



## Snacks

- Hecks Fries** 4  
Malt vinegar aioli + rosemary ketchup
- Spicy Fries** 4  
Chili aioli + rosemary ketchup
- French Onion Soup** 4
- Falafel Bites** 6  
Lemon-tahini dip
- Granola Parfait** 4  
Greek yogurt, berries, house granola
- Overnight Oats** 4  
Coconut milk, almonds, sun-dried cherries, toasted coconut chips
- Soup Du Jour** 4

## Sandwiches

- 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, arugula, ciabatta
- Portabello Gyro** 8  
Spinach, tomatoes, roasted red peppers, tahini-yogurt, grilled flat bread
- 4 Cheese Grilled Cheese** 7  
American, Swiss, mozzarella, cheddar, tomato marmalade, multi grain
- Steak Sandwich\*** 9  
Shaved ribeye, cheddar, grilled onions, arugula, chimichurri aioli, ciabatta

*Add Fries for \$2.00*

## Burgers

- Heck Burger\*** 7  
1/3 lb our signature blend of grass fed Ohio beef, brioche bun, pickle, LTO. Build it up!
- 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  
Bacon, cheddar, fried egg, sour cream
- Ohio City Burger\*** 8  
Herbs of all Nations, mushrooms, mozzarella

- The Clevelander\*** 9  
Corned beef, Swiss cheese, fried egg, 1000 island

- Falafel Burger** 8  
Lemon tahini, arugula, onions, tomatoes, pretzel bun

*Add Fries for \$2.00*

## Salads

- Orange & Beet** 8  
Spinach, candied walnuts, goat cheese, apricot vinaigrette, balsamic reduction
- Avocado Power Salad Bowl** 8  
Spinach, beets, cucumber, pepitas, sesame seeds, fresh mint, blackberries, pink salt, EVOO
- Classic Caesar** 7  
Romaine, Parmesan, croutons, zesty Caesar dressing
- Avocado Caprese Salad** 9  
Avocado, arugula, tomatoes, mozzarella, basil blossoms, grilled croutons, basil infused chia seeds, balsamic and EVOO
- Chickpea Greek** 8  
Romaine, feta, tomatoes, cucumber, warm chickpeas, tahini-yogurt dressing

- Tabouli Salad** 7  
Parsley, bulgur, tomatoes, onions, lemon, olive oil, grilled pita

- Thai Cobb** 9  
Kale, red cabbage, carrots, hard boiled egg, cashew, avocado, Thai basil cilantro, chfli-lime vinaigrette

*Add a Protein:*

*Chicken \$3.00*

*Smoked salmon \$4.00*



## All Day Breakfast

<b>Ohio City Breakfast*</b>	7
2 eggs, bacon, potatoes, tomatoes, toast	
<b>Greek Omelette*</b>	8
Spinach, tomatoes, feta, oregano	
<b>Avocado Toast*</b>	9
Thick multi-grain, spicy avocado mash, crispy eggs, Parmesan, EVOO, sea salt	
<b>Breakfast Sandwich*</b>	8
Parsley omelette, cream cheese, tomatoes, lettuce, pickles, wheat bread	
<b>Salted Caramel French Toast</b>	8
Vanilla Ice Cream, warm salted caramel	
<b>GF Banana Bread</b>	6
Espresso-mascarpone spread, honey, chia seeds, hazelnuts	
<b>Corned Beef Hash</b>	9
2 eggs, potatoes, onions, toast	
<b>Veggie Hash*</b>	8
Mushrooms, onions, beets, spinach, roasted tomatoes, potatoes, herbs, fried eggs, toast	
<b>BEC Sandwich*</b>	7
Bacon, fried egg, cheddar, tomatoes, pickles, aioli, everything bagel	
<b>Smoked Salmon Sandwich</b>	9
Cream cheese, cucumber, red onions, capers, arugula, pretzel bun	
<b>Steak and Eggs Bagel*</b>	9
Shaved ribeye, fried egg, cheddar, grilled onions, chimichurri aioli	
<b>Steel Cut Oatmeal</b>	6
Honey, cinnamon, walnuts, coconuts, cacao nibs	

## Fresh Juices

<b>Orange Zest</b>	6
Orange, carrot, ginger, pear	
<b>Purify</b>	6
Honeydew, green apple, spinach, kale, cayenne, organic honey	
<b>Red Deliciousness</b>	6
Apple, pomegranate, beets, lime	

## Smoothie Bowls

### House Made Frozen Yogurt

<b>Açaí Bowl</b>	7
Topped with bananas, cacao nibs, mulberries, coconuts, blueberries, granola	
<b>Energy Bowl</b>	7
Energizing blend of Açaí, cashew milk, maca root, topped with Maui pineapple, blueberries, cashews, coconut shavings, and honey	
<b>The Green Machine</b>	7
Açaí, peanut butter, cashew milk, kale, spinach, almonds, hemp seeds, granola, bee pollen, honey	

## Coffee + Tea

<b>Hecks Signature Coffee ☕</b>	3
<b>Americano</b>	3
<b>Espresso</b>	2
<b>Cuban Espresso</b>	3
<b>Cappuccino</b>	4
<b>Mocha</b>	4
<b>Caramel Macchiato</b>	4
<b>Cafe Latte</b>	4
<b>Hot Chocolate</b>	4
<b>Lavender Latte</b>	4
<b>Coconut-Turmeric Latte</b>	4
<b>Cortado</b>	4
<b>Matcha Latte</b>	4
<b>Activated Charcoal Latte</b>	5
<b>Beet Latte</b>	5
<b>Hot Tea</b>	3

## Milk Shakes

<b>Vanilla</b>	4
<b>Nutella</b>	4
<b>Strawberry</b>	4
<b>Chocolate PB</b>	4
<b>Salted Caramel</b>	4
<b>Espresso</b>	4

\*Items contain (or may contain) raw or undercooked ingredients. Consuming raw or undercooked MEATS, POULTRY, seafood, shellfish, or EGGS may increase your RISK of foodborne illness