

# BOSWORTH

## BREAKFAST— JANUARY RESET

*An intentional menu of lighter plates and refreshing sips, crafted for a fresh start.*

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### **Toasted Oatmeal** · 12

Chia Strawberry Jam, Honey, Coconut

### **Quinoa Bowl** · 14

Soft Poached Egg, Avocado, Tofu, Kale, Mixed Greens, Cherry Tomatoes, Miso Dressing

### **Protein Pancakes** · 13

Cottage Cheese, Cinnamon, Poppy Seeds, Berries, Pure Maple Syrup,

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## BEVERAGE

### **Recharge** · 13

Blueberries, Mint, Lemon, Ashwagandha, Coconut Water, Chia Seeds

### **Matcha Latte** · 7

Matcha, Mushroom Blend, Cinnamon, Vanilla, Honey, Choice of Oat or Almond Milk

### **Green Smoothie** · 8

Spinach, Banana, Avocado, Chia Seeds, Almond Milk