

THE CONTINENTAL COMPOUND

\$21

Continental Breakfast

Start your morning with a carefully calibrated spread of morning essentials and flavorful experiments.

Dive into a selection of freshly baked bagels, pastries, and toast, paired with vibrant fruit cups, assorted berries, and golden fingerling potatoes.

Enjoy lab-crafted scrambled eggs, pork sausage, and crispy bacon, alongside wholesome oatmeal and made-to-order waffles straight from the test bench.

This complete morning formula also includes your choice of freshly brewed coffee, orange juice, or a soft drink

CARBOHYDRATE EXPERIMENTS

Buttermilk Pancakes \$12

Three Fluffy buttermilk pancakes, precision-griddled and lightly dusted with powdered sugar. Paired with a refreshing medley of orange slices and fresh berries this morning formula balances sweet citrus and comfort in every calculated bite.

Grand Marnier French Toast \$12

Thick-cut brioche slices soaked in a Grand Marnier custard then seared to golden perfection and topped with a snowfall of confectioner's sugar. Served with fresh berries and orange slices for a citrus-charged contrast and paired with warm maple syrup

ORGANIC ANALYSIS

Steel Cut Oats \$12

Carefully slow-simmered in our morning lab, these steel-cut oats are crafted to a creamy, hearty finish. Served with a side of seasonal fruit, a sprinkle of brown sugar, and a hint of cinnamon spice, a wholesome experiment in comfort.

Seasonal Fruit Bowl \$12

A vibrant arrangement of nature's sweetest compounds honeydew, cantaloupe, pineapple, strawberries, and blueberries, sliced and stacked with scientific precision Paired with a side of honey yogurt dipping serum this colorful creation is equal parts refreshing and deliciously reactive

Yogurt Parfait \$10

This parfait features creamy vanilla yogurt, crunchy granola clusters, and a vibrant mix of seasonal fruit, including strawberries, blackberries, blueberries, and kiwi



FLASK & BEAKER

HOT PLATE EXPERIMENTS

Two Eggs Your Way \$16

Two eggs cooked your way, served alongside golden fingerling potatoes straight from the skillet. Complete your morning formula with your choice of bacon, sausage, or turkey sausage plus toast of your choosing to round out this classic

Smashed Avocado Toast \$17

Smashed Avocado layered over toasted sourdough, topped with farmers market vegetables and a perfectly poached egg. This nutrient-packed formula balances creamy, crisp, and runny textures in every bite

Open Faced Chicken Sandwich \$16

A crispy fried chicken breast with sizzling bacon, molten provolone cheese, and a golden fried egg, all stacked high and finished with a rich pour of pork gravy. Served uncontained on toasted sourdough

Egg White Omelette \$17

Whipped to airy perfection, this egg white omelette is packed with a vibrant blend of farmers market vegetables and fresh spinach, a light yet flavorful equation for a focused start Served with your choice of toast

Steak Omelette \$19

Hearty steak-stuffed omelette features tender flank steak, sautéed peppers, onions, tomatoes, and mushrooms, all fused with melted cheddar cheese. Served with golden fingerling potatoes and your choice of toast

NC Pork Chops & Grits \$22

Bone-in North Carolina pork chop, pan-seared for flavor and precision. Plated with creamy yellow grits, a side of sautéed spinach, and two eggs any style Finished with your choice of toast, this is a true breakfast breakthrough from the flavor lab.



LAB ADDITIONS

- ✱ One Egg your style.....\$4
- ✱ Breakfast Fingerlings.....\$4
- ✱ Bowl of Oatmeal.....\$4
- ✱ Pork or Turkey Sausage.....\$4
- ✱ Seasonal Fruit Bowl.....\$4
- ✱ Bowl of Yogurt Parfait.....\$4
- ✱ Grits with or without cheese.....\$4
- ✱ Hard Boiled Egg.....\$4
- ✱ Assorted Pastry.....\$3
- ✱ Bagel with Cream Cheese.....\$6



BEVERAGES

- ✱ Breakfast Mimosa..... \$7
- ✱ Coffee Regular or Decaf.....\$5
- ✱ Iced Tea Sweet or Unsweetened.....\$5
- ✱ Milk, Whole, 2% or Skim.....\$5
- ✱ Single Espresso.....\$3
- ✱ Double Espresso.....\$6
- ✱ Cappuccino.....\$6
- ✱ Latte.....\$6
- ✱ Macchiato.....\$6



FLASK & BEAKER



KID-SAFE CONTINENTAL \$14

Kids Continental Breakfast

Dive into a mix of freshly baked bagels, pastries, and toast plus colorful fruit cups, juicy berries, and crispy golden fingerling potatoes.

Fuel up with scrambled eggs made in the lab, pork sausage, and crispy bacon, or build your own delicious creation with our made-to-order waffles and cozy oatmeal.

And to top it off, choose your favorite morning potion: orange juice, apple juice, pineapple juice, or a soft drink a breakfast adventure every kid can enjoy!

OUR GASTRONOMIC CODE

Flask & Beaker: where culinary creativity meets scientific curiosity. Inspired by the spirit of experimentation, our restaurant blends bold flavors handcrafted cocktails, and playful presentation in a setting that feels like a modern-day flavor lab.

[COMING SOON!]

Join us every Saturday and Sunday for our redesigned signature brunch experience, "The Weekend Formula", a brunch designed to spark joy and flavor reactions. Sip on \$7 Mimosas or share the science with \$19 Mimosa Pitchers, and explore a rotating menu of brunch bites that are anything but basic. Come hungry, leave inspired.