

# SAN DIEGO FOOD FINDS BLOG

## New Chia Breakfast Bowls at Spill the Beans



The Gaslamp District's favorite spot to stop in for a bagel and coffee, [Spill the Beans](#), just added some healthy menu items you're going to want to try! The new **Breakfast Chia Bowls** are not only loaded with anti-oxidants and rich in protein, they've also got five times more calcium than a glass of milk.



For only \$6, start your morning out the right way with two new bowls! The **Berry Bowl** is made with fresh seasonal berries and coconut milk yogurt, and topped with chia, flax, sesame and sunflower seeds. Or try the **Protein Bowl**. This power packed breakfast option has bananas, Spill the Beans' house-made almond butter and organic agave, as well as a topping of chia, flax, sesame and sunflower seeds.

Don't forget your coffee! Spill the Beans proudly and exclusively serves Dark Horse Coffee Roasters; order a drip coffee or get an extra dose of caffeine with their **Cappuccino**.

