

Menu

BREAKFAST

HG Breakfast Sandwich \$14.50

Choice of bacon, chicken sausage, or pork sausage with scrambled eggs, cheddar, house tomato jam, on choice of fresh baked focaccia or fresh baked biscuit. Served with a side of tallow fried potatoes.

Pork Roll Sandwich \$15.75

Housemade pork roll, fried egg, New School American Cheese, SPK, on fresh baked focaccia. Served with a side of tallow fried potatoes.

Breakfast Tacos \$15.00

Braised beef, scrambled eggs, gouda, sweet pickled jalapeños, house dill sauce served on warm corn tortillas. Served with a side of tallow fried potatoes. 2 per order

Avocado Toast \$11.75

Multigrain toast with sliced avocado, house hot sauce, pickled red onion, feta. Served with a side of tallow fried potatoes. *Add egg \$2*

High Protein Breakfast Burrito \$14.75

Chicken sausage, cheddar, tallow fried potatoes, sauteed kale, scrambled eggs, spicy aioli. 58g of protein!

LUNCH

HG Grilled Cheese \$13.00

Sourdough, mozzarella, cheddar, gouda, caramelized onion, house tomato jam, Served with a side of tallow fried potatoes. *Add thick cut bacon \$3, or candied bacon \$5*

Chicken Caesar Wrap \$14.00

Crispy chicken, parmesan, kale, house caesar dressing, focaccia croutons on a warm tortilla. Served with a side of tallow fried potatoes.

Grilled Chicken Club \$16.25

Grilled chicken, candied bacon, hot honey mustard, gouda, avocado, sliced apple, pickled red onion on sourdough. Served with a side of tallow fried potatoes

Kale Caesar Salad \$12.00

Thinly shaved kale, house caesar dressing, focaccia croutons, parmesan. *Add grilled chicken \$4, fried chicken \$5*

Buffalo Chicken Wrap \$16.25

Fried chicken, house hot sauce, pickled fennel, feta, kale, house garlic dill sauce. Served with a side of tallow fried potatoes.

COMBO DEALS

Girl Lunch

Caesar salad with grilled chicken, side of tallow fried potatoes, & choice of HG specialty coffee

\$23.50

Fresh Breakfast

Avocado toast with 2 eggs served with tallow fried potatoes, & choice of hot or iced 12 oz latte

\$17.50

Sweet & Salty

HG breakfast sandwich, choice of frosted donut, choice of HG specialty coffee

\$22.25

KIDS

Biscuit, Egg & Cheese \$8.50

Grilled Cheese \$8.50

SIDES

Tallow Fried Potatoes \$5

Focaccia or Biscuit \$3



Drinks

SPECIALTIES

20 oz iced or choose 4 in a flight
\$7.25

The Irishman

Irish cream and caramel nitro cold brew with fresh whipped cream & caramel drizzle

Pumpkin Pie

Pumpkin spice, caramel & vanilla nitro cold brew with fresh whipped cream, cinnamon & pumpkin drizzle

Apple Cobbler

Caramel apple butter & brown sugar nitro cold brew with fresh whipped cream, caramel drizzle & cake crumb topping

Nutty Pumpkin

Pumpkin spice, hazelnut & toffee nut nitro cold brew with fresh whipped cream & pumpkin drizzle

Campfire Cookie

Chocolate drizzle, cookie butter & toasted marshmallow nitro cold brew with fresh whipped cream, caramel drizzle & chocolate chips

Pecan Pie

Butter pecan & vanilla nitro cold brew with fresh whipped cream and caramel drizzle

ELEVATED

Available hot or iced unless otherwise noted.
Not available in a flight

Trailblazer Latte

Maple syrup & cinnamon latte
\$5.75 / \$7.00

Pumpkin Pecan Pie Macchiato

Pumpkin spice, butter pecan, & salted caramel espresso topped with fresh pumpkin whipped cream & pumpkin drizzle
\$7.50 / \$8.25

Banana Cookie Butter Latte

Banana, brown sugar, caramel, cookie butter espresso topped with fresh whipped cream & banana chips
\$7.50 / \$8.25

Almond Joy Latte

Chocolate, almond & coconut espresso topped with coconut cold foam, coconut flakes & chocolate drizzle; *Iced only*
\$7.25 / \$8.00

Lavender Cream Matcha

Vanilla sweetened matcha topped with lavender cold foam; *Iced only*
\$7.25 / \$7.75

Apple Butter Chai

Caramel apple butter chai with cinnamon.
Option to make it dirty!
\$5.25 / \$6.25

H G HEALTH

Golden Milk Latte

Crafted with turmeric, cinnamon, ginger, & black pepper & sweetened with maple syrup or honey; *Hot only; Option to make it dirty*
\$6.00 / \$6.75

Bulletproof Coffee

Crafted with hot coffee, grass fed butter & MCT oil
\$4.85 / \$5.60

Cacao Hot Chocolate

Crafted with raw cacao powder and sweetened with maple syrup or honey
\$6.00 / \$6.75

Chocolate Banana Espresso Protein Shake

Blended shake with fresh banana, chocolate whey protein powder & espresso
\$9.75

MILK

Whole
Housemade Almond
Housemade Oat
Half & Half



Bakery

TALLOW FRIED DONUTS

Our donuts are fried and prepared fresh every morning before we open!

Chocolate Frosted	\$4.00
Vanilla Frosted	\$4.00
Strawberry Frosted	\$4.00
Pumpkin Glazed	\$4.00
Maple Frosted	\$4.50
Boston Cream	\$6.00
Espresso Chantilly	\$6.00
Maple Apple Compote	\$6.00
Cannoli Cream Filled	\$6.00

FRESH BAKED COOKIES

Brown Butter Salted \$4.00
Toffee Chocolate Chip

Toasted Coconut Oatmeal \$4.00

SEASONAL

Pumpkin Cinnamon Rolls \$6.00

