



BREAKFAST

AVOCADO TOAST **\$6.99**
Fresh avocado, heirloom roasted tomatoes, everything seasoning, and microgreens on multigrain toast

POPPY'S BAGEL WITH CREAM CHEESE **\$2.99**
Your choice of plain, cinnamon raisin, or everything bagel

BREAKFAST SANDWICH **\$5.99**
Choice of bread, egg, cheese, and meat
+\$1 Croissant or bagel

BREAKFAST BOWL **\$5.99**
Choose 1 protein: sausage, bacon, or turkey bacon (*+\$1 extra meat*)
Choose up to 3 toppings: cheese, salsa, black beans, quinoa, eggs, spinach, grits, potatoes, or roasted red peppers

EGG WHITE SANDWICH **\$5.99**
Egg whites, spinach, tomatoes, and red peppers on an English muffin

BURRITO RANCHERO **\$6.99**
Eggs, black beans, potatoes, avocado, sausage, salsa, and cheese in a tortilla

NASHVILLE HOT CHICKEN BISCUIT **\$5.99**
Southern fried chicken breast, hot oil on a buttermilk biscuit
+\$.50 Cheese
+\$1 Bacon

SOUTHERN FRIED CHICKEN BISCUIT **\$5.99**
Southern fried chicken breast on a buttermilk biscuit
+\$.50 Cheese
+\$1 Bacon

STUFFED AVOCADO **\$5.99**
Whole split avocado stuffed with your choice of 2 toppings: cheese, salsa, black beans, quinoa, eggs, spinach, grits, potatoes, or roasted red peppers