



PANINIS

choice of multigrain, Italian, or gluten free bread
 choice of quinoa^{GF}, chips^{GF}, or fruit

- Roasted Veggie** roasted portobello, summer squash, red peppers, artichoke pesto, goat cheese \$13.⁵⁰
- Bistro Chicken** all natural roasted chicken, caramelized onion, spinach, goat cheese.....\$13.⁵⁰
- Pesto Chicken** all natural roasted chicken, basil pesto^N, spinach, tomato, provolone cheese \$13.⁵⁰
- Tuna Salad** albacore tuna salad, cheddar cheese, tomato \$13.⁵⁰
- Fresh Mozzarella** fresh mozzarella, tomato, spinach, basil pesto^N \$13
- Smoked Turkey** all natural turkey, cheddar cheese, spinach, chipotle avocado aioli\$13
- Black Forest Ham** all natural ham, swiss cheese, spinach, grain mustard\$13
- Pork** all natural pork, pickle, chimichurri, swiss cheese\$13.⁵⁰
- BLT** all natural bacon, avocado, spinach, tomato, herb aioli\$13.⁵⁰
- Cheese** tomato, cheddar, swiss, provolone cheese\$9
- PB&J** all natural peanut butter^N, berry jam.....\$8.⁵⁰
- Nutella^N Banana**\$8.⁵⁰

SALADS

served with bread, gluten free available.
 (1 slice .25¢ 2 slices .50¢)
 request no croutons for GF caesar salad

- Squash^{GF}** \$14.⁵⁰
 leafy greens, baby kale, roasted butternut squash,
 pickled beet, goat cheese, pepita, tahini dressing
- Spinach^{GF}**\$12
 apple, caramelized walnut^N, dried cranberry,
 goat cheese, lemon olive oil dressing
- Cobb^{GF}**\$14.⁵⁰
 leafy greens, avocado, bacon, tomato,
 kalamata olive, hard boiled egg, feta cheese,
 lemon olive oil dressing
- Kale Caesar**\$12.⁵⁰
 baby kale, leafy greens, hard boiled egg,
 parmesan cheese, cherry tomato, w/ croutons,
 caesar dressing
- Mediterranean^{GF}**\$14.⁵⁰
 leafy greens, roasted portobello, summer
 squash, red pepper, kalamata olive, feta
 cheese, lemon olive oil dressing
- Keto^{GF} no bread**\$16
 leafy greens, spinach, roasted portobello,
 summer squash, red pepper, kalamata olive, feta,
 hard boiled egg, avocado, lemon olive oil dressing

add to any salad: all^{GF}

- smoked salmon \$5 •chicken \$4
- tuna salad \$3.⁵⁰ •quinoa salad \$2.⁷⁵
- avocado half \$2 •hard boiled egg \$1.⁵⁰
- bacon \$3 •lentils \$1.⁵⁰ •chickpeas \$1.⁵⁰

VEGAN BOWLS

Original Grain Bowl^{GF}

quinoa^{GF}, turmeric roasted
 cauliflower, cherry tomato, avocado,
 pickled red onion, chickpeas, herb pesto^N,
 lemon olive oil dressing \$13

Harvest Grain Bowl^{GF}

quinoa^{GF}, roasted butternut squash,
 portobello, lentil, pickled beet, pepita,
 tahini dressing.....\$13

SOUP

- bowl of soup**.....\$7
 w/ multigrain bread
- soup & 1/2 panini**.....\$ varies
 w/ chips^{GF}, quinoa^{GF}, or fruit
- soup & side salad** \$12.⁵⁰
 sub spinach, caesar, or squash \$13.⁵⁰
 sub mediterranean..... \$14.⁵⁰
- soup & gougere**\$9.⁷⁵

SIDE SALADS

*not gluten free

- greens** tomatoes & feta cheese.....\$6
- mediterranean**\$8
- spinach**.....\$7
- squash**\$7
- *kale caesar**\$7

*consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness

BREAKFAST 7AM – 12PM MONDAY–FRIDAY
gluten free bread available (1 slice .25¢ 2 slices .50¢)

8AM – 1PM SATURDAY & SUNDAY

Herb Scrambled Egg\$9.⁵⁰
2 slices toast, w/ side of pico de gallo,
jam & butter
•add choice of cheese...\$1.⁵⁰
•add sauteed mushroom & onion...\$2
•add spinach or tomato...\$.75¢
•add all natural ham, bacon, or sausage...\$3
•sub egg whites...\$1.²⁵

Herb Scrambled Egg Panini\$9.⁵⁰
herb scrambled eggs, swiss cheese, w/ side of
pico de gallo, choice of bread
•add all natural bacon, ham, or sausage...\$3
•sub egg whites...\$1.²⁵
•add avocado...\$2

Steel cut Oatmeal ^{GF}\$4.⁵⁰
•add dried fruit & honey...\$1.⁵⁰
•add honey & fresh berries...\$3
•add granola^N...\$2.⁵⁰

Nest Egg\$9
sunny side egg nestled in toast w/
cheddar cheese, side of pico de gallo
•add all natural bacon or ham...\$3

ALL DAY BREAKFAST

Avocado Toast 1 slice multigrain,
smashed avocado, sea salt, pink peppercorn,
w/ lemon on side.....\$6.⁵⁰
•add smoked salmon...\$5
•add all natural bacon...\$3
•add hard boiled egg...\$1.⁵⁰
•add goat or feta cheese...\$1.⁵⁰
•add tomato...\$.75¢

Smoked Salmon Toast
1 slice multigrain, cream cheese,
everything bagel seasoning,
w/ pickled red onion on side\$9.⁵⁰

Breakfast Burrito
scrambled egg, black bean, pico de gallo,
cheddar cheese, avocado cream\$10.⁵⁰
•add all natural sausage or bacon...\$3

Homemade Granola ^{GF N}
& fresh berries
w/ milk.....\$7.⁵⁰
w/ yogurt.....\$9

Toast
2 slices of multigrain, Italian or gluten free
w/ butter & homemade jam\$4.⁵⁰
w/ all natural peanut butter^N\$5

Side of all Natural Bacon\$3.⁵⁰

Fruit Cup\$3

Fruit Bowl\$7

CREPES gluten free available \$1
savory served with a side of pico de gallo

Pesto Chicken\$13.⁵⁰
all natural roasted chicken, basil pesto^N,
spinach, tomato, provolone cheese

Roasted Veggie\$13.⁵⁰
roasted portobello, summer squash, red pepper,
artichoke pesto, goat cheese

Bistro Chicken\$13.⁵⁰
all natural roasted chicken, caramelized onion,
spinach, goat cheese

Turkey or Ham\$13
all natural turkey or ham, spinach,
grain mustard, swiss cheese

Fresh Mozzarella\$13
fresh mozzarella, tomato, spinach, basil pesto^N

Pork\$13.⁵⁰
all natural pork, pickle, chimichurri,
swiss cheese

Ham & Egg\$13
all natural ham, egg, swiss cheese

Sauteed Mushroom\$13.⁵⁰
sauteed mushroom & onion, spinach, egg,
feta cheese

Nutella^N & Banana\$9

Lemon Curd & Fresh Berries.....\$9

Dark Chocolate & Fresh Berries\$9

Cinnamon crepe au natural\$7
cinnamon sugar, maple syrup

Lemon crepe au natural.....\$7
lemon juice, granulated sugar

^{GF}Gluten Free ^NContains Nuts

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