

BREAKFAST MENU

REAL FOOD EATERY

SERVED DAILY
7:00AM - 10:30AM

BUILD YOUR OWN

**EGG
BOWL**
9.50

*Egg Base (3 Scrambled)
Two Sides
Two Toppings
One Housemade Sauce*

1 CHOOSE TWO SIDES

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

2 CHOOSE TWO TOPPINGS

Tomatoes Sharp Cheddar
Roasted Mushrooms Feta
Bacon

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**
6.50

*Oatmeal or Yogurt Base
Four Add-Ins
One Sweet / Spice Topping*

**YOGURT
BOWL**
9.00

1 CHOOSE FOUR 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 +1.00
Spice Topping on us

SIGNATURE BREAKFAST BOWLS

EGGS

Americana 9.50
*Egg Base, Bacon, Sautéed Greens,
Avocado, Cheddar*

Mediterranean 9.00
*Egg Base, Moroccan Chickpea +
Quinoa, Tomato, Mushroom, Feta*

OATMEAL

Classic Oat 6.50
*Oatmeal Base, Raisins, Coconut
Flakes, Walnuts, Almonds, Cinnamon, Maple*

Harvest Oat 6.50
*Oatmeal Base, Apples, Blueberries,
Granola, Honey, Cream*

YOGURT

Tropical 9.00
Yogurt Base, Coconut Flakes, Blueberries, Banana, Chia Seeds, Honey

Pepita Sunrise 9.00
Yogurt Base, Raisins, Pepitas, Slivered 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 | [@realfoodeatery](https://www.instagram.com/realfoodeatery)

See 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.

