



*we use only  
gluten-free  
ingredients*

## **Our Style: Choose Your Porridge**

*our whole-grain bases are gluten-free, dairy-free & non-GMO*

---

**steel cut oats – creamy grits – amaranth millet –  
brown rice congee**

---

### **Savory**

<b>The Truffled Heart</b> Artichoke Hearts, Caramelized Onion, Creamy Ricotta & White Truffle Oil	<i>small · large</i> 6.25 · 7.95
<b>Sausage &amp; Apple</b> Chicken Apple Sausage, Braised Red Cabbage, Stewed Apples & Vermont Cheddar	7.25 · 8.75
<b>Portobello &amp; Pesto</b> Portobello Mushroom, Roasted Red Pepper, Chevre & Cashew Pesto*	6.25 · 7.95
<b>The Kimcheelicious</b> Napa Cabbage Kimchee, Sunflower Satay, Edamame, Toasted Sesame & Honey Sriracha Drizzle	6.75 · 8.25
<b>Piggy Pumpkin</b> Maple-Bourbon Ham, Spiced Pumpkin, Shaved Parmesan & Sweet Peas	7.25 · 8.75

### **Sweet**

<b>Fruit &amp; Cream</b> Mixed Berries, Greek “Culture” Yogurt,* Chia Seeds, Raw Almonds & Vermont Maple Syrup	6.50 · 7.95
<b>Nutty Banana</b> Almond Butter, Apricot Marmalade, Bananas & Wildflower Honey	5.95 · 7.25
<b>Sticky Toffee Crunch</b> Raw Toffee, Cinnamon Browned Plantains, Stewed Apples & Crushed Hazelnuts	6.50 · 7.95
<b>Chocolate Covered Strawberry</b> Dark Chocolate Sauce, Fresh Strawberries, Mascarpone & Sea Salt	6.50 · 7.95

*\*dairy-free substitutions available*

---

*we use non-GMO, organic & locally sourced ingredients whenever possible  
our packaging is earth-friendly & biodegradable  
prices are subject to change*



741 Union Street  
Brooklyn, NY 11215  
718.623.6665

## Your Style: Choose Your Porridge

---

**steel cut oats – creamy grits – amaranth millet –  
brown rice congee**

*with 2 free toppings 5.50 · 6.95 (meats not included)/add'l toppings \$.75 ea /meats \$1.50*

---

### Toppings

**Cheese & Yogurt** Vermont Cheddar – Chevre – Mascarpone – Parmesan – Creamy Ricotta – Coconut Yogurt (*df*) – Greek “Culture” Yogurt

**Dried Fruit** Apricots – Shaved Coconut – Cranberries – Currants – Dates – Prunes – Golden Raisins

**Nuts & Seeds** Shaved Almonds – Cashews – Chia – Flax – Hazelnuts – Pecans – Pumpkin – Sesame – Sunflower – Handmade Granola

**Fruits & Such** Green Apples – Stewed Apples – Bananas – Blueberries – Cinnamon Plantains – Strawberries

**Veggies & Such** Artichoke Hearts – Braised Red Cabbage – Edamame – Seasonal Greens – Napa Cabbage Kimchee – Caramelized Onion – Sweet Peas – Grilled Portobello – Roasted Red Pepper – Scallions

**Savory Sauces** Cashew Pesto – Sweet Pea Pesto (*df*) – Spiced Pumpkin – Sesame Oil – Honey Sriracha – Sunflower Satay – Tamari – Truffle Oil

**Sweet Toppings** Almond Butter – Apricot Marmalade – Salted Dark Chocolate – Strawberry Compote – Sunflower Butter – Raw Toffee

**Brooklyn Cured Meats** Chicken Apple Sausage – Maple Bourbon Ham

---

### Posh Parfaits

*served with local lowfat “culture” greek yogurt or dairy-free coconut yogurt*

**The Brooklyn** Cranberry Cashew Granola, Bananas, Blueberries, Chia Seeds & Wildflower Honey 6.95

**The Tuscan** Rosemary Pecan Granola, Stewed Apples, Prunes & Wildflower Honey 6.95

**The Mumbai** Curry Almond Sesame Granola, Cinnamon Browned Plantain & Apricot Marmalade 6.95

**The Brussels** Dark Chocolate Hazelnut Granola, Strawberry Compote & Shaved Coconut 6.95