

LYN-GENET'S KITCHEN

COMFORT FOOD FOR EVERY BODY

Brunch Menu

Brunch Items include one glass of sangria, house wine or draft beer

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| WARM KALE SALAD & GOAT CHEESE with toasted pumpkin seeds | 14 |
| COCONUT FLOUR PANCAKES gf with fresh fruit compote Vegetarian, WF | 12 |
| EGGS ANY STYLE WITH FRENCH FRIES cage-free eggs with french fries & carrot beet salad Vegetarian | 13 |
| SEASONAL FRUIT COMPOTE with sourdough toast, almond slivers and honey butter | 14 |
| BIG KIDS CHICKEN FINGERS served with french fries | 16 |
| VEGGIE OMELETTE Served with french fries or carrot beet salad | 15 |
| DETOX BREAKIE Flax Granola with cinnamon baked apples and rice milk. Choice of carrot-ginger juice or spiced pomegranate. | 15 |
| ZUCCHINI LASAGNA gf low reactive tomato sauce, basil, & manchego - served with seasonal greens | 15 |
| APPLE CARDAMOM PANCAKES Baking powder free. | 14 |

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| BURGER & FRIES cheddar cheese, bacon or guacamole +\$2 | 16 |
| LAMB BURGER with potato gratin or french fries Cheddar cheese, bacon or guacamole +\$2 | 18 |
| CHICKEN AND BROCCOLI STIR FRY with rice or zucchini noodles - soy free | 20 |
| VEGAN THAI RICE CURRY with grilled vegetables and peanuts | 17 |
| VEGAN TANDOORI BURGER served with french fries and salad | 17 |
| VEGAN TACOS OF THE DAY trio of lemon garlic hummus, mushrooms and chipotle pinto beans | 17 |
| SERGIO'S CHICKEN PARMESAN with low reactive tomato sauce, manchego & parmesan | 23 |

Soups a la carte

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| VEGAN CARROT GINGER SOUP | 10 |
| VEGAN CREAM OF BROCCOLI SOUP | 10 |
| VEGAN CURRY LENTIL KALE SOUP | 10 |
| VEGAN CREAM OF MUSHROOM | 11 |

Sides

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| Bacon - \$4 |
| Bacon Cheddar Croquettes - \$10 |
| Sauteed veg -V- \$8 |
| Fries -V- \$6 |
| Grilled vegetables -V- \$8 |
| Curried lentils -V- \$8 |
| Cajun French fries -V- \$8 |
| Toasted sourdough -V- \$3 |
| Vegetable of the Day - \$9 |
| Potato Samosas - \$10 |
| Chicken Potstickers - \$12 |

Dessert

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| VEGAN APPLE STREUSEL with coconut whipped cream wheat free, grain free | 9 |
| SO RICH YOU COULD DIE CHOCOLATE PIE wheat free, grain free | 12 |
| COCONUT ICE CREAM WITH CARDAMOM with Coffee Liquor 10 | 8 |