

breakfast

at hell's backbone grill & farm ~ good morning & welcome!



the backbone breakfast 10

two eggs to order served with smashed sage potato pancakes and your choice of flour tortilla **or** our oatmeal-molasses toast with whipped cinnamon butter & homemade jam
add apple-sage pork patties **or** applewood smoked bacon 5 ♥

bushel of blue corn pancakes 10

served with warmed, pure organic maple syrup and our whipped cinnamon butter

the breakfast jenchilada (nice & spicy) 12

corn tortillas, torn & toasted
smothered in an authentic red chile sauce with jack cheese
smashed sage potato pancakes
brown rice, beans & a just-made flour tortilla
add an organic egg.....3♥

shirred eggs 12

two eggs baked in cream with chives & parmesan cheese
choice of either: smashed sage potato cakes,
a flour tortilla, or oatmeal-molasses toast ♥

hungry haymaker 14

our black powder biscuits & local pork sausage gravy
smashed sage potato pancakes & two organic eggs to order

just the luscious gravy 9

black powder biscuits smothered in our local pork sausage gravy

local pastured beef bone broth 6

add a poached egg **or** greens 3 ♥



things to keep in mind

- ~ like heat? ask for our complimentary "she devil" sauce
- ~ 20% gratuity added for groups of eight or more
- ~ no separate checks for groups of eight or more
- ~ please, no talking on cell phones in the dining room
- ♥ food items that can be made wheat or gluten free
- ★ food items that are vegan

many of our dishes can be adapted to your dietary specifications-please ask



express menu

dreamy, creamy, hot & steamy organic oatmeal 8

slow cooked, steel-cut oats
topped with a swirl of spiced pumpkin butter

homemade brown betty granola 8

your choice of either organic yogurt or cow's milk

organic rice & beans & greens 9

bowl of brown rice, slow cooked pinto beans
& sautéed greens with a flour tortilla
add an egg.....3♥★

cream cheese streusel coffeecake 5

luscious spiced farm pumpkin

on the side

- organic egg to order 3 ♥
- warm pure maple syrup 2 ♥
- bowl of organic yogurt 4 ♥
- sour cream or grated cheese 1 ♥
- plain organic brown rice 3 ♥★
- bowl of organic pinto beans 4 ♥★
- side dish of local pork sausage gravy 3
- applewood smoked bacon or apple-sage pork patties 5 ♥
- one blue corn pancake with warm pure maple syrup 6
- oatmeal-molasses toast, whipped cinnamon butter & our jam 4
- smashed sage potato pancakes 4 ♥
- sautéed greens 3 ♥

morning beverages

- organic iced tea *black, green, herbal* 4
- bottomless pot of organic & fair trade tea 4
signature herbal, english breakfast, earl grey, gunpowder green, peppermint, chamomile, rosehip rooibos
- organic & fair trade coffee, hot or iced 4
regular or swiss water process decaf-bottomless!
- french press coffee carafe (*extra strong!*) 8
- martinelli's organic sparkling apple cider 5.50
- san pellegrino sparkling mineral water 250ml/4 **or** 1 liter/7
- dry rhubarb or cucumber soda 4
- blue sky all-natural & organic soda 4
cola, zero-sugar cola, ginger ale, lemon-lime, root beer, orange soda, cherry-vanilla, cream soda
- san pellegrino prickly pear soda 4
- pure orange juice 4
- organic apple juice 4
- organic cow milk 4



Most of our vegetables, herbs, eggs, flowers and fruits are sourced from our own 6.5 acre Blaker's Acres Farm, here in Boulder. Additionally we purchase everything we can from other local Boulder farms including Deer Creek Farm, Red House Farm, and Red Tail Farm. Our beef and lamb comes from local Boulder ranches, including Kate's Land and Cattle and the Wine Bar Ranch.

We are privileged to offer items from many of our Utah friends, including Creminelli's, Beehive Cheese, Caputo's and A Priori, Redmond Real Salt, Slide Ridge Honey, Salt Lake Roasting Company, The Green Urban Lunchbox, Epic Brewery, Wasatch Brewery, Ruth Lewandowski Wines, and Bitters Lab bitters for our bar.

