

CLASSIC BREAKFAST* | 13

two large eggs prepared to your preference, potatoes & onions, choice of bacon or pork-sage sausage, choice of avenue bread sourdough or 8 grain english muffin *gfo*

EGGS BENEDICT* | 13

pit ham, two poached eggs, avenue bread 8 grain english muffin, classic hollandaise, potatoes & onions *sub wild caught smoked salmon 5 crab cakes 7 gfo*

QUINOA FLORENTINE* | 15

sautéed spinach, quinoa & yam cakes, two poached eggs, spiced pecans, hollandaise, potatoes & onions

CRAB OMELET* | 16

three large eggs, sautéed mushrooms, crab mix, wilted arugula, havarti cheese, hollandaise, potatoes & onions *gf*

HUEVOS RANCHEROS* | 10

tortillas, two eggs prepared to your preference, house black beans, ranchero sauce, cotija cheese, crema, guacamole *gf*

GARDEN SCRAMBLE* | 10

three large eggs, summer squash, onion, pepper, cherry tomato, mushroom mix *add choice of cheese 2 add bacon or sausage 3.5 gf*

CLASSIC PANCAKES* | 10

two buttermilk mascarpone pancakes served with maple syrup *add two eggs cooked to your preference 2.5 add bacon or sausage 3.5*

CHRYSALIS CONTINENTAL | 9.5

house made granola, fresh fruit, appel farms yogurt *gf*

OATMEAL | 8

berries, brown sugar, fresh cream *gf*

THE OWNER'S BREAKFAST* | 8.5

grilled avenue sourdough, schmeared with guacamole, one large poached egg, fresh cut fruit *gfo*

SIDES & EXTRAS

Two Eggs* | One Egg* | **2.5 | 1.5**

Potatoes & Onions, Avenue Bread Sourdough
or 8 Grain English Muffin | **3.5 ea.**

Apple Smoked Bacon, Pork-Sage Sausage | **6 ea.**

Fresh Fruit | Yogurt | **5 | 3**

BEVERAGES

Juice orange, cranberry, apple | **3**

Bellingham Coffee Roasters Coffee | **3**

Latte, Cappuccino | Mocha | **3.75 | 4.25**

Mimosa | Bloody Mary Or Caesar | **10 | 10**

Americano | **3.25**

Tea | **3**

Executive Chef | Ashley Kovacevich

Sous Chef | David Stacey

gf: gluten free; *gfo*: gluten free options available

*the health department warns against consuming raw or undercooked protein and dairy products as they may increase the potential for foodborne illness.

Please let us know of any other dietary restrictions and ask about vegetarian / vegan options.

Please note while substitutions are gladly honored, additional costs may apply.