

Snacks

SERVED ALL DAY

Hecks Fries	4	Sweet Potato Fritters	6
Malt vinegar aioli + rosemary ketchup		Chili aioli	
Spicy Fries	4	Granola Parfait	5
Chili aioli + rosemary ketchup		Greek yogurt, berries, house granola	
French Onion Soup	4	Overnight Oats	6
Lamb Empanada	7	Coconut milk, walnuts, sun-dried cherries, toasted coconut chips	
Braised lamb, manchego cheese, chimichurri aioli			

Breakfast

SERVED FROM 8-11AM

Ohio City Breakfast	7	Semolina Porridge Bowl	7
2 eggs, bacon, potatoes, fresh tomatoes, toast		Cinnamon, bananas, toasted coconut, chia seeds	
Champignon Omelet	8	Veggie Hash	8
Mushrooms, goat cheese, potatoes, toast		Mushrooms, onions, beets, spinach, roasted tomatoes, potatoes, fried eggs, toastw	
Avocado Toast	8	BEC Sandwich	8
Thick multi-grain, spicy avocado mash, crispy eggs, Parmesan, EVOO, sea salt		Bacon, fried egg, cheddar, tomatoes, pickles, aioli, everything bagel	
Breakfast Sandwich	8	Smoked Salmon Sandwich	9
Parsley omelet, cream cheese, tomatoes, lettuce, pickles, wheat bread		Cream cheese, cucumber, red onions, capers, arugula, pretzel baguette	
Salted Caramel Pretzel	8	Cauliflower Waffle	8
French Toast		Crispy eggs, red pepper flakes	
Whipped cream, creme anglaise		Steak and Eggs Bagel	9
GF Banana Bread	6	Shaved ribeye, fried egg, cheddar, grilled onions, chimichurri aioli	
Espresso-mascarpone spread, honey, chia seeds, hazelnuts			
Turmeric Chicken Shawarma	8		
Breakfast Wrap			
Scrambled eggs, potatoes, tomatoes, tahini-yogurt sauce, shaved radish			
Corned Beef Hash	9		
2 eggs, potatoes, onions, toast			

SERVED FROM 11AM-CLOSE

Ohio City Breakfast	7
Breakfast Sandwich	8
Smoked Salmon Sandwich	9
BEC Sandwich	8

Salads

SERVED FROM 8-11AM

- Avocado Power Salad Bowl** 9
Beets, spinach, cucumbers, pepitas, sesame seeds, mint, blackberries, EVOO, pink salt
- Caprese Salad** 9
Tomatoes, mozzarella, basil blossoms, basil infused chia seeds, balsamic, olive oil, arugula, grilled croutons
- Thai Cobb** 9
Hard boiled egg, kale, red cabbage, carrots, cashews, avocado, cilantro, chili-lime vinaigrette

SERVED FROM 11AM-CLOSE

- Orange & Beet** 8
Spinach, candied walnuts, goat cheese, apricot vinaigrette, balsamic reduction
- Avocado Power Salad Bowl** 8
- Classic Caesar** 7
Romaine, Parmesan, croutons, zesty Caesar dressing
- Chickpea Greek** 7.50
Romaine, feta, tomatoes, cucumber, warm chickpeas, tahini-yogurt dressing
- Tabuli Salad** 7
Parsley, bulgur, tomatoes, onions, lemon, olive oil
- Thai Cobb** 9

Sandwiches

SERVED FROM 8-11AM

- Corned Beef** 9
Swiss cheese, 1000 island, grilled rye
- Turmeric Chicken Shawarma** 8
Garlic aioli, tomatoes
- Caprese Sandwich** 8
Fresh mozzarella, tomatoes, basil, EVOO, balsamic, French baguette
- Portabello Gyro** 8
Mixed greens, tomatoes, roasted red peppers, tahini-yugurt, grilled flat bread
- 4 Cheese Grilled Cheese** 7
American, Swiss, mozzarella, Parmesan, tomato marmalade, multi grain

Burgers

SERVED FROM 8-11AM

- Heck Burger** 7
1/3 lb our signature blend of grass fed Ohio beef, brioche bun, pickle, LTO. Build it up!
- Burger Au Cheval** 8
Bacon, cheddar, fried egg, sour cream
- The Clevelander** 9.50
Corned beef, Swiss cheese, fried egg, 1000 island
- Add Fries for \$3.00*

SERVED FROM 11AM-CLOSE

- Heck Burger** 7
- Rocky River Burger** 8
Mushroom, bacon, Swiss, sour cream
- The Avon Burger** 8
Balsamic onions, blue cheese, potato sticks, arugula
- The Hot Fire Burger** 8
Jalapeño-bacon jam, pepper jack cheese, tomato, lettuce, spicy aioli
- Burger Au Cheval** 8
- Ohio City Burger** 8
Herbs of all Nations, mushrooms, mozzarella
- Add Fries for \$3.00*

- Steak Sandwich** 9
Shaved ribeye, cheddar, grilled onions, arugula, chimichurri aioli, ciabatta
- Add Fries for \$3.00*

SERVED FROM 11AM-CLOSE

- Corned Beef** 9
- Caprese Sandwich** 8
- Portobello Gyro** 8
- 4 Cheese Grilled Cheese** 7
- Steak Sandwich** 9
- Add Fries for \$3.00*

Smoothie Bowls

SERVED ALL DAY

House Made Frozen Yogurt

Açaí Bowl 7

Topped with bananas, cacao nibs, mulberries, coconuts, blueberries, granola

Energy Bowl 7

Energizing blend of Açaí, cashew milk, maca root, topped with Maui pineapple, blueberries, cashews, coconut shavings, honey

The Green Machine 7

Açaí, peanut butter, cashew milk, kale, spinach, almonds, hemp seeds, granola, bee pollen, honey

Coffee Drinks

SERVED ALL DAY

Hecks Signature Coffee 3

Americano 3

Espresso 2

Cuban Espresso 3

Cappuccino 4

Mocha 4

Caramel Macchiato 4

Cafe Latte 4

Hot Chocolate 4

Lavender Latte 4

Coconut-Turmeric Latte 4

Cortado 4

Hot Tea 3

Fresh Pastries

SERVED ALL DAY

Butter Croissant 3.50

Nutella Croissant 3.50

Multi Grain Croissant 3.50

Almond Croissant 3.50

Savory Gouda Pastry 4

Bagel + Cream Cheese 3

Za'atar tart 6

Tomatoes, cucumber, fresh mint

Fresh Juices

SERVED ALL DAY

Orange Zest 6

Orange, Carrot, Ginger, Pear

Purify 6

Honeydew, Green Apple, Spinach, Kale, Cayenne, Organic Honey

Red Deliciousness 6

Apple, Pomegranate, Beets, Lime

Milk Shakes

SERVED ALL DAY

Vanilla 4

Nutella 4

Strawberry 4

Chocolate PB 4