

# BREAKFAST MENU



SERVED DAILY  
7:00AM - 10:30AM

## BUILD YOUR OWN

**EGG  
BOWL**  
**7.95**

3 Egg Base (Local / Pastured)  
Two Sides  
Two Toppings  
One Housemade Sauce

### 1 CHOOSE TWO SIDES

Parmesan Roasted Broccoli    Sautéed Greens  
Roasted Sweet Potatoes        Diced Avocado  
Moroccan Chickpea + Quinoa    Bacon

### 2 CHOOSE ONE TOPPING

Tomatoes                              Sharp Cheddar  
Roasted Mushrooms                Feta

### 3 CHOOSE A SAUCE

100% Homemade

Ketchup | Sesame | Sriracha

#### EXTRAS

Scrambled Egg +1.35  
Side +1.50  
Topping +1.00  
Sauce + .50

## BUILD YOUR OWN

**OATMEAL  
BOWL**  
**5.95**

Oatmeal OR  
Non-fat Greek Yogurt Base  
Four Add-Ins  
One Sweet / Spice Topping

**YOGURT  
BOWL**  
**6.95**

### 1 CHOOSE THREE ADD-INS

Blueberries                              Roasted Walnuts  
Apples                                      Slivered Almonds  
Bananas                                    Pepitas  
Raisins                                      Housemade Granola  
Coconut Flakes                          Chia Seeds

### 2 CHOOSE ONE TOPPING

Honey                                      Cinnamon  
Maple                                        Turmeric  
Agave                                         Cream

#### EXTRAS

Scrambled Egg +1.35  
Add-In +1.00  
Sweet Topping + .75  
Spice Topping on us

## SIGNATURE BREAKFAST BOWLS

### EGGS

**Americana 9.45**  
Egg Base, Bacon, Sautéed Greens,  
Avocado, Cheddar

**Mediterranean 7.45**  
Egg Base, Moroccan Chickpea +  
Quinoa, Tomato, Mushroom, Feta

### OATMEAL

**Classic Oat 6.95**  
Oatmeal Base, Raisins, Coconut  
Flakes, Walnuts, Almonds, Cinnamon, Maple

**Harvest Oat 6.70**  
Oatmeal Base, Apples, Blueberries,  
Granola, Honey, Cream

### YOGURT

**Tropical 7.95**  
Yogurt Base, Coconut Flakes,  
Blueberries, Banana, Chia Seeds,  
Honey

**Pepita Sunrise 7.95**  
Yogurt Base, Raisins, Pepitas,  
Almonds, Walnuts, Maple

## COFFEE

La Colombe Workshop Varieties

12oz - \$2.50    16oz - \$3.00

All of our food is 100% Gluten Free

207 S. 16th Street | 215.608.8941 | [realfoodeatery.com](http://realfoodeatery.com) | [@realfoodeatery](https://www.instagram.com/realfoodeatery)

See [realfoodeatery.com/menu](http://realfoodeatery.com/menu) for a list of all ingredients.

Consuming raw or undercooked meats, poultry, seafood, or shellfish may increase your risk of foodborne illness.

