



COFFEE + BREAKFAST + BISCUITS

G A H A N N A

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ESPRESSO DRINKS

ESPRESSO 4

2oz

Served with sparkling water

CAPPUCCINO 5

6oz

Espresso topped with foamed milk

LATTE 5.75 | 6.25 | 6.75

12oz | 16oz | 20oz

Espresso with steamed milk. Available hot or iced.

MOCHA 6.25 | 6.75 | 7.25

12oz | 16oz | 20oz

Latte with chocolate sauce. Available hot or iced.

CAFE AMERICANO 4 | 4.5 | 5

12oz | 16oz | 20oz

Espresso with added water. Available hot or iced.

GOAT SPECIALTY DRINKS

SPANISH MOCHA 6.5 | 7 | 7.5

12oz | 16oz | 20oz

Mocha latte with a blend of sugar, cocoa powder, sweetened condensed milk, cayenne, and salt

SALTED CARAMEL CUBAN 6.5 | 7 | 7.5

12oz | 16oz | 20oz

Salted caramel coffee with sweetened condensed milk

SALTED CARAMEL COLD FOAM 6.5 | 7 | 7.5

12oz | 16oz | 20oz

Cold brew, caramel syrup, salt, cold foam, caramel drizzle

HOT CHOCOLATE 4.5 | 5 | 5.5

12oz | 16oz | 20oz

Made with chocolate and marshmallow

HOUSEMADE SYRUPS .50:

Vanilla, Chocolate, Sweet Cream, White Chocolate, Hazelnut, Caramel, Sugar Free Caramel, Sugar Free Vanilla

TEA

CHAI 6 | 6.5 | 7

12oz | 16oz | 20oz

Blended with steamed milk. Available hot or iced.

HOT TEA 4

Ask barista for selections

MATCHA 6 | 6.5 | 7

12oz | 16oz | 20oz

Blended with steamed milk. Available hot or iced.

HOUSE BREWED COFFEE

HOT COFFEE 3 | 3.5 | 4

12oz | 16oz | 20oz

COLD BREW 4 | 4.5 | 5

12oz | 16oz | 20oz

COFFEE TOTE 19

Eight 12 oz cups of house filtered coffee in tote

COLD BREW TOTE 26

Eight 12 oz cups of cold brew in tote

SMOOTHIES

STRAWBERRY* 7.25

20oz

Vanilla greek yogurt, honey, strawberries. Add banana +.50.

GREEN* 7.25

20oz

Spinach, apples, vanilla greek yogurt, honey

THE FEAST* 10

20oz

Vanilla protein powder, oats, frozen berries, banana, peanut butter, honey, vanilla greek yogurt, Himalayan salt, water, milk of choice

PB DELIGHT* 10

20oz

Chocolate protein, banana, peanut butter, oats, oatmilk

THE WAKE UP CALL* 10

20oz

Vanilla Greek yogurt, coffee, banana, vanilla protein powder

THE NEAPOLITAN* 10

20oz

Vanilla & chocolate protein powder, strawberries, banana, peanut butter, honey, milk of choice

All protein smoothies include 1 scoop of Optimum whey protein. Upgrade to PROTEIN PACKED - 2 scoops of protein +3.

ADD ONS:

Chia Seeds 1

Cocoavia Cocoa Powder 2

Hydrolyzed Collagen 1.5

* Includes dairy

MILK OPTIONS:

Soy Milk, Almond Milk, Oat Milk, Whole & Skim Milk

OUR COFFEE COMES FROM FROTHY MONKEY IN NASHVILLE, TENNESSEE.

MORNING RITUAL FOOD IS SERVED DAILY UNTIL 2 PM

PASTRIES + TREATS

MUFFINS 4.5

Ask barista for our selections

MOM'S COFFEE CAKE 4

Mom's famous recipe

BAKED APPLE CINNAMON ROLL 4.5

Cinnamon, apples, brown sugar, cream cheese icing

BAGELS 3

Ask barista for our selections. Served with butter or cream cheese.

GRANOLA BARS 4

Peanut butter pretzel, cranberry almond or s'mores

CROISSANT 4.5

Served with mocha sauce or strawberry preserves

SIGNATURE HOMEMADE BISCUITS

BUTTERMILK BISCUITS (3) 5.5

Served with strawberry preserves or pimento cheese

VEGAN BISCUITS (3) 5.5

Served with strawberry preserves

SANDWICHES

BREAKFAST SANDWICH* 6.75

Buttermilk biscuit, scrambled egg, cheddar cheese (vg)

VEGAN BREAKFAST SANDWICH OR BURRITO 8

Zero Egg, plant-based cheddar cheese, impossible sausage

HOT CHICKEN BISCUIT* 7.25

Nashville hot chicken, pimento cheese, pickle

Add bacon, turkey bacon, sausage, or impossible sausage 1

EATS

EGG + CHEESE BITES* 5.5

Scrambled egg, aged white cheddar cheese (vg)

BREAKFAST BURRITO* 8

Bacon, scrambled eggs, tomatoes, cheddar cheese, tater tots.
Sour cream available upon request.

GRANOLA & YOGURT BOWL 6.75

Roasted almond granola, vanilla greek yogurt, fresh berries,
strawberry preserves (vg)

HAM & CHEESE CROISSANT 6

DESSERTS

APPLE CRUMBLE 10

Cookie crumble, vanilla ice cream, caramel sauce (vg)

SEASONAL CHEESECAKE 10

Ask your server what this season's cheesecake is (vg)

CHOCOLATE CAKE 10

Molten lava cake, strawberry preserves, vanilla ice cream (vg)

CATERING MADE EASY (and delicious)

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a delicious one!



MR

Please tell your server about any dietary needs. Though our menu does offer many gluten friendly items, our kitchens are not 100% gluten free.

*Consuming raw or undercooked meat, seafood, or egg products can increase your risk of foodborne illness. (vg) vegetarian (gf) gluten free

VISIT MORNINGRITUAL.COM TO VIEW OUR MONTHLY SPECIALS.