

FIRETOWER

BREAKFAST

SUNNYSIDE EGG BOWL

Sweet Potato Hash and Wilted Greens with Avocado Yogurt, Fermented Hot Sauce and Crispy Grains

FIRETOWER OATMEAL

Crispy Quinoa Granola and Citrus

CAROLINA GOLD RICE OMELET

Preserved Tomatoes and Kale

EGGS IN POMODORO

Two Eggs Over Easy Covered in House Made Tomato Sauce Served with Warm Flatbread

AVOCADO TOAST

Sprouted Grain Bread Toast with Optional Egg

EGGS YOUR WAY

Two Eggs, Bacon, Flatbread and Jam

