most egg dishes and vegan scrambles are served with hash brown potatoes and multi-grain toast, unless otherwise specified.

Substitutes for toast: 2 dollar-size pancakes \$2.00, Gluten-Free toast \$1.75

(GF) = Gluten Free

### Eggs Benedict\* \$12.75

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

### Eggs Florentine\* \$11.60

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

### Trés Bon Benedict\* \$12.75

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

### Avocado Migas (GF) \$12.75

Three scrambled eggs with corn tortilla strips, onions, queso fresco, garlic and Mexican seasoning. Topped with salsa fresca, avocado and sour cream. (No toast)

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

Two eggs over medium with black beans, brown rice, salsa fresca, sour cream, cheddar cheese, ranchero sauce and fresh avocado with a side of corn tortillas. (No toast, no hash browns)

### Seasonal Veggie Scramble \$12.75

Three scrambled eggs sauteed with seasonal vegetables, topped with avocado cilantro dressing

### Center of the Universe Scramble \$12.50

Three eggs scrambled with onions, mushrooms, spinach, fresh garlic and cheddar cheese

### Mediterranean Scramble \$12.95

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

### California Scramble \$12.40

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

### Goaty Gaelic Scramble \$12.40

Three eggs with sun-dried tomatoes, roasted garlic and goat cheese, topped with hollandaise sauce

### Choose Your Cheese Scramble \$10.95

Three eggs scrambled with your choice of cheese: cheddar, feta or goat cheese

### Breakfast Burrito \$11.95

A whole wheat tortilla wrapped around scrambled eggs, black beans, brown rice, cheddar cheese, salsa fresca, avocado and sour cream. (No toast, no hash browns)

### 2 Eggs Any Style\* \$7.50

(Egg whites \$1.55 extra)

## Griddle Goodies

All our pancake dishes are made with our Gluten-Free batter and served with Organic Maple Syrup and Butter (or Vegan Earth Balance on request)

Add fresh strawberries \$2.50 Add whipped cream \$1.25

### Our Famous Vanilla Pancakes \$5.55 (GF or Vegan / GF) Double \$10.00

Choose Gluten-Free Buttermilk OR Vegan/Gluten Free

### Pancake Combo Meal\* \$12.00

One of our pancakes with your choice of soy sausage or bacon, and 2 eggs any style

### Brioche Toast \$11.95 with Fresh Strawberries and Whipped Cream

Brioche dipped in egg batter and grilled

### Oatmeal with fresh fruit (Vegan avail.) \$7.95

Fresh cooked oatmeal with your choice of milk - whole milk, soy milk or almond milk. Served with fresh fruit

## Vegan Delights

### Vegan Avocado Migas (GF) \$12.75

Tofu scrambled with corn tortilla strips, onions, garlic and Mexican seasoning. Topped with salsa fresca and avocado. (No toast)

### Vegan Seasonal Veggie Scramble \$12.75

Tofu sauteed with seasonal vegetables, topped with avocado cilantro dressing

### Vegan Artichoke Tofu Scramble \$12.75

Artichoke hearts, onions, roasted garlic, soy sausage and grilled, marinated tofu. Served with cashew gravy

### Western Round-Up \$11.50

Sweet potato biscuits, soy sausage and cashew gravy. (No Toast)

### Our Famous Pancakes (GF) \$5.55 (GF or Vegan / GF) Double \$10.00

Our Vegan version is also Gluten Free!

### Oatmeal with fresh fruit \$7.95

Fresh cooked oatmeal with your choice of vegan milk: Soy or Almond. Served with fresh fruit

\*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

# LUNCH

Served after 11 AM

## Neat Loaf

\$12.15

Our specialty – a best seller! A juicy, baked “meat” loaf made from grains, eggs, ricotta cheese, tofu and spices, topped with our tangy BBQ sauce. Served with mashed potatoes and mushroom gravy

## Neat Loaf Sandwich

\$10.95

Two slices of our famous Neatloaf on toasted multi-grain bread with mayo, lettuce, tomato and dill pickles. Served with mixed greens and lemon tahini dressing

## Ananda Bowl (Vegan / GF)

\$10.50

Marinated kale, quinoa, tomatoes, red onions, edamame, pumpkin seeds, avocado and your choice of dressing

## Enchanted Garden Salad (Vegan / GF)

\$10.50

A mountain of red leaf lettuce with mixed greens, tomatoes, cucumber, carrots, zucchini, toasted sunflower seeds and your choice of dressing

## Avocado B.L.T.

\$11.95

Soy bacon, lettuce, tomato and sliced avocado with mayonnaise on toasted sourdough bread. Served with mixed greens and lemon tahini dressing

## Soup of the day (often Vegan, GF)

Cup (6 oz) \$3.50 Bowl (8 oz) \$4.25 Large bowl (16 oz) \$6.50

## Side Salad (Vegan / GF)

\$5.50

Mixed greens, tomato, cucumber, carrots and your choice of dressing

## Soup, Salad and Pesto Bread

\$10.25

Soup of the day, side salad and a slice of grilled sourdough bread topped with homemade basil pesto

## Curry Bowl (Vegan if curry is vegan)

\$11.25

Our curry of the day served over brown rice

## Curry Wrap (Vegan if curry is vegan)

\$11.95

Curry of the day wrapped in a whole wheat tortilla with lettuce, tomato, cucumber and your choice of dressing

**More delicious lunch items coming soon!**

Dressings: lemon tahini, avocado cilantro, balsamic vinaigrette

## Sides & Extras

Multi-grain Toast, Sourdough Toast or English Muffin \$2.50

Gluten-Free Toast \$2.95

Basil Pesto Bread \$3.00

Sweet Potato Biscuits (Vegan) \$3.00

Sweet Potato Biscuits with Cashew Gravy (Vegan) \$5.00

Fresh Fruit (Vegan / GF) \$3.50

Hash Brown Potatoes (Vegan / GF) \$3.00

Soy Sausage (Vegan) \$3.50

Soy Bacon \$3.50

1 Egg/2 Eggs\* \$1.95/\$3.50

Sauteed Veggies (Vegan) \$5.25

Black Beans (Vegan / GF) \$2.95

Neat Loaf-1 Slice with Mushroom Gravy \$5.00

Mushroom Gravy \$2.65

Cashew Gravy (Vegan) \$2.65

## Coffee/Teas

**Organic Fair Trade Coffee from ETG** \$3.25  
(Bottomless cup)

**Yogi Tea** \$3.50  
Our homemade caffeine-free chai with milk  
(substitute Almond or Soy milk \$0.50)

**B. Fuller's Loose Teas** \$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!

## Beverages

**Ginger Blast (hot or iced)** \$2.95  
An intense and refreshing blend of ginger, lemon, honey and cayenne

**Lemonade** \$3.00

**Arnold Palmer** \$3.00

**San Pellegrino** \$3.00  
Aranciata or Limonata

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

**Fresh Juices** sm \$3.25/lg \$4.30  
Orange or Pink Grapefruit from Sun Orchard  
Ryan's Apple juice

**Milk** sm \$2.00/lg \$2.95

**Soy or Almond Milk** sm \$2.95/lg \$3.75

**Hot chocolate** \$3.75

### Our Mission

Silence-Heart-Nest is owned and operated by students of spiritual master Sri Chinmoy. We aspire to create a small corner of the world that not only serves delicious vegetarian and vegan food, but provides a peaceful oasis in the hustle and bustle of the city, inundated with the spirituality, philosophy, music and art of Sri Chinmoy.