



COFFEE + BREAKFAST + BISCUITS

SOBRO (DOWNTOWN NASHVILLE)

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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<sup>PM</sup>

## PASTRIES + TREATS

### MUFFINS 4.5

Ask barista for our selections

### DANISH 4.5

Ask barista for our selections

### MOM'S COFFEE CAKE 4

Mom's famous recipe

### CINNAMON ROLL 4.5

Cinnamon, brown sugar, cream cheese icing

### BAGELS 3

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

### 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)

### HOT CHICKEN BISCUIT 7.25

Nashville hot chicken, pimento cheese, pickle

### VEGAN BREAKFAST SANDWICH OR BURRITO 8

Zero Egg, plant-based cheddar cheese, impossible sausage

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

## 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!



## EATS

### EGG + CHEESE SCRAMBLE\* 8

Scrambled egg, monterey jack & cheddar cheese, biscuit (vg)

### DEVIL ON A GOATBACK SCRAMBLE™\* 10

Scrambled eggs, white cheddar, pork belly, dates, spinach, sriracha aioli, biscuit

### HERBIVORE SCRAMBLE 10

Scrambled eggs, roasted red peppers, red onion, tomato, spinach, pesto, biscuit (vg)

### BREAKFAST BURRITO\* 8

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

### GRANOLA & YOGURT BOWL 6.75

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

### HAM & CHEESE CROISSANT 6

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](http://MORNINGRITUAL.COM) TO VIEW OUR MONTHLY SPECIALS.